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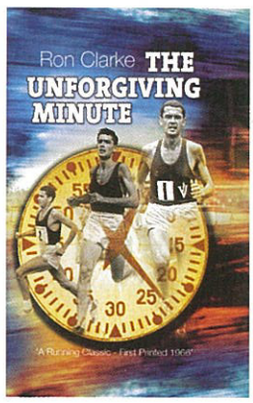

The Unforgiving Minute

The Runner's Tribe have launched a biography written by Ron Clarke. First published in 1966, it is known as one of the best running biographies of all time. Clarke, one of the greatest middle-distance runners the world has seen, changed the whole concept of man's potential on the athletic track, breaking world records ranging from 3-10 miles. The book details Clarke's career and training and has been near impossible to get your hands on a copy for decades.

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