

## Jog On How Running Saved My Life

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3-10 Miles, roughly, during which I ran with Jes Woods, Nike running coach and all-around gem. Some 45,000 people were running the race that day, and I managed to bump into one of the five or so I ...

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In February 2019, Dr. Kim Rodriguez drove by herself from her home in Atlanta, Georgia, to Orlando, Florida, to race the Disney Princess Half Marathon—a 13.1 where the majority of finishers are ...

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