

THE COMPLETE

# RUNNER'S

DAY-BY-DAY LOG  
2019 CALENDAR



MARTY JEROME

Marty Jerome

## The Complete Runner's Day-By-Day Log 2019 Calendar



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The Complete Runner's Day-By-Day Log 2019 Calendar by Marty Jerome offers been the best-selling working journal for more than 30 years.s perceptive regular essays.This January through December working log/calendar features spiral-bound pages and contains tips, quotes, full-color photographs, plenty of space for recording times, miles, and notes, and Marty Jerome'



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Great guide for moving I use the product to take my balance for kilometers walked, instead of run, due to my age. Keep them coming. The pictures, monthly writings ,every week hints are all very useful and valuable. Simple however, not too simple. Very well done! Great Running Log Great working logs get one each year My 8th calendar!. My running days are over, but walking helps my arthritis.. Love these books.Thx Greatest runner's "diary " around I have used this log and calendar since 1980 mostly for running, but it has also documented the lives of my children along the way, my accomplishments, my goals and successes not to mention some failures. Perfection! Makes an excellent gift .



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