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SPRING 2020

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THE SPORTS
PUBLISHER





SPRING 2020

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RUNNING EVEREST

ADVENTURES AT THE TOP OF THE WORLD

APRIL 2020

FOREWORD BY DEAN KARNAZES,
AUTHOR OF ULTRAMARATHON MAN



Running Everest tells the story of a group of adventurers from around the globe who embark on a remarkable journey through the Khumbu Valley of Nepal, battling high-altitude sickness, deplorable sanitary conditions, freezing temperatures...and enjoying every minute of it! When they reach their destination, Mount Everest Base Camp, they turn around and run a marathon, the highest in the world, back to civilization. Are they extremists? Or the new generation of ordinary people? Written with humor and passion, *Running Everest* explores the culture, inhabitants, and the delicate balance of Hinduism and Buddhism in the breathtaking Himalayas, topped off by an exhilarating race over glacial moraines, high altitude plateaus, and steep rocky climbs, all in the shadow of the highest mountain on earth.

Holly Zimmermann, the first international woman to reach the finish line of the 2018 Mount Everest Marathon, recalls her incredible Himalayan journey. Fans of her first book, *Ultramarathon Mom*, will be thrilled to be reunited with some familiar names in this next narrative.



HOLLY ZIMMERMANN is an extreme sports athlete, from mountain and desert ultras, orienteering, endurance bike and expedition adventure races to running a marathon in the Arctic. In 2018, she was the first international female to finish the Mount Everest Marathon. One of her passions is motivating others to be active, and she encourages them by speaking at companies, sporting events, in women's groups, and at charities or by volunteering in schools where she trains kids to take part in local races.

approx. 320 p., B & W



30 photos as part of a color insert

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£ 14.95 UK/€ 16.95 EUR**



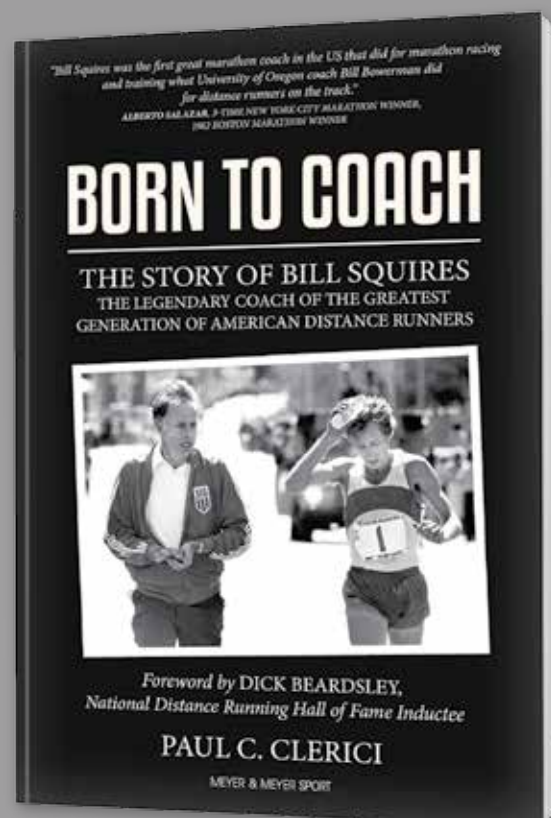
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BORN TO COACH

THE STORY OF BILL SQUIRES, THE LEGENDARY COACH OF THE GREATEST GENERATION OF AMERICAN DISTANCE RUNNERS

MARCH 2020

Bill Squires was the key figure in the creation of the greatest generation of American distance runners. Having coached all levels for years, it is with this vast accumulation of firsthand knowledge and experience that legendary Olympians and major marathon champions such as Bill Rodgers, Alberto Salazar, Greg Meyer, Dick Beardsley, wheelchair champ Bob Hall, and more dominated the landscape and set the pace for future generations via Bill's innovative race simulators and group-training techniques that are still used today. Proof of his determination and perseverance appeared early as he survived the effects of a misdiagnosis that stunted his emotional and physical growth. He continually pushed himself through personal pain in competition and maturation; found his eventual athletic calling as a record-setting runner; and became the highly sought-after benevolent ambassador of running as a coach. Bill Squires is proof that one should never give up.



PAUL C. CLERICI is a journalist, photographer, and former sports editor, who has been recognized with the Albert Nelson Marquis Lifetime Achievement Award. A lecturer and historian often invited as a guest on television and radio programs, the Camy 5K Run & David 5K Walk race director competes in nearly every distance from the mile to the marathon, including two triathlons, 43 marathons (the Boston Marathon 23 times), and has won numerous age-group and Clydesdale awards. A graduate of Curry College in Milton, MA, the Walpole High School Hall of Fame member resides in Massachusetts.

approx. 312 p., B & W



30 photos as part of a color insert

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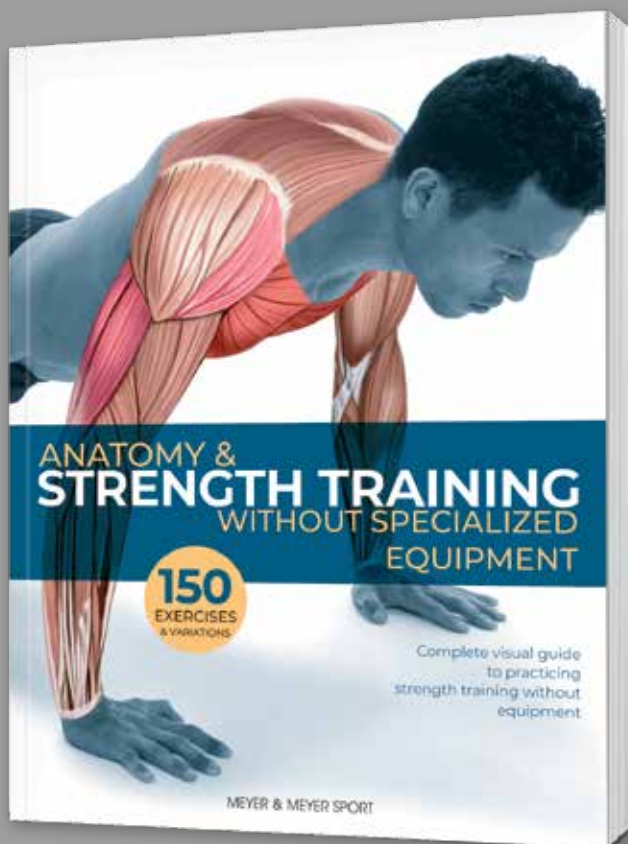
ISBN: 9781782551966

\$ 28.95 US/**£ 24.95 UK/€ 28.95 EUR**

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ANATOMY & STRENGTH TRAINING WITHOUT SPECIALIZED EQUIPMENT

MARCH 2020



Keeping in shape and showing off a toned body is not only an aesthetic advantage, but also a basic requirement for good health and total physical strength. The good news is that exercisers don't have to pump iron at a gym to achieve this!

This is because there are some basic principles of training and bodybuilding used in all disciplines and, despite the differences between them, this common base allows for visible results. In this book, the reader will be given the basic principles of strength training, including tips for nutrition and designing workout routines; exercises that use either bodyweight or common, yet unconventional items; and weekly routines for beginner, intermediate, and advanced levels.

This book includes all the information the reader needs to learn to train autonomously and obtain the best possible results. With *Anatomy & Strength Training*, readers will become their strongest, healthiest selves!

DR. GUILLERMO SEIJAS is one of the most renowned sports scientists in Spain. He is a lecturer in sports and health sciences and sports management at the University of Barcelona. He is also a PE teacher for children.



152 p., in color
408 photos + illus.,
Paperback, 8.25" x 10.75"

ISBN: 9781782551935

**\$ 22.95 US/
£ 19.95 UK/€ 22.95 EUR**



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THE RENAISSANCE DIET 2.0

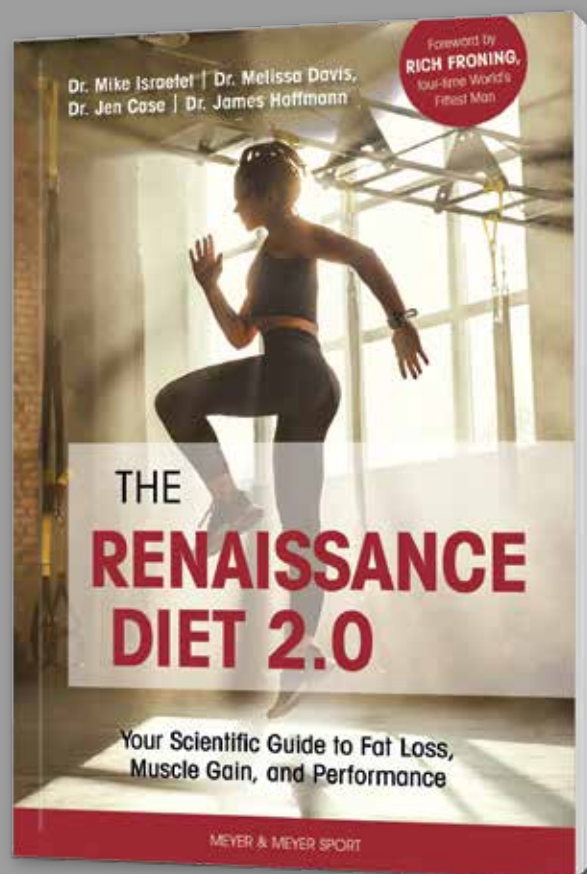
YOUR SCIENTIFIC GUIDE TO FAT LOSS, MUSCLE GAIN, AND PERFORMANCE

FEBRUARY 2020

The Renaissance Diet 2.0 is a hands-on guide that presents a sports nutrition approach to eating for fat loss, muscle gain, and enhanced sport performance by incorporating comprehensive evidence, setting it apart from all the misinformation on nutrition.

Beginning with a discussion on which parts of a diet determine results, the book delves into calorie intake, food quality, meal spacing and timing, and supplement use, rank-ordering them based on their relative contributions to diet so that readers can remain focused and avoid getting needlessly caught up in the minute details. The book further explores why and how calories matter; how much protein is enough; whether snacking is a good idea or if intermittent fasting is better.

Readers receive guidelines on how to modify their diets as their bodies adapt. Also included are special diet considerations for a vegan diet, training multiple times a day, competition days, endurance sports, and for women at different life stages, as well as information on the most pervasive diet myths and why they are wrong.



RENAISSANCE PERIODIZATION is a training and diet services company for world-class athletes with more than 430,000 followers.

DR. MIKE ISRAETEL holds a PhD in Sport Physiology and is currently the head science consultant for Renaissance Periodization.

DR. MELISSA DAVIS holds a PhD in Neurobiology and Behavior and is a consultant for Renaissance Periodization.

DR. JEN CASE holds a PhD in Human Nutrition, with an emphasis in Nutrition and Performances.

DR. JAMES HOFFMANN holds a PhD in Sport Physiology and is a consultant for Renaissance Periodization.



approx. 320 p., B & W

51 photos + illus.

Paperback, 6" x 9"

ISBN: 9781782551904

\$ 29.95 US/

£ 26.95 UK/€ 29.95 EUR

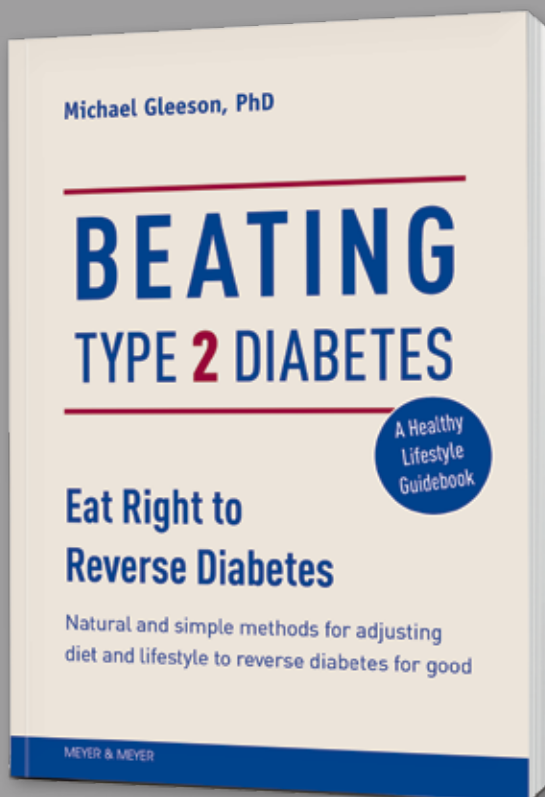


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BEATING TYPE 2 DIABETES

APRIL 2020

EAT RIGHT TO REVERSE DIABETES



The huge and growing problem of type 2 diabetes already affects 10-20% of the population. Millions more are in the early stage of prediabetes or are at high risk of developing it within five years. This book is designed to be a resource for people diagnosed with either diabetes or prediabetes.

Though there is a lot of information and advice about living with diabetes, there is very little information about how to minimize the risk of health complications or, more importantly, how to get rid of it for good. This single, reliable, evidence-based, high-quality resource includes everything there is to know about beating type 2 diabetes.

The author provides an effective weight-loss plan which uses sensible and varied dieting combined with enjoyable and exhilarating exercises that should kick diabetes into remission and improve overall health. The reader can use a variety of different, but equally effective, diets which they can change weekly.

With this book, anyone can reverse type 2 diabetes for good!



MICHAEL GLEESON is Emeritus Professor of Exercise Biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University. He has written about overtraining syndrome, sport nutrition, exercise and immune function and advised professional sports organizations on nutritional strategies to improve performance and maintain health. Following his retirement in 2016, he has turned his attention to how ordinary people can achieve optimal health and live healthier for longer, writing his first solo book, *Eat, Move, Sleep, Repeat*, in 2019. Michael lives in Burbage, Leicestershire.



256 p., B & W

83 photos + illus.,

Paperback, 7" x 10"

ISBN: 9781782551997

\$ 18.95 US/

£ 16.50 UK/€ 18.95 EUR



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KITESURFING

FROM DREAM TO THE SKIES HOW TWO BROTHERS DEFINED A SPORT

JUNE 2020

Use the power of a kite to glide over the water.

This was the relatively simple idea of the Legaignoux brothers when, in the 1980s, these two men from Brittany—who were passionate about sailing—decided to create an inflatable kite. From the first drawings to commercial success, including numerous tests, prototypes, and patents, they revolutionized how people kitesurfed.

With contributions from the great names in water sports—Laird Hamilton, Mike Waltze, Laurent Ness, Don Montague, Franz Olry, Pete Cabrinha, Rob Douglas, Nicolas Parlier, Christophe Martin, Leif Leriche—this book tells the extraordinary story of the birth of a sport: kitesurfing.



Born in 1960 in Brittany, France, **BRUNO LEGAIGNOUX** mainly worked as a sailing instructor, though he was an avid windsurfer. It was at age 23, while on a boat trip in an old catamaran that the idea to use a kite for sailing emerged. Bruno and his brother Dominique applied for their first patent for the inflatable C-kite. After working on this project for 13 years, kitesurfing was born in 1997 with the creation of their brand Wipika. Since then, Bruno has pushed to develop the sport, leading kite design for over 10 years, co-patenting over 10 inventions.



344 p., B & W
54 photos + illus.
as part of a color insert
Paperback, 5.5" x 8.5"

ISBN: 9781782551683

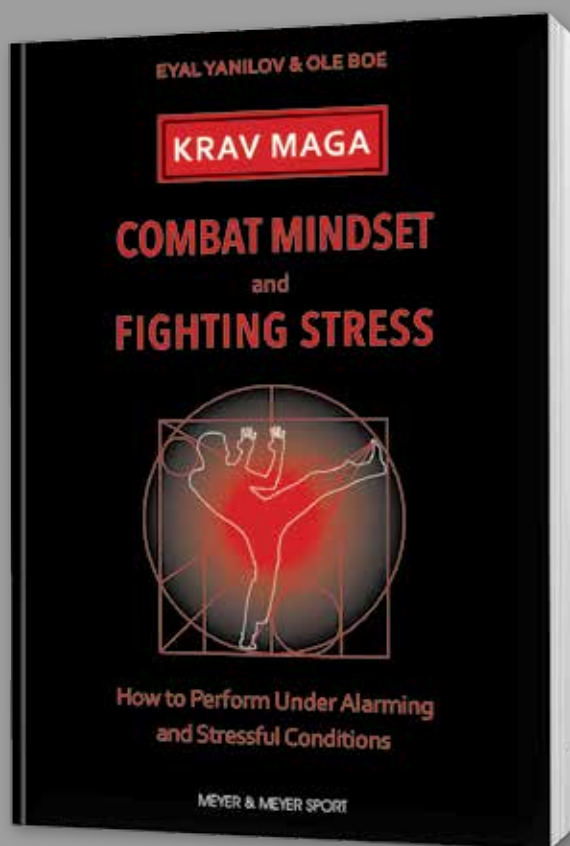
**\$ 26.95 US/
£ 24.50 UK/€ 26.95 EUR**



KRAV MAGA – COMBAT MINDSET & FIGHTING STRESS

APRIL 2020

HOW TO PERFORM UNDER ALARMING AND STRESSFUL CONDITIONS



Originally developed as an elite fighting tactic for the Israel Defense Forces, today Krav Maga has become a popular self-defense method, appealing to government units, martial artists, and even the average person.

This innovative Krav Maga book depicts cutting-edge techniques and training methods, covering the core topics that are applicable in a variety of professional and personal situations—in particular combat mindset and fighting stress. This book gives the reader techniques to perform under all stressful conditions.

Originally tailored for law enforcement and military personnel, its methods can also be used by all martial artists, combative sports athletes, and anyone learning self-defense techniques. Written by Master Eyal Yanilov, the successor of Krav Maga's founder, Imi Sde-Or, this book covers all the core topics of Krav Maga that have been proven to be successful in professional and personal situations.

MASTER EYAL YANILOV is an Israeli Krav Maga instructor. He was the co-founder and chief instructor of the International Krav Maga Federation from 1996 to 2010, and he is currently the chief instructor of Krav Maga Global. He is a graduate of the School for Trainers and Instructors at the Wingate Institute for Sport and Physical Education. He studied with the founder of Krav Maga, Imi Sde-Or, and is one of two Krav Maga practitioners who hold the Master level 3, the highest level granted by Imi Sde-Or, and Founder's Diploma of Excellence. In 2010, he founded MaxKravMaga.com, an online Krav Maga training program.

DR. OLE BOE is a Norwegian special forces officer and psychologist and a disciple of Eyal Yanilov.



256 p., B & W

300 photos + illus.,

Paperback, 6.5" x 9.5"

ISBN: 9781782552031

\$ 24.95 US/**£ 22.50 UK/€ 24.95 EUR**

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COACHING VOLLEYBALL BEGINNERS

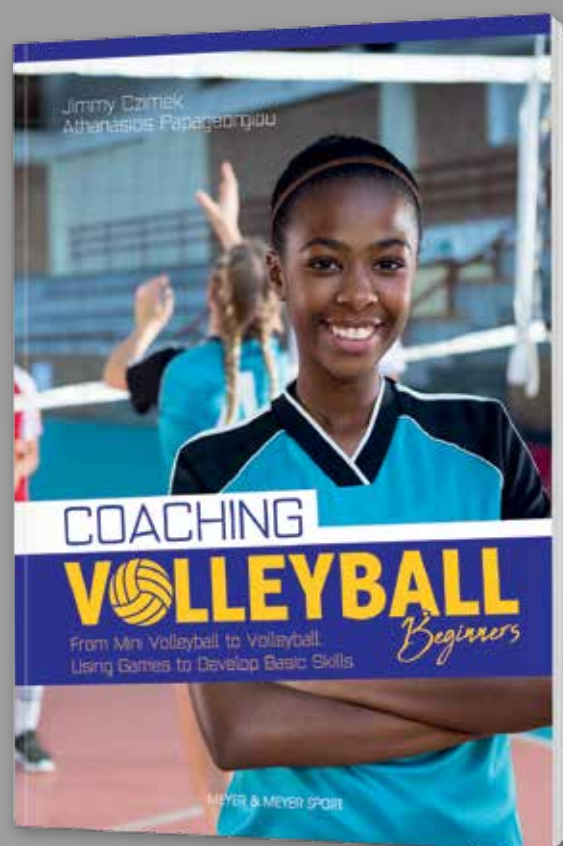
AUGUST 2020

FROM MINI VOLLEYBALL TO VOLLEYBALL: USING GAMES TO DEVELOP BASIC SKILLS

Coaching Volleyball Beginners is a step-by-step guide for coaches that helps them teach youth beginner players how to play volleyball. With the various drills and games, the coach can keep practice interesting for the players as they develop their basic playing skills.

The book includes ideas for easy, introductory games for young players (ages 6-10). These games are both entertaining and instructive, teaching these players the volleyball basics. Next the book explains how to use small-group games, such as 6 vs. 6, to teach more advanced volleyball methods and skills to older players (ages 13 and up).

The various drills and games are explained in detail, often with accompanying photos and illustrations, so coaches of any level, from beginner to more advanced players, can easily implement them into practice sessions. A short introduction to beach volleyball is also included to round out the information, making this a book all youth volleyball coaches need on their shelves!



DR. JIMMY CZIMEK is a certified sports teacher and trainer. He earned his doctorate in psychology and training theory at the German Sport University Cologne. He is the former co-trainer of the German women's volleyball national team and head coach in the 1st division Volleyball Bundesliga. Since 2012 he has overseen the A-trainer education at the DVV (German Volleyball Association), where he has been the main instructor for volleyball since 2014. Since 2013 he has been the coordinator and main instructor at the Cologne Trainer Academy.

ATHANASIOS PAPAGEORGIOU is a certified sports teacher. He has had numerous successes as a Bundesliga men's coach and as a coach of the German national volleyball team for the disabled. For almost three decades, he was a trainer at the DVV (German Volleyball Association) as well as a coordinator and main lecturer for volleyball at the Cologne Trainer Academy. Since 1993 he has been a trainer for the International Volleyball Federation and the International Volleyball Federation for the Disabled.



168 p., in color
206 photos & illustrations

Paperback, 6.5" x 9.5"

ISBN: 9781782552024

**\$ 19.95 US/
£ 16.95 UK/€ 19.95 EUR**

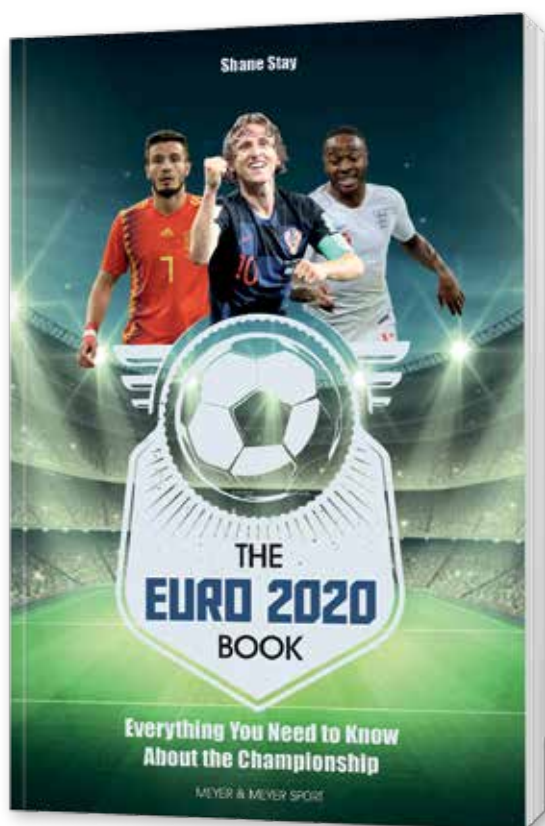


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THE EURO 2020 BOOK

JUNE 2020

EVERYTHING YOU NEED TO KNOW ABOUT THE CHAMPIONSHIP



Whether a newcomer or seasoned supporter, this comprehensive guide will give you all the information and insight needed to understand and enjoy the Euro 2020.

This book will dive into which players will be appearing in this championship and what to expect from them, as well as the coaches, team strategies, predicted outcomes, and history of previous UEFA Euro tournaments. All these aspects of the tournament will receive an in-depth analysis. Expect star players such as Mbappé, Cristiano Ronaldo, Toni Kroos, Raheem Sterling, Eden Hazard, and Luka Modric to make an appearance. Read about how they reached one of the most prestigious soccer tournaments.

With this book, the reader will stay up to date with every angle of the Euro 2020, and they will know everything there is to know about the championship!



SHANE STAY is a bestselling author. He has written *European Soccer Leagues 2019*, *THE Women's World Cup 2019 Book*, *Major League Soccer 2019*, *THE World Cup 2018 Book*, *Why American Soccer Isn't There Yet*, and *The Cairo Project*. Shane has played professional soccer and was a restaurateur. He received his Master of Arts from Southern Illinois University. In 1999, he founded the first online Current Events Game, CE Game. He has appeared on TV and has featured on numerous radio broadcasts, including *ESPN* and *NPR*.



304 p., B & W

6 photos & illustrations

Paperback, 5.5" x 8.5"

ISBN: 9781782552000

\$ 14.95 US/**£ 12.95 UK/€ 14.95 EUR**

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SOCCER DARK ARTS

EVERY CRAFTY TRICK IN THE BOOK FROM
TIME-WASTING TACTICS TO DEVILISH DECEPTIONS

MAY 2020

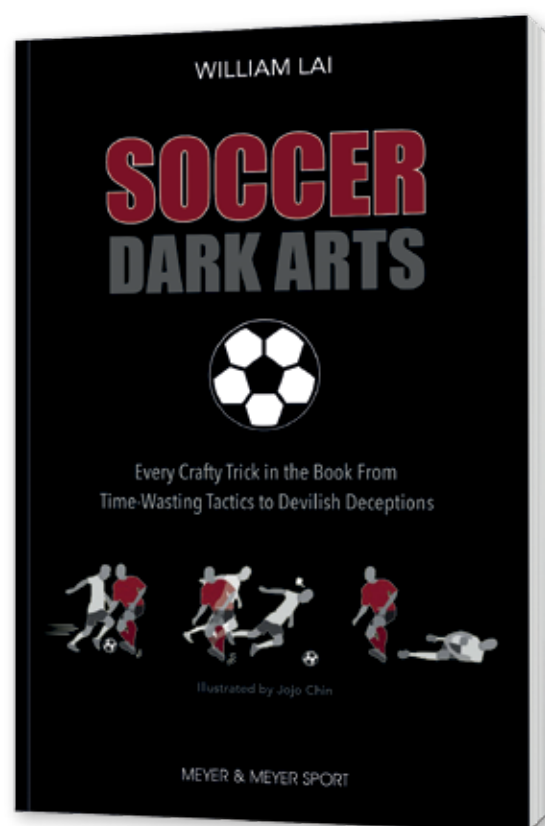
How do winners in soccer really win at soccer?

Soccer Dark Arts provides detailed knowledge about crafty, deceitful, and outrageous gamesmanship that will help players and their teams win matches.

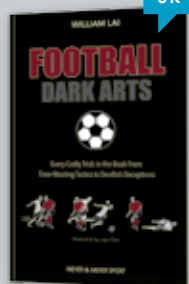
Within this book are **80 soccer tricks, traps, and tips**. These “dark arts” give ultra-competitive managers and street-smart players a competitive edge that will prevent their opponents from performing at their optimal level.

Masters of the dark arts know how to bend the rules, to deceive, to con, and ultimately to negatively affect their opponents. This book highlights the ugly, unpleasant, and unsporting aspects of the Beautiful Game, and how to watch out for them!

All players, coaches, match officials, fans, commentators, journalists, and club directors should read this book and understand the *Soccer Dark Arts*!



WILLIAM LAI is a university lecturer, media columnist, and referee. He has refereed in England and Australia and is a qualified referee instructor and assessor. He teaches a popular undergraduate course, “Managing Soccer Clubs in a Globalized World,” to management students, writes editorials as “The Rational Ref” about soccer incidents on and off the pitch in Hong Kong’s top English-language newspaper, and officiates in Hong Kong’s Premier League. He loves to observe, play, officiate, and comment on the good, the bad, and the ugly sides of soccer. He lives in Hong Kong, China.



UK VERSION



approx. 136 pages, B & W,

80 photos + illus.,

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9781782552017 (UK)

\$ 14.95 US/

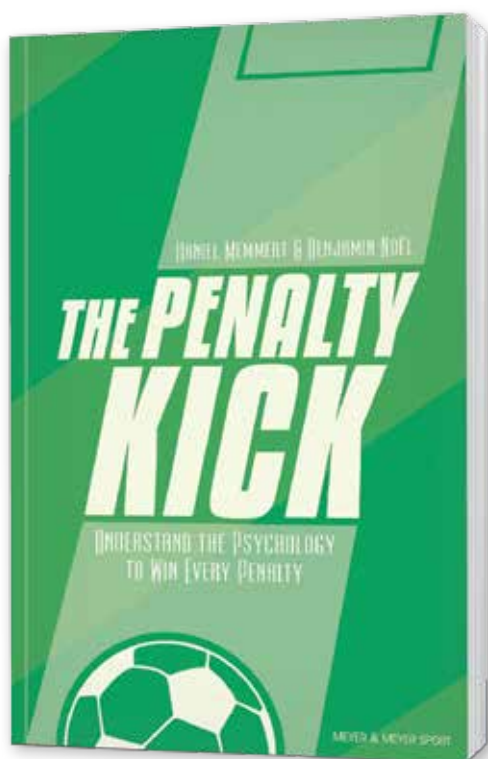
£ 12.95 UK/€ 14.95 EUR



THE PENALTY KICK

MARCH 2020

UNDERSTAND THE PSYCHOLOGY TO WIN EVERY PENALTY



Penalty kicks play a significant role in determining the outcome of a match. So naturally they fascinate fans, media, and even athletes and trainers.

This book presents research from over 130 scientific studies on penalty kicks that can be used by athletes, trainers, managers, and even soccer fans. All the information on penalty kick methods is based on sport psychology and movement science. The authors have also included anecdotes of the biggest and most important penalties in soccer history. They connect these actual events with the scientific findings, creating real life examples that make it easier to understand the science. Furthermore, they examine the penalty kick from both the kicker's and the goalkeeper's perspectives to explain shooting and saving techniques from every angle.

A successful penalty kick takes more than just luck, and *The Penalty Kick* demystifies the science so that the reader knows how to win every penalty kick!

PROF. DR. DANIEL MEMMERT is the managing director of the Institute for Training Science and Computer Science at the German Sports University in Cologne. His work focuses on movement science, sports psychology, and sports informatics. He holds trainer licenses in soccer, tennis, snowboarding, and alpine skiing. In addition, he cooperates with national and international professional clubs, the German national team, and has organized the first international master's program in match analysis.

BENJAMIN NOËL has a doctorate in Cognitive and Sports Game Research from the German Sports University in Cologne.



approx. 134 p., B & W
64 photos & illustrations
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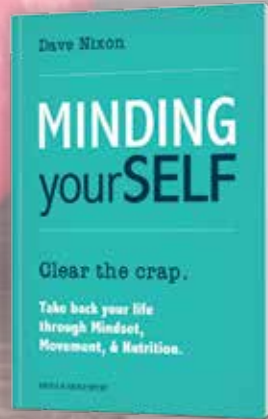
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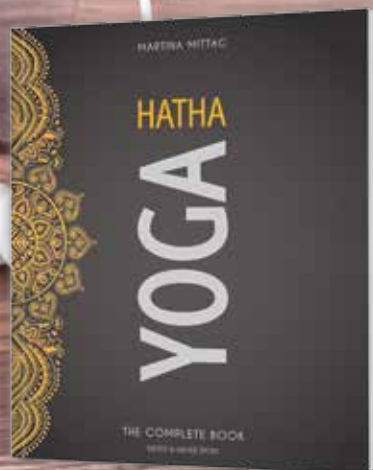
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ISBN: 9781782551713

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THE PHILOSOPHY OF THE GAME

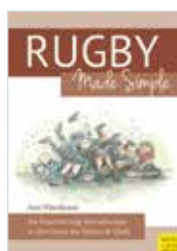
Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



Bernd-Volker Brahm
BADMINTON HANDBOOK
Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

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Ann Waterhouse
RUGBY MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

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Ann Waterhouse
FOOTBALL MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

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Ann Waterhouse
CRICKET MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be sitting by a cricket pitch this summer, but are still mystified by the antics on the field, this is the book for you.

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Graeme Copas
THE RUGBY WORLD CUP 2019 BOOK
Everything You Need to Know About the Rugby World Cup

Whether the reader is a newcomer or a seasoned supporter, this comprehensive guide to the 2019 Rugby World Cup in Japan will provide him with all the information needed to understand and enjoy the third biggest sporting competition in the world.

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Enrique TOPO Rodríguez
RUGBY: THE ART OF SCRUMMING
A History, a Manual and a Law Dissertation
on the Rugby Scrum

The Art of Scrumming is an authoritative work on scrumming, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

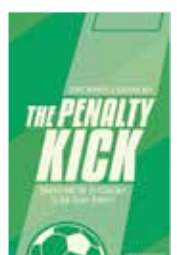
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Bompá/Claro
PERIODIZATION IN RUGBY

Rugby is a sport of technical finesse, tactical boldness and complex physical development. This book presents principles for good physical conditioning, explains the physiological demands of rugby, and address concepts like power, speed, and endurance.

224 p., b/w, 69 photos, 100 illus., paperback, 6 1/2" x 9 1/4"
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Memmert/Noël
THE PENALTY KICK
Understand the Psychology to Win Every Penalty

This book presents research on penalty kicks from 130 scientific studies. A successful penalty kick takes more than just luck, and *The Penalty Kick* demystifies the science so that the reader knows how to win every penalty kick!

approx. 134 p., b/w, 64 photos & illustrations, Paperback, 5.5" x 8.5"
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\$ 16.95 US/£ 14.95 UK/€ 16.95 EUR

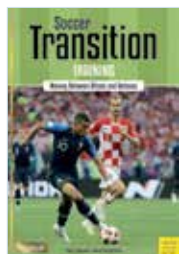
NEW



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INTELLIGENT SOCCER TRAINING
Simulating Games to Improve Technique & Tactics

The 150 training forms teach the basic tactical and technical skills of modern soccer. Furthermore, the book discusses running behavior, techniques, group tactics, variable games entries, as well as the improvement of action speed and game intelligence.

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Englund/Pascarella
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 Moving Between Attack and Defense

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ALL ABOUT PRESSING IN SOCCER
 History. Theory. Practice.

A guide on understanding the history, theory, and practice of pressing in soccer that will help coaches and players in creating a better and stronger team. They will improve their understanding of the game, making them more successful.

450 p., in color, 50 photos + illus., paperback, 8.27" x 11.69"
 ISBN: 9781782551478
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Steffen Siebert
A LEAGUE OF THEIR OWN
 The Secrets of Club Soccer Champions

This book provides readers with a closer look at the FIFA Club World Champions. It discusses different tactical philosophies and how these tactical approaches have been adjusted by some of soccer's greatest coaches, such as Guardiola, Mourinho, Enrique, and van Gaal.

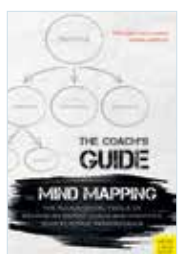
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Seeger/Favé
CREATIVE SOCCER TRAINING
 350 Smart and Practical Games and Drills to Form Intelligent Players—For Advanced Levels

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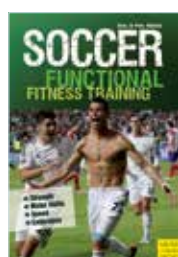
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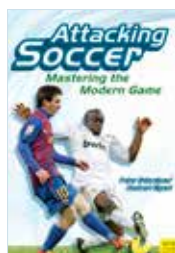
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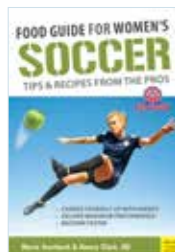
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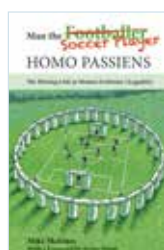
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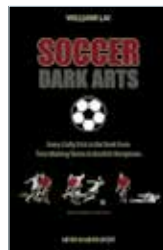
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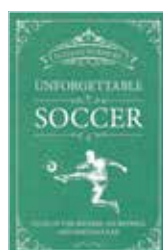
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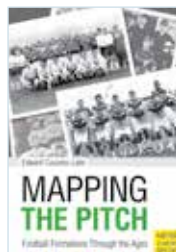
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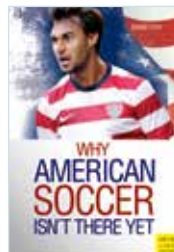
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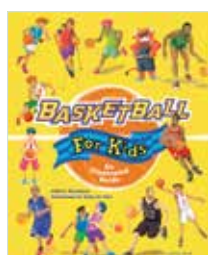
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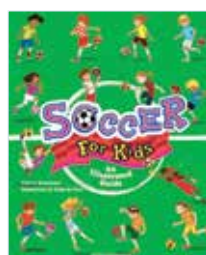
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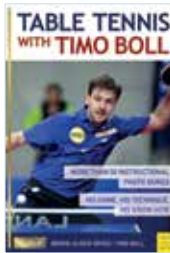
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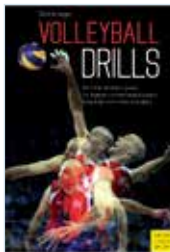
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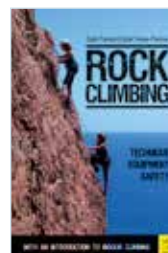
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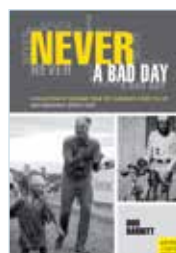
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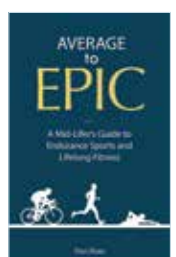
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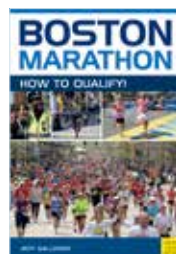
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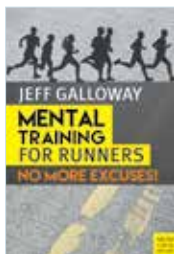
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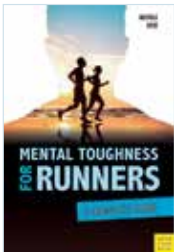
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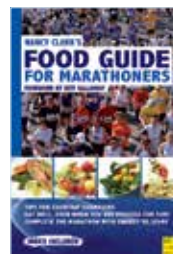
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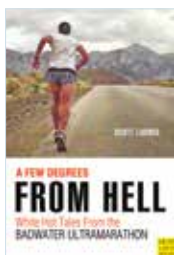
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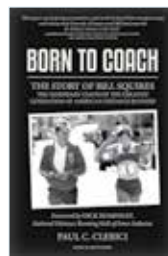
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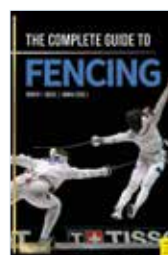
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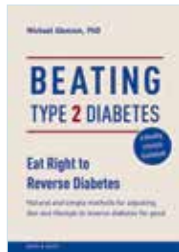
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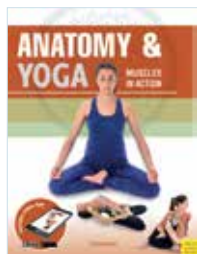
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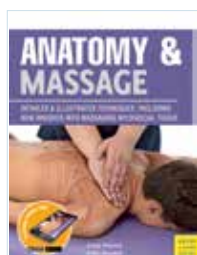
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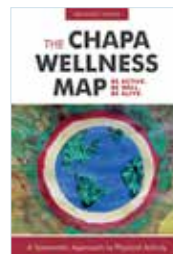
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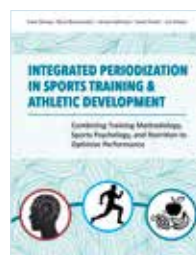
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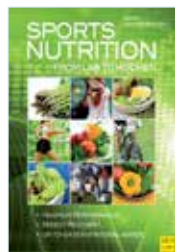
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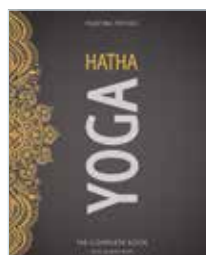
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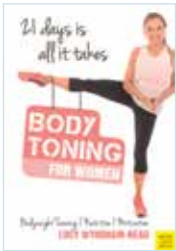
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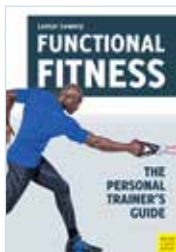
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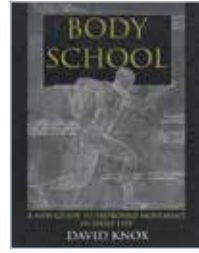
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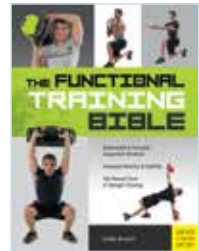
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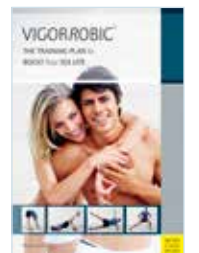
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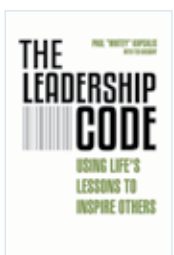
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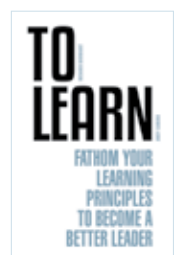
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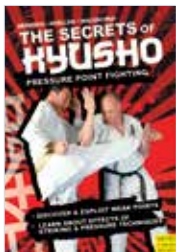
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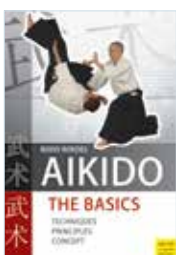
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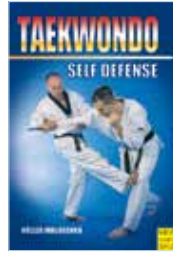
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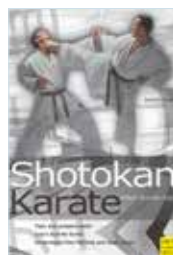
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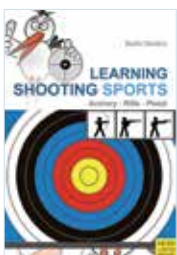


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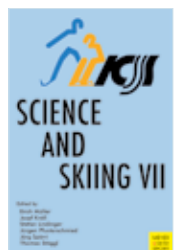
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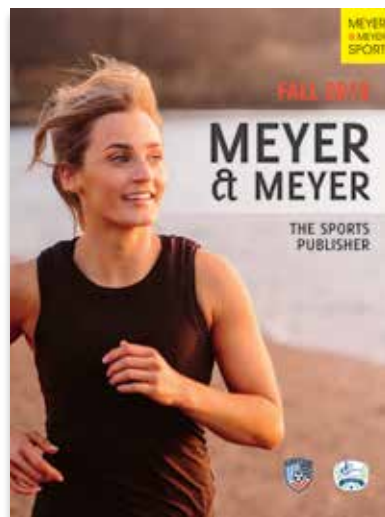


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