

# Runner's Guide To Cross Country Skiing By Dick Mansfield

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Both of us are artists who, since getting married nearly four years ago, have allowed that part of our lives to take a back seat to the more pressing responsibilities of working our regular jobs and running a B&B.

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He is an avid marathoner and cross-country skier. He coaches the Boulder Nordic Elite Junior Cross-Country Skiing development of BCSM s running gait

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