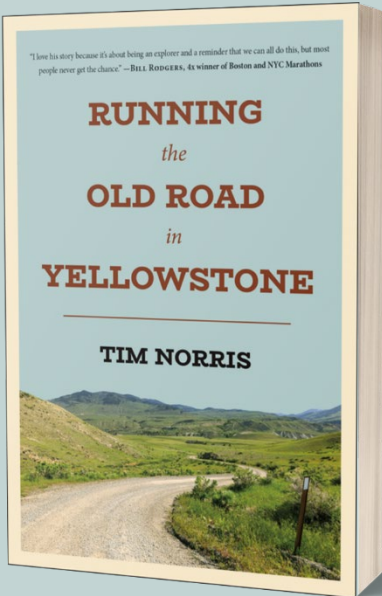


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TIM NORRIS is a journalist and runner. With an MA in Journalism from the University of Oregon, he’s written feature stories for more than 40 years with various newspapers including the *Omaha World-Herald*, *Rochester NY Times-Union* and *The Milwaukee Journal*.

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