

A group of runners is shown from the waist down, positioned on a red running track. They are wearing various athletic shoes and socks. The runners are in a starting crouch, ready to begin a race. The background is slightly blurred, showing the track's lanes and some greenery. Overlaid on the center of the image is the text "HOW TO FIGHT THE SEPTEMBER SLUMP" in a large, bold, white, sans-serif font.

# HOW TO FIGHT THE SEPTEMBER SLUMP