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About the Author: Dr. Timothy Noakes is Discovery health professor of exercise and sports science at the University

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Timothy David Noakes is a South African professor of exercise and sports science at the University of Cape Town. He has run more than 70 marathons and ultramarathons

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Lore of Running by Timothy D. Noakes ISBN: 9780873229593 / 0873229592 Paperback; Champaign, Illinois, U.s.a.: Human Kinetics Publishers, 2002-12;

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