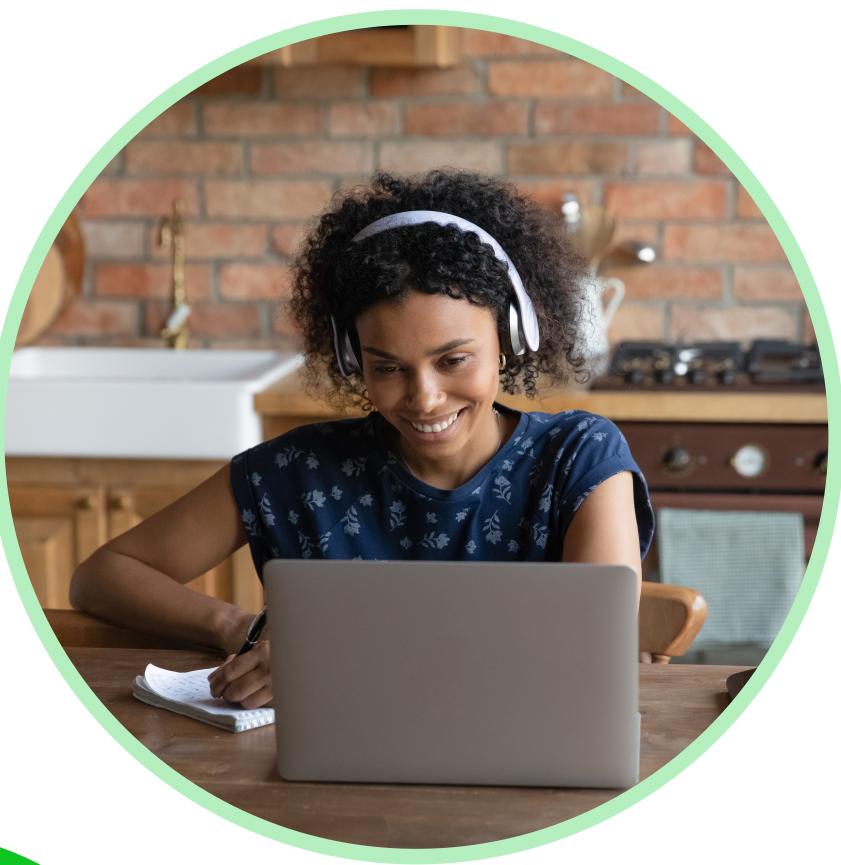# RUNFREE

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- An understanding of the classification system
- How to set up an athlete on a frame
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