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Fit 4 Ever: Can You Win Without Drugs?

Five syringes discarded on the side of a Rocky Mountain road just outside of Boulder, Colo., were not exactly what I expected to see. Yet, as I cycled through some of the most scenic and challenging roads in all of Boulder, the site was unmistakable. I knew that many competitive riders used the high altitudes to train for races; but it appeared that it wasn't just the altitude that would enhance their performances that day.

The world of sports has taken a beating this year.

Bible Reference:

Daniel 1



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