

Hip! Hip! Hooray! I'm Running Again

Randy Cook



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The story of a distance runner who had to miss 25 years of running because of two total hip replacements but is competing again and placing in his age group from the 5K to half marathon. Runners and athletes in any sport will be able to relate to the will to persevere. Just because someone has a joint replacement does not mean that you can never exercise again.

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