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About the Author. JOHN "THE PENGUIN" BINGHAM writes a column for Runner's World magazine and teaches the basics of running to adult-onset athletes. The author of No Need for Speed and coauthor (with Jenny Hadfield) of Marathoning for Mortals, he lives in Chicago. JENNY HADFIELD, MA, CPT, is a fitness expert who has trained thousands of walkers, run-walkers, and runners of all levels.

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