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Fit To Ride In 9
Suppleness And Stamina In
7-8 Weeks **The Ultimate**
Exercise Plan
Achieve
Straightness

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**Suppleness And
Stamina In The
Saddle**

***Golding's iconic 1954 novel,
now with a new foreword by***

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***Lois Lowry, remains one of
the greatest books ever***

written for young adults and

an unforgettable classic for

readers of any age. This

edition includes a new

Suggestions for Further

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***Reading by Jennifer Buehler.
At the dawn of the next
world war, a plane crashes
on an uncharted island,
stranding a group of
schoolboys. At first, with no
adult supervision, their***

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Suppleness And Stamina In
The Saddle

***freedom is something to
celebrate. This far from
civilization they can do
anything they want.
Anything. But as order
collapses, as strange howls
echo in the night, as terror***

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*Plan Achieve Straightness
Suppleness And Stamina In
The Saddle*

***begins its reign, the hope of
adventure seems as far
removed from reality as the
hope of being rescued.
American Motorcyclist
magazine, the official
journal of the American***

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***Motorcyclist Association,
tells the stories of the
people who make
motorcycling the sport that
it is. It's available monthly
to AMA members. Become a
part of the largest, most***

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***diverse and most
enthusiastic group of riders
in the country by visiting
our website or calling
800-AMA-JOIN.***

***The struggle of three
brothers to stay together***

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***after their parent's death
and their quest for identity
among the conflicting values
of their adolescent society.
“No matter what or how you
ride, read this book and
remind yourself just how***

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The Saddle

**enjoyable cycling can and
should be.”—Eben Weiss,
author of *The Enlightened***

Cyclist Just Ride is a

revelation. Forget the

ultralight, uncomfortable

bikes, flashy jerseys, clunky

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***shoes that clip onto tiny
pedals, the grinding out of
endless miles. Instead, ride
like you did when you were
a kid—just get on your bike
and discover the pure joy of
riding it. A reformed racer***

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***who's commuted by bike
every day since 1980, whose
writings and opinions
appear in major bicycling
and outdoor magazines, and
whose company, Rivendell
Bicycle Works, makes bikes***

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***for riders ready to opt out of
a culture overrun by racing,
Grant Petersen shares a
lifetime of unexpected facts,
controversial opinions,
expert techniques, and his
own maverick philosophy. In***

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***87 short, two-to-three page
chapters, it covers: Riding:
Count Days, Not Miles;
Corner Like Jackie Robinson;
Steer with Your Hips, Shift
with Your Legs Suiting Up:
The Shoes Ruse;***

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***Ponchos—the Ultimate
Unracer's Garment Safety:***

***#1 Rule—Be Seen; Helmets
Aren't All They're Cracked***

Up to Be Health and Fitness:

Why Riding Is Lousy All-

Around Exercise; Saddles

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***Don't Cause Impotence;
Drink When You're***

Thirsty—Not Before Also

includes chapters on

Accessories, Upkeep, and

Technicalities, and a final

chapter titled “Velosophy”

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*that includes the essential,
memorable thought: Your*

*Bike Is a Toy—Have Fun with
It. Winner Silver Medal 2013
Independent Publisher Book
Awards*

The Tyro's Greek and English

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Lexicon

***A Radically Practical Guide
to Riding Your Bike***

***A Complete Guide to Gaining
Speed Wherever You Ride
Fit to Surf***

Stay Fit and Healthy

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***The Bicycling Big Book of
Cycling for Beginners***

**NATIONAL BESTSELLER • A
coming-of-age classic, acclaimed
by critics, beloved by readers of**

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all ages, taught in schools and universities alike, and translated around the world—from the winner of the 2019 PEN/Nabokov Award for Achievement in International Literature. The House on Mango Street is the remarkable story of Esperanza

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**Cordero, a young Latina girl
growing up in Chicago, inventing
for herself who and what she will
become. Told in a series of
vignettes-sometimes
heartbreaking, sometimes deeply
joyous-Sandra Cisneros'
masterpiece is a classic story of**

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childhood and self-discovery. Few other books in our time have touched so many readers.

“Cisneros draws on her rich [Latino] heritage ... and seduces with precise, spare prose, creat[ing] unforgettable characters we want to lift off the

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Plan Achieve Straightness,
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The Saddle.” —The New York

Times Book Review

#1 NEW YORK TIMES BESTSELLER

**• ONE OF TIME MAGAZINE'S 100
BEST YA BOOKS OF ALL TIME The
extraordinary, beloved novel**

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about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster

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girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist-books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors

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during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our

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time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank.” —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

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Set against the bleak winter landscape of New England, Ethan Frome is the story of a poor farmer, lonely and downtrodden, his wife Zeena, and her cousin, the enchanting Mattie Silver. In the playing out of this short novel's powerful and engrossing

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drama, Edith Wharton

constructed her least

characteristic and most

celebrated book.

Here is the perfect book for

beginning riders who are using

muscles they never knew they

had before, advanced riders who

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The Saddle.**
**want to stay in top form
(especially as they get older),
and weather-bound riders who
want to be fit when spring
arrives. The Rider's Fitness
Program details a fun and
effective six-week program that
strengthens the muscles riders**

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use while improving overall balance, flexibility, and coordination. The book features more than 85 exercises designed to help new riders get over the aches and pains of getting started and experienced riders hone their skills and technique

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and prevent injuries. The routines are flexible, so you can customize the workout you need for jumping, dressage, reining, endurance, polo, or rodeo. The exercises are accompanied by step-by-step photographs that demonstrate how to perform

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each action properly (with an emphasis on safety). They progress from basic to advanced and are suitable for riders at all fitness levels. The authors also include fundamental information on diet, general health and safety, and clothing and

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equipment.

**Get Up to Speed on Your Bike in
10 Weeks Or Less**

**The Surfer's Guide to Strength
and Conditioning**

A Firefighter's Love of the Job

Chronicle of the Horse

The One-Minute Workout

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Out of My Mind

Better Rider, Better Ride

*Every cyclist wants to
get faster. Whether
they're a weekend
warrior, a crit
specialist, or a charity*

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cruiser, speed is the X factor that lets a rider ride strong, feel fresh,

and thoroughly enjoy

each ride. Get Fast! is

the cyclist's go-to

guide for gaining speed.

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In it, author Selene Yeager addresses speed from every possible

angle, including not only the standard

chapters on riding techniques and bike

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*maintenance tricks
specific to getting fast
but also stand-alone
chapters on fitness and
weight loss, stretching,
nutrition and
supplementation,*

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motivation, and mental attitude. Together they present a complete and

comprehensive guide to

achieving one's top

speed. Bolstered by a

foundation in science

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*and road-tested by
Yeager and the editors
of Bicycling magazine,
The Saddle*

*the wisdom presented in
Get Fast! will have
riders and readers
flying on the road,*

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dirt, dirt roads, cross course, track-anywhere and everywhere they love to ride most-in no time at all.

Cycling as a way of life and mode of

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transportation is on the rise in city after city around the world. For

those looking to dip their proverbial toes into the waters of urban cycling the prospect at

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times can be rather intimidating. What kind of bike should I ride? A skinny-wheeled high-end road bike? A fixie? A chunky city commuter bike? A department store

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bike? How about fashion? Do I have to wear brightly colored skin-tight Lycra outfits? Can I just wear normal clothes? How do I lug my gear around? The

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*Bohemian Guide to Urban
Cycling takes the reader
into the world and*

*workings of cycling in
the city to uncover the
essentials to how to
join in on the cycling*

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revolution. Your bicycling guide on this journey is a card-carrying bohemian living in Portland. By using the bike-crazy city of Portland as the

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backdrop, this book covers all of the basics needed to bike

comfortably in the city and to know what the heck you're talking about ... from bike

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*selection to fashion to
bike lanes to*

The Saddle

gentrification and more.

After reading this

you'll know precisely

what to ride, how to

ride, what to wear, and

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how to talk like an insider. Well, maybe not, but it'll still be a fun journey together. But this book is more than about urban-cycling fashion and high-

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end bikes. It also plunges headlong into conversations about mobility, equity, race, and justice. If there is going to be a book about all-things cycling in

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the city it must delve into these uncomfortable topics in order to

develop a more holistic view of urban cycling.

The bottom line must be to affirm all kinds of

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people pedaling through the streets of our cities on anything that rolls.

Considered by many to be mentally retarded, a brilliant, impatient

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fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

Living in a "perfect"

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*world without social
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*ills, a boy approaches
the time when he will
receive a life
assignment from the
Elders, but his
selection leads him to a*

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*mysterious man known as
the Giver, who reveals
the dark secrets behind*

the utopian facade.

Stories from a South

African Childhood

The Ultimate Ride

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*Transform Your Body and
Your Life. the Ultimate
Mindset to Achieve Your
Fitness Goals.*

A Memoir

Notices to Airmen

The Glass Castle

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The Outsiders

#1 NEW YORK TIMES

*BESTSELLER • More than one
million copies sold! A “brilliant”
(Lupita Nyong’o, Time), “poignant”
(Entertainment Weekly), “soul-
nourishing” (USA Today) memoir*

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about coming of age during the twilight of apartheid “Noah’s childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa’s history that

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must never be forgotten.”—Esquire
Winner of the Thurber Prize for
American Humor and an NAACP
Image Award • Named one of the
best books of the year by The New
York Time, USA Today, San
Francisco Chronicle, NPR, Esquire,

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Newsday, and Booklist Trevor

*Noah's unlikely path from apartheid
South Africa to the desk of The
Daily Show began with a criminal
act: his birth. Trevor was born to a
white Swiss father and a black
Xhosa mother at a time when such a*

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*union was punishable by five years
in prison. Living proof of his*

*parents' indiscretion, Trevor was
kept mostly indoors for the earliest
years of his life, bound by the
extreme and often absurd measures
his mother took to hide him from a*

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government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the

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*opportunities won by a centuries-
long struggle. Born a Crime is the
story of a mischievous young boy
who grows into a restless young
man as he struggles to find himself
in a world where he was never
supposed to exist. It is also the story*

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of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own

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life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive

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*the life-and-death pitfalls of dating
in high school, Trevor illuminates
his curious world with an incisive
wit and unflinching honesty. His
stories weave together to form a
moving and searingly funny portrait
of a boy making his way through a*

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*damaged world in a dangerous time,
armed only with a keen sense of
humor and a mother's*

unconventional, unconditional love.

'I am blown away by the level of

detail Phil Cavell brings to his

work.' Elinor Barker MBE, multiple

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world champion and Olympic gold medallist 'Phil is eminently qualified to write the Midlife Cyclist. Well, he is certainly old enough.' Fabian Cancellara, Tour de France rider and two-time Olympic champion 'An amazing accomplishment... a simple-

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*to-understand précis of your midlife
as a cyclist – you won't want to put
it down.' Phil Liggett, TV cycling
commentator 'I'm determined to
grow old gracefully in lycra, and
Phil Cavell has been helping me to
do it successfully for years.' Gary*

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*Kemp Renowned cycling
biomechanics pioneer, Phil Cavell,
explores the growing trend of
middle-aged and older cyclists
seeking to achieve high-level
performance. Using contributions
from leading coaches, ex-*

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*professionals and pro-team doctors,
he produces the ultimate manifesto
for mature riders who want to stay
healthy, avoid injury – and
maximise their achievement levels.
Time's arrow traditionally plots an
incremental path into declining*

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strength and speed for all of us. But we are different to every other generation of cyclists in human history. An ever-growing number of us are determined to scale the highest peaks of elite physical fitness into middle-age and beyond.

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Can the emerging medical and scientific research help us achieve the holy triumvirate of speed and health with age? The Midlife Cyclist offers a gold standard road-map for the mature cyclist who aims to train, perform and even race at the highest

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Finally, the solution to the #1 reason we don't exercise: time.

Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to

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exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the

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*exploding science of ultralow-
volume exercise. Now that he's the
worldwide guru of the science of*

*time-efficient workouts, Gibala's
first book answers the ultimate*

question: How low can you go?

Gibala's fascinating quest for the

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answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths (“it’s only for really fit people”), explains astonishing science (“intensity

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trumps duration”), lays out time-saving life hacks (“exercise

snacking”), and describes the

fascinating health-promoting value of HIIT (for preventing and

reversing disease). Gibala’s latest study found that sedentary people

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derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol

that involved 80 percent less time and just three minutes of hard

exercise per week. Including the eight best basic interval workouts as

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well as four microworkouts

Suppleness And Stamina In

customized for individual needs and preferences (you may not quite want

to go all out every time), The One-

Minute Workout solves the number-

one reason we don't exercise: lack

of time. Because everyone has one

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minute.

A question I frequently hear asked is "Why do men over the age of 40 struggle to lose weight?" And it is a fair question. That was about the time in my life when I had to start watching my weight. Now that I'm

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65, it isn't getting any easier either as the years tick by. But with a lot of

work, it is doable to keep your

weight down and fitness level up.

The chapters in this book show you how. If you're a male in your forties

or older, you definitely know the

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struggle is real. It doesn't matter if you were an athlete back in college

or even a soldier back in the day as I was for 36 years ... you will notice

changes in your body. You'll find it easier to gain weight and more

difficult to lose it. If you do workout,

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you'll find it more difficult to do the same things you used to do with ease. The weights will seem heavier.

Your stamina will have dropped.

You'll feel less energetic and driven.

The only consolation here is that

whatever you may be feeling is very

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normal. It's part and parcel of aging. Let's look at why a man has a tougher time losing weight once he crosses forty. In this book I'll show you what foods you should be eating and the exercise schedule you need to get and stay in shape as you

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*continue through your middle age
and into your senior years. It is
possible to get in shape or stay in
shape as you continue to age.*

Pride & Ownership

Fitness for Men Over 40

Just Ride

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Born a Crime

The Giver

*A Breakthrough Plan to Lose
Weight and Start Cycling (No
Experience Necessary!)*

Bike Your Butt Off!

Fit to Surf, a cutting-

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edge surfing-specific fitness guide, supplies surfers of all levels of experience with everything they need to create a personal fitness program that

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builds strength and
endurance, increases
balance and

coordination, and
minimizes the risk of
injury. Personal trainer
Rocky Snyder--himself an

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avid surfer with two decades of experience riding the

waves--provides easy to-follow, step-by-step instructions

supplemented with

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60 photographs of
conditioning exercises
that can be performed at
home, in the gym, or on
the water.

Admiral Atkins leads the
Athena I project,

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Suppleness And Stamina In The Saddle
developing the worlds greatest supercomputer.

Its artificial intelligence discovers how to travel through time. Religiously fanatical, Admiral

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Atkins turns rogue. He leads six Navy SEALs to ancient Jerusalem to rescue Jesus from the Cross. If the SEALs succeed, the unintended consequence is an

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unrecognizable twenty-first century with continents covered by thick sheets of ice and missing seven billion people. Green Beret Colonel Robert Lake

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leads a small hunter-killer team of special operations troops drawn from all branches of the US military and the British SAS to intercept the SEALs. Two civilian

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experts a brilliant but eccentric professor and a beautiful master linguist complete the team. A ruthless CIA zealot, sympathetic to the SEALs, penetrates

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the hunter-killer team, bent on destroying them from within. How will the Green Berets and marines match up against the deadly SEALs? How are modern weapons

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neutralized in close combat by Roman edged weapons? Will the temptations of the flesh in ancient Jerusalem corrupt the hot-blooded marines? What will

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happen when the SEALs form a relationship with Judas? Who could be opposed to saving Jesus? Will the hunter-killer team turn on Colonel Lake to aid the SEALs in

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their holy mission? Is the past immutable or merely fluid

consciousness open to alternate histories?

Bestselling author

Sherman Alexie tells the

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story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior

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leaves his troubled
school on the rez to
attend an all-white farm
town high school where
the only other Indian is
the school mascot.

Heartbreaking, funny,

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and beautifully written, The Absolutely True Diary of a Part-Time Indian, which is based on the author's own experiences, coupled with poignant drawings

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by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life

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he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect

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yourself further with
this cyclist log
journal. It is small
enough to fit in your
purse or pocket. It has
a matte cover and high
quality interior paper.

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This note book is 6 x 9
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pages great for taking
notes while on your
occasional journey,
daily commute, weekend
excursions, extended

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touring or competitive racing. This journal will be perfect to keep track of it all. Grab yours today and buy some for your family and friends.

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Hard, Ride Fast and Stay
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***Utilizes a motivational speed-
level approach to fitness cycling
for novice riders, demonstrating
a ten-week program designed to
help readers reach a twenty-five-
mile-per-hour goal using a range***

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of nutritional and riding strategies. Original. 15,000 first printing.

Street Rodder magazine has been the leading resource for street rod enthusiasts for decades. The experts at Street

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Rodder have now compiled a comprehensive handbook on the most critical areas of street rodding—the chassis. Proper chassis building is complex—an area where many enthusiasts make mistakes. By learning the

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**fundamentals of chassis building
and suspension design, you may
avoid costly errors. The
information in this book will give
you some of the knowledge to
help you properly design and
build your chassis and hang**

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your suspension. Sections covered include: · Frame design & building · Hanging suspensions · Independent front ends vs. solid · Independent rear ends vs. solid · All about steering systems · All about driveshafts ·

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***Brakes, shocks & springs · And
much more!***

***There is no secret to losing
weight, building muscle, and
getting in shape. We have always
had the tools. We have lacked in
creating habits using the tools***

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***we have. In this breakthrough
book you will not hear the same
old advice you have always
heard about health, fitness, and
dieting. This book is about truly
creating a healthy lifestyle and
making exercise a lifelong habit.***

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***Get Fit, Stay Fit, Remain Fit is a
discovery of: - How to build a
system for achieving the healthy
body you want. - How to set
goals, achieve goals, and stay on
track as your go after your goals.
- How to stay motivated with***

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exercise for the long-term so that nothing will stop you in the pursuit of what you want to accomplish. It's time for you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions.

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No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

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Fit to Ride in 9 Weeks!***

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*How to Ride to 100--and Beyond,
revised edition*

*Roll of Thunder, Hear My Cry
The Midlife Cyclist*

*Science Shows a Way to Get Fit
That's Smarter, Faster, Shorter
Ride Hard and Turn Up the*

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Tension

*The indispensable, must-have
guide for anyone looking to gear
up and start pedaling Bicycling is
undergoing a renaissance in this
country as millions of people are
taking to the streets in this*

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nostalgic, beloved pastime. From purchasing one's first bike to learning all of its different components, The Bicycling Big Book of Cycling for Beginners is the go-to guide for any beginning cyclist's collection. The vast

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territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter, faster, and safer with this incredible wealth of knowledge. As the sales of new bicycles increase every year,

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these helpful tips and know-hows will educate and inform beginning cyclists to perform to one's maximum potential, all while having fun on the bicycle. Trusted bicycle consultant Tori Bortman distills the essentials every

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*beginner cyclist needs to know.
She covers different types of
rides, the components of
bicycles, proper cycling clothing
and equipment, basic road skills,
nutrition, training, maintenance,
and how to ride with a cause.*

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She also explores how to approach cycling from the conceptual beginnings into tangible, real-time facts about riding as a new cyclist, as well as elaborating on the bountiful health benefits of cycling from

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weight-loss, cardio, stress-reducing, and immunity-boosting perspectives. This is the ultimate guide to bicycling knowledge for beginning cyclists.

Journalist Walls grew up with parents whose ideals and

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*stubborn nonconformity were
their curse and their salvation.
Rex and Rose Mary and their
four children lived like nomads,
moving among Southwest desert
towns, camping in the mountains.
Rex was a charismatic, brilliant*

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*man who, when sober, captured
his children's imagination,*

teaching them how to embrace

life fearlessly. Rose Mary painted

and wrote and couldn't stand the

responsibility of providing for her

family. When the money ran out,

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*the Walls retreated to the dismal
West Virginia mining town Rex
had tried to escape. As the
dysfunction escalated, the
children had to fend for
themselves, supporting one
another as they found the*

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*resources and will to leave home.
Yet Walls describes her parents
with deep affection in this tale of
unconditional love in a family
that, despite its profound flaws,
gave her the fiery determination
to carve out a successful life. --*

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*From publisher description.
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*A totalitarian regime has ordered
all books to be destroyed, but
one of the book burners suddenly
realizes their merit.*

*Do You Want to Ride to
100—and Beyond? BIKE FOR*

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*LIFE! Now with training plans,
worldwide adventures, and more
than 200 photos Ride a century
when you turn a century: that was
the promise Bike for Life offered
when it was first published. A
decade later, this blueprint for*

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*using cycling to achieve
exceptional longevity, fitness, and
overall well-being has helped
tens of thousands of cyclists to
ride longer and stronger. Now,
nationally-known fitness journalist
and lifelong endurance road and*

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mountain biker Roy M. Wallack builds upon his comprehensive Bike for Life plan with even more practical tips and strategies to keep you riding to 100—and beyond. Fully updated, revised, and illustrated, Bike for Life

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features: - Cutting-edge workout strategies for achieving best-ever fitness at any age - Science-based 8- and 16-week Century training schedules - A radical new workout method that'll make you fly up the hills - An anti-aging

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plan to revive muscularity, strength, and reaction time - An exclusive 10-step Yoga for Cyclists routine - Strategies to fix "cyclist's knee" and "biker's back" - Advice on avoiding cycling-related impotence and

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*osteoporosis - Ways to survive
mountain lions, bike-jackers,
poison ivy, and headwinds -
Handling skills and bike-fit advice
from famous coaches - Tips on
staying motivated with worldwide
adventures and challenges - The*

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Bike for Life hall of fame: stories of amazing riders in their 60s, 70s, 80s, and up With oral-history interviews and profiles of the biggest names of the sport, including: John Howard, Gary Fisher, Rebecca Rusch, Ned

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*Overend, Tinker Juarez, Juli
Furtado, Marla Streb, Missy
Giove, Johnny G, Eddie B, Mike
Sinyard, and Rich "The
Reverend" White.*

*Get Fit to Create Riding
Breakthroughs*

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StressLess Techniques for
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Performance, and Finding
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Brain Training for Riders

Lord of the Flies

Bike for Life

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Regardless of discipline, level of suppleness and stamina in the saddle, expertise, training philosophy, body shape, or fitness level, all riders do better—in horse-related activities

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on the ground and in the saddle—when they take care of their bodies and

maintain their fitness.

While riding is a great

way to enjoy an active

lifestyle, on its own it

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is not enough to condition and tone the body to the degree we need, and then the horse must make up the fitness gap in our physical partnership. If our

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reflexes are slow, if our bodies fatigue, if our position collapses,

if tension patterns appear, then the horse suffers repetitive asymmetrical strain or

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develops compensatory movement habits. It is for his good, as well as

ours, that certified personal trainer and riding coach Heather Sansom has developed an

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*utterly achievable
9-week plan to give
every rider the*

*straightness,
suppleness, strength,
and stamina she needs to
rider her best. With*

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hundreds of one-of-a-kind illustrations depicting accurate musculature on the rider's body, and dozens of proven exercises organized in a

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*progressive fitness
program with easy-to-use
schedule charts,*

*Sansom's book is the key
to enjoying the ride,
being fair to your
horse, and getting into*

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fabulous shape—in nine
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weeks!

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Young Cassie Logan
endures humiliation and
witnesses the racism of
the KKK as they embark
on a cross-burning

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rampage, before she fully understands the importance her family attributes to having land of their own.

The Ultimate Guide for Improving Every Part of

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Your Life by Creating a Fitness Mindset What is Holding You Back in Your Life? Have you tried diet and exercise programs before, only to find you can never stick

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with anything, or that the weight just won't come off? Or maybe

you're physically fit but nothing else in life is quite adding up. You are not alone. Every

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*year people all over the
world commit themselves
to living a healthier
life and shedding their
extra weight, and every
year most people fail.*

If this describes you,

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you need this book. The reason you have failed in your other efforts is

because none of those other programs showed you the secret to

fitness success. They

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*only gave you part of
the puzzle. This book
shows you that the real
power to get healthy,
physically fit, and lose
weight is your mindset.*

Author, and personal

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trainer, Charlie S.

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Dannelly II teaches you

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the secrets to

developing a fitness

mindset inside his

powerful book, Power of

the Fitness Mind. Inside

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*you will discover: -What
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*-How to lose weight -How
to become healthier,
stronger, happier, and
wealthier -How to
improve your spiritual*

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*fitness -The
relationship between
fitness and the power of
attraction -How to
improve and sustain your
fitness focus -How to
gain financial fitness*

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potential in every area
of your life, you cannot
afford to miss this
book. Everything you
need to develop the body
of your dreams, and the*

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*life you have always
known you were meant to
live, is in this book.*

*There are many fitness
and financial gurus out
there who will try and
sell you some magic*

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formula for getting what you want. But, most of these so-called experts only focus on a small piece of what you need to succeed. The body, mind, and soul must all

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work together to fully achieve what you are capable of physically, mentally, spiritually, and financially. It's time for you to get in the fitness mindset.

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*Learn how to Run
Successfully and Lose
Weight Are you looking
to lose weight? Then
you're in the right
place, because running
is one of the most*

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simple and effective forms of exercise. When you start your running program and stick to it, you will lose weight, have more energy, and feel much fitter and

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healthier. No matter, what your current fitness level is, this guidebook will teach you everything you need to know to successfully lose weight running. It

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includes an 8-Week Training Plan that will

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the right running shoes
How often to train
Common mistakes How to
prevent injuries The
right food for running
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The Saddle Thief

The Calvary Incident

This book serves as a guide for the
seasoned veteran, the new firefighter
and everyone in between, bringing

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them together for what it all takes to have that love for the job.

Did you know there is an area of your brain known as the “Lizard Brain” that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your

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“Rational Brain” can effectively “shut down” and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly—even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar,

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uncomfortable, challenging, or “stressful” riding situations. But here’s the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness

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at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle

uncomfortable emotions, such as fear, anger, anxiety, and embarrassment;

hone your mental game and focus your riding time to get the most out of your

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hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of “Focused Calm” and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.

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A complete guide to shedding pounds, burning fat, and strengthening one's core through cycling In just 12-weeks, beginner- and experienced- cyclists alike will learn the heart-pumping techniques designed to lose the weight, rediscover the thrill, and welcome

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challenges of bicycling! With delicious nutritional information, tips, training plans, and core-strengthening exercises, readers will see the pounds melt off while having the time of their lives. With *Bike Your Butt Off!*, the synergy of weight loss and cycling has

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never been easier to adopt. Author Selene Yeager guides the beginning

Suppleness And Stamina In The Saddle cyclist through exercises, goals, and

techniques in order to lose the weight

and nourish a love for cycling. With

the economic climate in this country,

cycling is enjoying its renaissance as

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people by the millions are turning to this iconic pastime in this country.

Along with the weight epidemic, these two movements go hand in hand in helping each other lose the pounds, and rediscover this enjoyable, nostalgic activity, with more than 57 million

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people in the United States alone who use bicycles regularly. With weight loss/fat loss goals, Yeager highlights fat-burning and heart-pumping exercises to help maximize one's workout, along with nutritionist Leslie Bonci's health expertise. Whether the

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reader has just a little bit of weight to lose, or really quite a lot, *Bike Your Butt Off!* will help him or her to meet their weight-loss goals in no time—thanks to its expert-tested food and exercise plans.

Chris Carmichael has trained many of

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the world's best cyclists, and now he offers his invaluable training tips, cutting-edge workout programs, and state-of-the-art exercises to help readers find their ultimate ride. In this book, he gives riders of all abilities an insider's guide to getting fitter, faster,

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and on to the champion's platform.

With photographs and illustrated exercises, The Ultimate Ride helps build a strong foundation for incremental leaps in fitness, times, and techniques. Nutritional advice, goal-setting methods, and mental exercises

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complement the physical training tips,
to make this the only cycling fitness
book an enthusiast will ever need.

Project STAR

The Absolutely True Diary of a Part-
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Spinning Class Exercise Notebook for

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Ride Fast
74 Exercises & 18 Workouts

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Specifically Designed for the
Equestrian