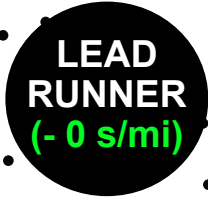


The Science of Drafting while Running

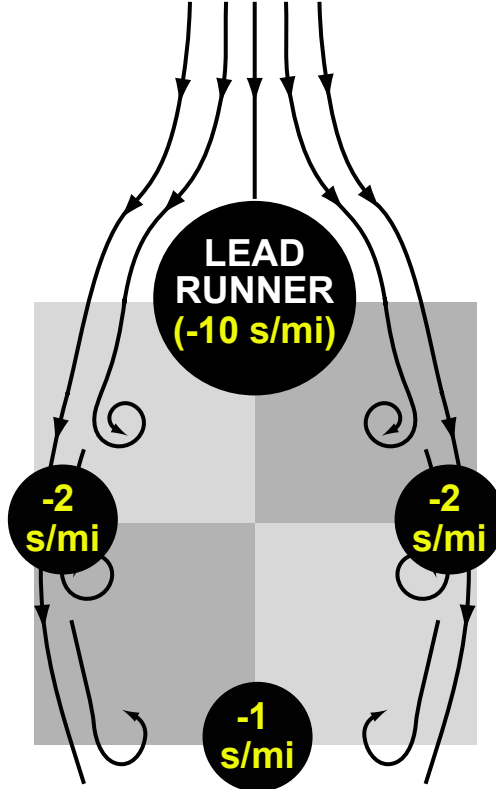
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**10 MPH
TAIL-WIND**

**LEAD
RUNNER
(- 0 s/mi)**



NO WIND



**10 MPH
HEAD-WIND**

