

RUNNING down a dream

Web site helps runners get up to speed and achieve goals

The 23rd Annual Steamtown Marathon is scheduled to take place a week from now. Most people who run marathons have a good deal of experience and have done research on the training, nutrition and strategies needed to successfully complete one.

If you're not running the marathon this year, but think you would like to one of these days, **RunnersWorld.com** is a good place to get information and inspiration to help you prepare. If you are running the marathon, it's worth visiting for last-minute tips and advice. The site is the online companion to the magazine of the same name.



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InSites

If your running goals are more modest, the site has lots of resources for all levels, from beginners to experienced and even elite, long-distance athletes.

All aspects of running are covered. There are training routines of all sorts, such as, races of different lengths, trail running, increasing speed, increasing endurance or increasing flexibility. Training geared to different ages and genders also is covered.

There are articles on health, nutrition and injuries. Running shoes and other gear, including clothing and electronics are profiled. There are online calculators that help you determine pace, calories burned and even let you compare your times, adjusted for age, to other runners.

Articles on running related news are featured. There's a section on races around the world that you may want to participate in or just watch. A section on runners' stories has essays ranging from inspirational to heart warming to humorous.

The site is full of lingo and abbreviations related to running that it assumes you know

(I don't). It goes into great scientific detail in some articles about nutrition or exercise, explaining some things on a cellular level. Based on what I've learned over almost 40 years of running and gym work, I would avoid some of the recommended exercises to prevent joint injuries over time. It's always a good idea to do some research or consult a doctor before committing to an exercise regimen.

Runner's World is visually dynamic — to the point of being distracting — with lots of promos and ads featuring moving images competing for your eye. Otherwise the site is well designed and easy to navigate.

I've never been a runner who tracks my pace, heart rate, BMI or other statistics with electronic gadgets. I don't spend a lot on high-end running shoes or garments made from high-tech fabrics. I don't eat a specialized diet geared to my running. But I don't run competitively. I run moderate distances — usually three to five miles — three or four times a week because it makes me feel good. Even though I'm probably not the runner that Runner's World is aimed at, I still found a lot of useful and interesting information on the site.

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