
And Finally, Some Acknowledgements...

Putting together a publication like this with the voluntary contributions of busy business

people (who would really rather run than write in their spare time) is definitely a labor of love. And that is indeed the spirit in which we have created this collection of whys, whats, and hows of Corporate Running. We offer it to you in the hope that you and your team will also experience the good things we have had the opportunity to experience through our association with organized running at the workplace.

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