

# Improving Your Running By Bill Squires

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The club's coach, Bill Squires, was nowhere to be seen in the immediate aftermath of the 1979 race. one day Squires was running at Wakefield High School,

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Bill Squires promises that he and Bill Rodgers are still speaking. Nothing the cover of his book "Improve Your Running." Since Rodgers was out with his

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### **Raymond krise (author of improving your running)**

Raymond Krise is the author of Fast Tracks (0.0 avg rating, 0 ratings, 0 reviews, published 1982), Improving Your Running (3.00 avg rating, 1 rating, 0 r

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### **Bill squire**

I'm Bill Squire and this is my bio. My second release was a self produced stand-up special called "Just Say Your Jokes" which you can watch for FREE on youtube.

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