

# CHART A COURSE TO HEALTH

## MapMyRun app lets you track your fitness goals

**T**here's a good chance that, as you are reading this, more than a thousand people are running down the Lackawanna Valley from Forest City to Scranton. Today marks the 22nd year of the annual Steamtown Marathon.

Of course, you don't have to finish a marathon to enjoy the benefits of running. Many people are improving their physical and mental health by running much shorter distances.

Most regular runners have favorite routes they follow and have a good idea of the distances and times they run. But running the same few routes can become monotonous.

**MapMyRun.com** is a website and an app that can help you map out routes for the distance you want to run, or even find routes mapped by others in the areas you want to run. You can trace your regular routes to get the actual distances if you're unsure of them. MapMyRun will calculate your pace if you enter your time for a



route or you run with the app on a GPS-enabled device.

The maps are based on Google maps, so the interface will be familiar to anyone who has used the internet in the last decade. You just click along your route and the app draws a path, calculating the distance as you go. An elevation profile also is created, so you can see the hills on the route and how high you climb. Your routes can be saved and shared.

### More than running

MapMyRun is not just for running. You can create or find routes for biking, walking, hiking or even swimming and kayaking. You can also enter other exercise activities, such as gym workouts, martial arts or aerobics. The app even lets you list specific exercises, such as crunches or curls. The app calculates the calories you've

burned using the length of time spent exercising and your height, age and weight.

There are features that let you set goals, create training plans and track your achievements. The app and site are free, but some of the features are only available on the premium edition, which is \$5.99 per month or \$29.99 per year.

The site's blog features articles on health and fitness. There are tips on training for runs of varying lengths — from 5Ks to ultramarathons. Other articles cover proper form for running or biking, nutrition, social aspects of exercising, suggested playlists and more.

MapMyRun is part of a suite of fitness apps created by the clothing company Under Armour, so of course you can purchase gear from them through the app. If you want to track your fitness data, this is a good app for it.

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