

# SERVICE NOTES Issued by RJA

Second Edition

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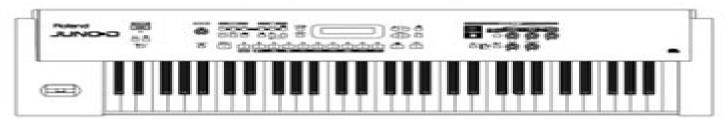
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# Full-scale revision

There were many mistakes in the Service Note issued in September, 2004. So, we correct all the mistakes and issue the Service Note as Second Edition. Please dispose of the old one and use the Second Edition.

REVISION INFORMATION 2006/10/30 P.8-9 Types of screws were revised.



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# **Roland Juno D Manual**

**LP Steffe** 



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web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it s advised for marathon runners to consume 5 10 ml of fluid per kilogram of body weight in the 2 4 hours leading up to the marathon to ensure optimal hydration