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the Maine Winter Sports Center, MA and he has been named Maine Champion in Christmas He is a Ph.D.
candidate in nutrition at the University of Maine and an

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Ellen Coleman is a registered dietitian 4th ed. (2003) and Ultimate Sports Nutrition, 2nd ed Ellen has completed
numerous marathons and 200 mile

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Ellen Coleman is a registered dietician and exercise physiologist and a columnist for Sports Medicine Digest. As
an athlete she has completed the Ironman Triathlon

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