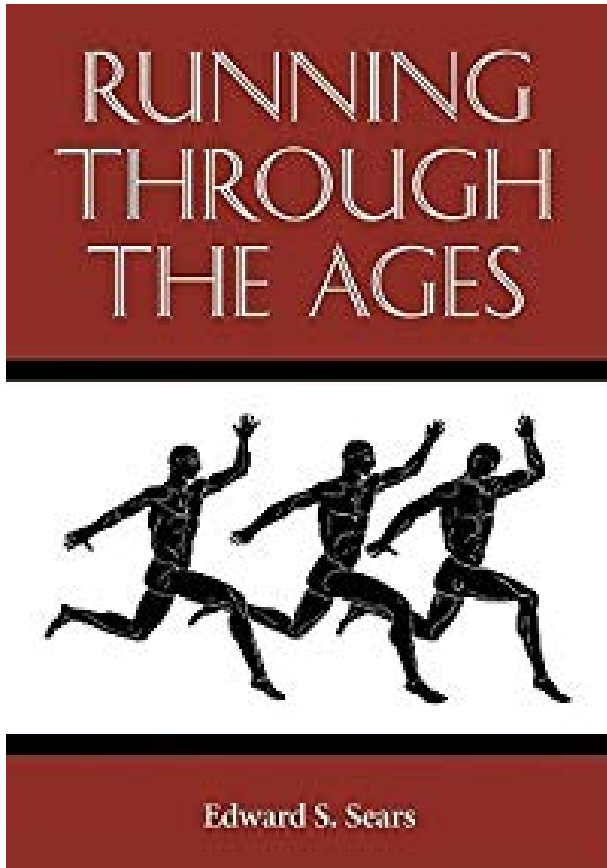


# Running Through the Ages



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Takes a look at the history of running from the era when running was a survival skill to the contemporary age, when people run for enjoyment. This work answers questions such as why the Greeks considered swiftness of foot the most highly prized quality and why we run counter-clockwise around a track.