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Once a Runner is a novel by American author John L. Parker Jr. and was first published in 1978 by Cedarwinds (0915297019). In Once a Runner, Parker illustrates the hard work and dedication that is required of an elite runner.

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Once a Runner by John L. Parker Jr. - Goodreads

"Once a Runner," he replied with no hesitation, "by a lot." My friend, like so many fans of this book, was a serious runner. I always just thought he was insane, with his 4:10 mile time, with his 100+ mile weeks, with his 20 mile sundays.

Once A Runner: A Novel By John L. Parker Jr.

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