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An aerial, black and white photograph of a large crowd of runners participating in a marathon on a wide road. The runners are spread across the width of the road, moving away from the camera. The road has white lane markings. The surrounding area is filled with trees and foliage.

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1. **Original Research**—structured research that uses quantitative and/or qualitative data collection methods and analyses to establish a hypothesis or prove a cause: effect relationship(s) is included in this category. The manuscript must be structured as follows:

Abstract—concise summary in the following format (*not to exceed 375 words*):

Introduction: need for the study.

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