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**Instructor's Manual**  
*to accompany*

**The 8051 Microcontroller  
and Embedded System**  
*Using Assembly and C*

**Second Edition**

**Muhammad Ali Mazidi**  
**Janice Gillispie Mazidi**  
**Rolin McKinlay**

*With Contributions from*  
**Ardeshir Eslami**



Upper Saddle River, New Jersey  
Columbus, Ohio

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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