

# The Runner's Complete Medical Guide

**Richard Mangi Peter Jokl O. William Dayton**

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After a harrowing bus ride to the First to the Finish Invitational, the Geneseo High School boys cross country team gets ready to race. Photo by The Runner's Complete Medical Guide by Richard Mangi. Mar 10, 2011. That's from the back of my well-thumbed copy of The Runner's Complete Medical Guide. I can't prove it, but I bet everyone in the running