

TOP 10 RUNNING RESOURCES

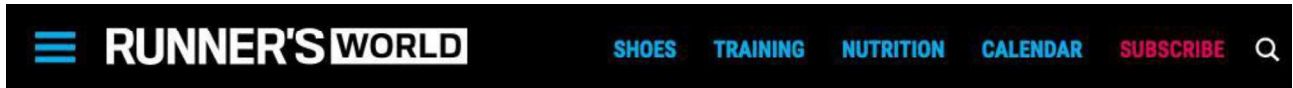
Inside you'll find:

- ✓ *Top tools*
- ✓ *Top forums and blogs*
- ✓ *Top tips and how to's*



1. Runner's World

<https://bufferapp.com>



WOMEN'S RUNNING

Running While Female

Special Report: Midrun Harassment

An illustration of a female runner in a grey tank top and black shorts running on a light orange background. She is surrounded by several white speech bubbles containing harassing comments: "HEY", "BABY", "DAMN GLAMOROUS", "PHAT ASS! NICE", "LEE", "LOOKIN' GOOD", "NICE LEGS", and "SEXY!".

RW 50 SELECTS

A portrait of a male runner with short brown hair, wearing a red tank top, looking slightly to the side against a blue sky with clouds.

Special Feature: Pure Heart

RUNNING TIPS

A portrait of a female runner with blonde hair, wearing a green and white athletic top, standing outdoors with trees in the background.

8 Ways to Extend Your Long Run

LATEST ON RUNNER'S WORLD

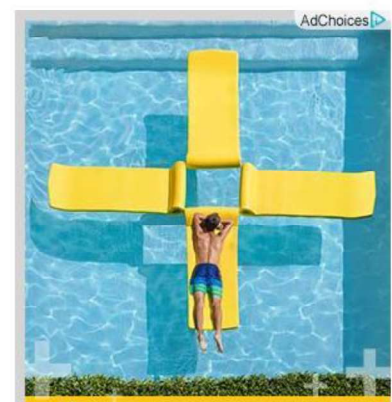


10 HOURS AGO

With NYRR's New Drug Testing Initiative, Another Step to Deter Cheating at Sub-Elite Levels

By [Mike Gruss](#)

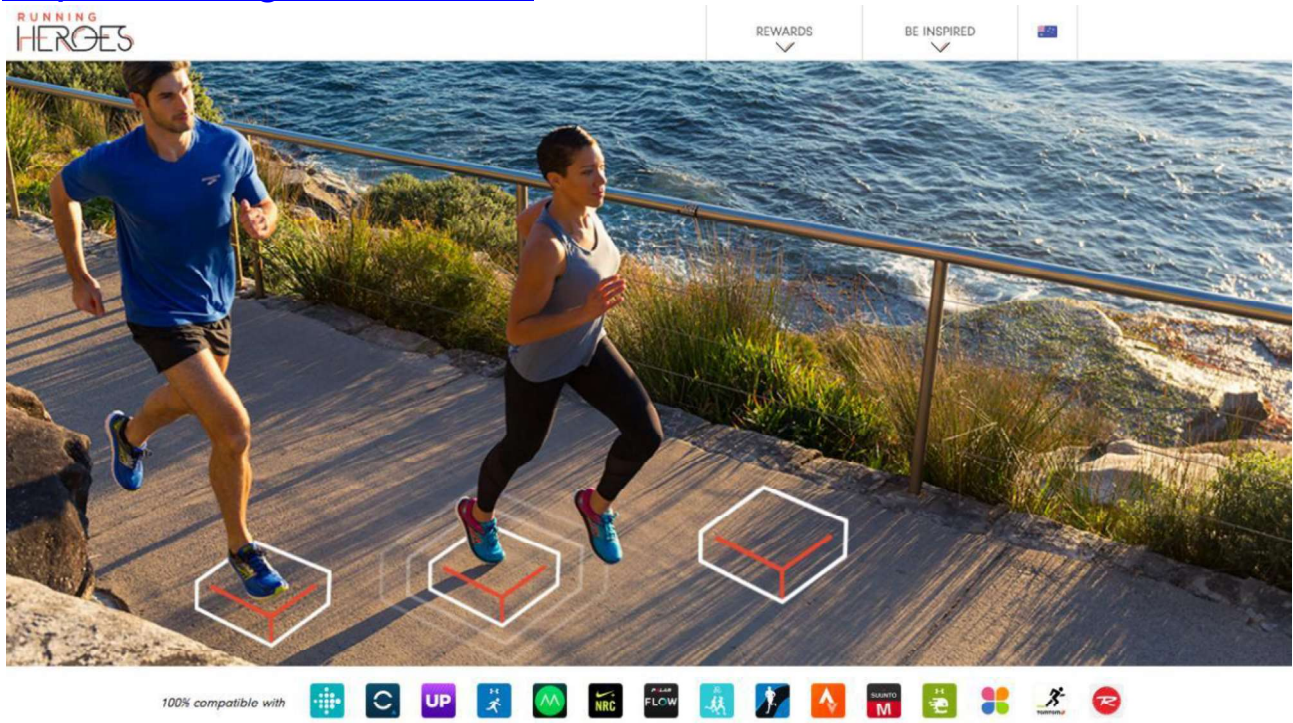
Runners using performance-enhancing drugs are seen to be targeting any race with prize money.



Almost everything running! You'll find news, articles, events, tips, shoes, training, nutrition, and more. They even have a forum!

2. Running Heroes

<http://runningheroes.com>



100% compatible with

HOW **RUNNING HEROES** WORKS?

A must for any runner! Running Heroes is a social networking enabled platform that connects up with many running devices. It rewards you for running!