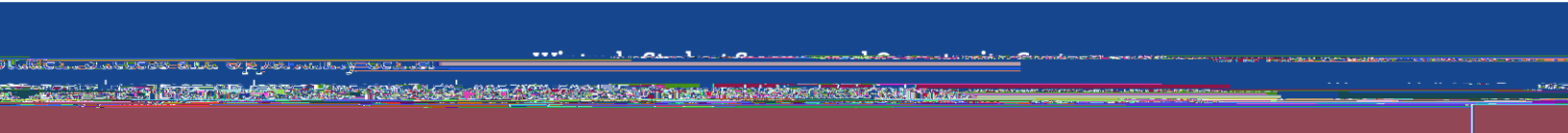




SOUTH DAKOTA STATE UNIVERSITY

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i.e. "I couldn't run a mile in 8 minutes a month ago, but because I kept with my training plan, I now achieved my goal."