

**World Class: A Champion Runner Reveals
What Makes Her Run, With Advice And
Inspiration For All Athletes**

By Grete Waitz;Gloria Averbuch



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Sylvia Taylor Johnson, PhD, Editor-in-Chief of The Journal of Negro Education (1994-2001): A World-Class Champion Runner The Journal of Negro Education, 76 (3), 437-447

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<http://www.adultblogs.com/users/aavbhh9775/2013/09/03/>

About Grete Waitz: Was a Norwegian marathon runner and former world record holder. Waitz won nine New York City Marathons between 1978 and 1988,

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Averbuch, Gloria New York Road Runner's Club as well as such noted athletes as Bill Rodgers, Grete Waitz, busy moms like her to world-class athletes like

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Asics also won two additional awards from Runner's World. We all class ourselves as Plus keeping track of my runs on Nike+ makes me want to run.

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https://www.advocare.com/endorsers/world_class.aspx

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