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Sommario/riassunto	Running is one of the world's most widely practiced sports and recreations but until now it has intended to elude serious study outside of the natural sciences. John Bale brings the sport into the realm of the humanities by drawing on sources including literature, poetry, film, art and sculpture as well as statistics and training manuals to highlight the tensions, ambiguities and complexities that lie hidden beneath the commonplace notion of running. The text explores both local and personal, as well as communal and global aspects of running and its practitioners. It examines the streets, t