running app with virtual races

running app with virtual races offers a revolutionary way for runners of all levels to stay motivated, connect with a global community, and achieve their fitness goals. Whether you're a seasoned marathoner looking for your next challenge or a beginner eager to lace up your shoes, these innovative applications transform your daily runs into engaging, competitive, and rewarding experiences. This article will delve deep into the world of running apps with virtual races, exploring their core functionalities, the benefits they provide, how to choose the right one for your needs, and the exciting future of digital running events. We will cover the diverse features available, from detailed performance tracking to social integration and the unique thrill of competing against others without being in the same physical location.

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What is a Running App with Virtual Races?

A running app with virtual races is a mobile or web-based application designed to track your running activities and integrate a competitive or challenge-based element through simulated races. These apps leverage GPS technology to record your distance, pace, duration, and often other metrics like elevation gain and heart rate. The "virtual race" component allows users to participate in events that are not bound by a specific time or physical location. Participants can run the designated course or distance on their own schedule, and the app records their performance. This data is then compared with other participants in the same virtual event, creating a leaderboard and a sense of competition.

These platforms are more than just simple GPS trackers; they are sophisticated ecosystems built to foster engagement and achievement. They often incorporate elements of gamification, such as badges, points, and streaks, to keep users motivated. The core idea is to replicate the excitement and accountability of traditional races, but with the flexibility and accessibility that modern technology affords. This allows individuals to join races from anywhere in the world, fitting them into their busy lives without the need for travel or strict adherence to a specific event day. The technology behind these apps ensures fair play and accurate results, creating a trustworthy environment for virtual competition.

Key Features of Running Apps with Virtual Races

The functionality of running apps with virtual races is diverse, catering to a wide range of user preferences and needs. These features are designed to enhance the running experience, provide valuable data, and foster a sense of community and competition. Understanding these features is crucial for selecting an app that aligns with your personal fitness objectives and desired level of engagement.

GPS Tracking and Performance Analytics

At the heart of any running app is its GPS tracking capability. High-quality apps offer accurate distance measurement, pace tracking in real-time, and detailed post-run analysis. This includes metrics such as average pace, splits for each kilometer or mile, maximum speed, cadence, and heart rate zones (if paired with a compatible device). Many apps also provide elevation profiles, allowing runners to understand the terrain they've covered.

Virtual Race Creation and Participation

This is the defining feature of these apps. Users can join pre-organized virtual races hosted by the app developer or third-party race organizers. These races typically have a set distance (e.g., 5K, 10K, half marathon, marathon) and a specific time window for completion. The app automatically uploads your performance to the race leaderboard. Some apps also allow users to create their own private virtual races for friends or running groups.

Leaderboards and Ranking Systems

A crucial element of virtual racing is the ability to see how you stack up against others. Apps display real-time leaderboards for ongoing races, showing participants ranked by their finish times or other relevant metrics. This fosters a competitive spirit and encourages users to push their limits to climb the rankings. Some apps also offer age-group or gender-specific rankings for more tailored competition.

Social Integration and Community Features

Modern running apps understand the power of social connection. They often include features like the ability to follow friends, share run data on social media, comment on each other's activities, and join groups or clubs. This social aspect is amplified in virtual racing, where participants can cheer each other on, share race strategies, and celebrate achievements together, even when physically apart.

Challenges and Goal Setting

Beyond formal races, many apps offer various challenges, such as completing a certain distance within a week, running a specific number of times, or hitting personal bests. These challenges provide ongoing motivation and help users set and achieve their fitness goals. Some apps allow for personalized goal setting, tracking progress towards milestones like a first 10K or a sub-2-hour half marathon.

Gamification Elements

To enhance user engagement, apps frequently incorporate gamified elements. These can include earning virtual badges for achievements, accumulating points for distance or consistency, unlocking new levels, or participating in streaks for consecutive days or weeks of running. These rewards provide a sense of accomplishment and fun, making the running journey more enjoyable.

Integration with Wearable Devices

Seamless integration with popular fitness trackers and smartwatches (e.g., Garmin, Apple Watch, Fitbit) is a common and highly valued feature. This allows for more comprehensive data collection, including heart rate, sleep tracking, and activity monitoring, which can provide a holistic view of a runner's health and performance.

Benefits of Participating in Virtual Races

The advantages of incorporating virtual races into your running routine are multifaceted, extending beyond simple physical exertion. These digital events offer a unique blend of convenience, motivation, and community that can significantly enhance a runner's journey.

Increased Motivation and Accountability

One of the most significant benefits is the boost in motivation. Signing up for a virtual race creates a commitment, providing a clear goal and a deadline. The knowledge that your performance will be recorded and visible on a leaderboard encourages consistency and dedication to training. It's akin to having a race bib for a tangible event, but with the added flexibility of fitting it into your life on your terms.

Flexibility and Convenience

Unlike traditional races that require travel and adherence to a strict schedule, virtual races offer unparalleled flexibility. You can run the race at any time of day, on any course you choose, and at your

own pace. This is particularly beneficial for individuals with demanding work schedules, family commitments, or those living in remote areas without access to organized running events. You can run on your favorite trail, a treadmill, or a local park, all while still participating in a global competition.

Cost-Effectiveness

Virtual races are generally much more affordable than their in-person counterparts. They eliminate the significant costs associated with travel, accommodation, and often the race entry fees themselves are lower. Many apps offer free virtual races as a standard feature, making participation accessible to a broader audience.

Global Community and Connection

Despite the physical separation, virtual races foster a strong sense of community. You are connected with thousands of other runners worldwide participating in the same event. This shared experience, often facilitated by in-app social features and race-specific forums, allows runners to celebrate successes, offer support, and build camaraderie. It's a way to feel part of something larger, even when running solo.

Accessibility for All Levels

Virtual races are inclusive and accessible to runners of all abilities. Whether you are aiming to complete your first 1-mile fun run or aiming for a personal best in a marathon, there is a virtual race suited to your level. The focus is on personal achievement and participation, rather than exclusive elite competition.

Opportunity to Explore New Routes

While you can run on familiar paths, the flexibility of virtual racing also encourages exploration. You might choose to run a scenic trail you've always wanted to try or a route that perfectly matches the distance and elevation profile of a famous race, adding an element of adventure to your training.

How to Choose the Best Running App with Virtual Races

Selecting the right running app with virtual races is a personal decision that depends on your individual needs, preferences, and existing technology. Several factors should be considered to ensure the app enhances your running experience rather than hindering it.

Consider Your Primary Goals

Are you looking for intense competition, casual participation, social connection, or a specific type of challenge? Some apps excel in competitive leaderboards, while others focus more on community building or gamified challenges. Identify what motivates you most.

Evaluate GPS Accuracy and App Performance

Poor GPS accuracy can lead to frustratingly inaccurate results. Look for reviews that specifically mention the reliability of the app's GPS tracking. Ensure the app is stable and does not crash frequently during runs. Test the app on different routes if possible before committing to a race.

Assess the Variety and Quality of Virtual Races Offered

Check the types of virtual races available. Do they offer distances and formats that appeal to you? Are there regular new races being added? Some apps partner with established race organizers, offering more professionally managed events with unique medals or swag.

Examine Social and Community Features

If connecting with other runners is important, explore the app's social integration. Can you easily find and follow friends? Does it have groups or forums? A strong community can be a powerful motivator, especially during challenging training periods.

Compatibility with Your Devices

Ensure the app is compatible with your smartphone's operating system (iOS or Android) and, importantly, with any wearable fitness devices you use. Seamless integration with devices like smartwatches is crucial for accurate and comprehensive data collection.

User Interface and Ease of Use

A cluttered or complicated interface can detract from your running experience. The app should be intuitive and easy to navigate, allowing you to start runs, view results, and engage with features quickly and efficiently. Try out the basic tracking features before signing up for a paid race.

Cost and Subscription Models

Some apps are free with optional premium features or paid races, while others require a subscription. Understand the cost structure and what you get for your money. Free apps can be excellent starting points, but premium versions often offer more advanced analytics or exclusive race access.

Popular Virtual Race Formats and Challenges

The world of virtual running is diverse, offering a multitude of race formats and challenges designed to cater to every runner's interest and fitness level. These formats provide structure, excitement, and a clear objective for your training efforts.

Distance-Based Races

These are the most common virtual races, mirroring traditional road races. They include standard distances such as:

- 5K (3.1 miles)

- 10K (6.2 miles)

- Half Marathon (13.1 miles)

- Marathon (26.2 miles)

- Ultra Marathons (distances exceeding the marathon)

These races typically have a designated time window (e.g., a week or a month) for participants to complete the distance, either in one go or cumulatively.

Time-Based Challenges

Instead of focusing on a specific distance, these challenges set a target time. Examples include:

- Run for 30 minutes every day for a month.

- Accumulate 100 miles in a single month.

- Complete a "fastest mile" or "fastest 5K" challenge within a specific timeframe.

These are excellent for improving speed and endurance.

Cumulative Distance Challenges

These challenges encourage consistent running over a longer period. Participants log their runs, and the app tracks the cumulative distance towards a larger goal, such as running the distance of the Pacific Crest Trail or cycling the circumference of the Earth over several months.

Themed Virtual Races

Many organizers create themed races for fun and engagement. These might celebrate holidays, historical events, or fictional universes. The race might have a unique story attached, and participants often receive themed virtual badges or digital finisher certificates. Examples include "Zombie Run" or "Superhero Challenge" races.

Elevation Challenges

For runners who enjoy hill training, elevation-based challenges are popular. These challenges require participants to accumulate a certain amount of elevation gain over a set period, mimicking mountain climbs or significant ascents.

Virtual Relay Races

These allow teams of runners to work together to achieve a common goal. Each team member runs a segment of the total distance, and their individual efforts are combined to complete the relay. This is a great way to foster team spirit and share the effort.

The Social Aspect of Virtual Running Apps

While running is often perceived as a solitary activity, virtual racing apps have successfully cultivated vibrant social ecosystems that enhance motivation, foster accountability, and build a sense of belonging. The digital environment transcends physical limitations, connecting runners from diverse backgrounds and geographic locations.

Connecting with Friends and Building Support Networks

Most running apps allow users to connect with friends, family, and fellow runners. This feature enables

individuals to see each other's activities, offer encouragement through likes and comments, and celebrate milestones together. This interconnectedness creates a powerful support system, especially when training for challenging events. Knowing that others are cheering you on can be a significant motivator to keep going.

Joining Running Groups and Clubs

Apps often facilitate the creation and joining of virtual running groups or clubs. These groups can be based on shared interests, locations, or fitness goals. Participating in a group provides a sense of camaraderie and belonging. Group challenges and leaderboards within these communities add an extra layer of friendly competition and shared purpose. This is particularly beneficial for runners who may not have local running partners.

Sharing Achievements and Inspiring Others

The ability to share completed races, personal bests, and challenging runs on social media or within the app's feed allows runners to celebrate their accomplishments and inspire others. This public display of dedication can motivate friends and followers to embark on their own fitness journeys. It also provides a platform for asking questions, sharing tips, and gaining advice from a wider community.

Virtual Race-Day Buzz and Interaction

Even though participants are running at different times and places, many apps create a virtual "race-day buzz." This can involve live leaderboards updating in real-time, shared photos from participants, or even in-app chat functions during the race window. This collective experience, though virtual, mimics the excitement and shared energy of a physical event.

Collaborative Challenges and Team Events

Some apps offer collaborative challenges where the sum of the group's efforts contributes to a collective goal. This could be a team distance target or a combined number of active minutes. These activities foster teamwork, shared responsibility, and a heightened sense of collective achievement, making the social aspect a core driver of participation and engagement.

Tips for Maximizing Your Virtual Racing Experience

To get the most out of your participation in running apps with virtual races, a strategic approach can elevate both your performance and your enjoyment. These tips focus on preparation, execution, and post-

race engagement.

Set Realistic Goals

Before signing up for a virtual race, assess your current fitness level honestly. Set achievable goals for the race, whether it's finishing strong, achieving a personal best, or simply completing the distance. Unrealistic goals can lead to disappointment and demotivation.

Plan Your Race Strategy

Consider the race distance, the time window, and the terrain you plan to run on. Will you run it all at once, or break it up? What pace will you aim for? Having a clear strategy can help you manage your effort effectively and prevent overexertion. For longer races, consider your fueling and hydration plan.

Utilize the App's Features

Familiarize yourself with all the app's functionalities. Use the GPS tracking to its full potential, monitor your pace and heart rate if possible, and check the leaderboards regularly to gauge your progress and stay motivated. Explore any training plans or guides the app might offer.

Simulate Race Conditions

If possible, run your virtual race on a course that mimics the terrain and conditions of a real race. Wear the gear you plan to use on race day, including your running shoes, apparel, and any necessary accessories like a hydration pack. This helps you identify any issues beforehand.

Stay Hydrated and Fueled

Proper hydration and nutrition are critical, especially for longer virtual races. Plan to drink water or electrolyte beverages before, during, and after your run. For races over an hour, consider carrying energy gels, chews, or other easily digestible snacks.

Engage with the Community

Don't underestimate the power of social interaction. Share your pre-race excitement, post-race reflections, and photos. Cheer on other participants and engage in discussions. The support and shared experience within the app's community can be a significant morale booster.

Review Your Performance Post-Race

After completing your virtual race, take time to review your performance data. Analyze your splits, pace, heart rate, and any other metrics the app provides. Identify areas where you performed well and areas for improvement in future races. This data-driven approach is key to continuous progress.

Celebrate Your Accomplishment

You've achieved a goal! Whether you met your personal best or simply crossed the finish line, acknowledge your effort. Treat yourself, share your success with your support network, and use the momentum to plan your next running adventure.

The Future of Virtual Races in Running Apps

The evolution of running apps with virtual races is dynamic, continuously shaped by technological advancements and the evolving desires of the running community. What began as a simple GPS tracking and leaderboarding system has blossomed into a sophisticated platform with immense potential for further innovation and integration.

Enhanced Realism and Immersion

Future virtual races may incorporate more advanced augmented reality (AR) elements. Imagine running a virtual marathon where digital spectators line the route, or where you can see virtual avatars of your friends running alongside you on your phone screen. Advanced haptic feedback technology could even simulate different terrains underfoot.

AI-Powered Coaching and Personalized Challenges

Artificial intelligence will likely play a more significant role. AI could analyze a runner's performance data to create highly personalized virtual races and challenges tailored to their specific strengths, weaknesses, and goals. AI-powered coaches could provide real-time feedback and adaptive training plans within the context of virtual races.

Integration with Metaverse and VR Environments

The burgeoning metaverse and virtual reality (VR) spaces offer new frontiers for virtual racing. Runners could soon be able to participate in races within fully immersive virtual worlds, running alongside avatars of people from across the globe in stunningly rendered environments. This could offer a completely new

level of escapism and engagement.

Hybrid Race Models

We may see more hybrid race models emerge, combining elements of virtual and in-person events. For example, a large physical race could have a virtual component allowing remote participants to join the same event and compete on the same leaderboard, fostering a truly global running community for a single race.

Increased Focus on Health and Wellness Integration

Beyond performance metrics, future apps will likely integrate more deeply with overall health and wellness tracking. Virtual races could become part of broader wellness programs, encouraging healthy habits beyond just running, such as improved sleep, nutrition, and mental well-being, with virtual events rewarding holistic health achievements.

Greater Emphasis on Sustainability and Community Impact

As awareness grows, virtual races may increasingly focus on sustainability and community impact. Apps could incorporate features that allow participants to contribute to environmental causes or local charities with every mile run, turning the act of racing into a force for good and making the virtual experience more meaningful.

The ongoing development in this space promises an exciting future for runners seeking motivation, community, and novel ways to challenge themselves. The intersection of technology and running continues to redefine what it means to compete and connect in the world of fitness.

FAQ

Q: What is the primary difference between a virtual race and a traditional running race?

A: The primary difference lies in their physical presence. Traditional races require participants to gather at a specific location at a designated time to run a predefined course. Virtual races, on the other hand, allow participants to run the specified distance on their own schedule and on any course they choose, with their performance recorded by a GPS-enabled device and submitted digitally.

Q: Are virtual races truly competitive?

A: Yes, virtual races can be highly competitive. They feature leaderboards where participants are ranked based on their finishing times or other metrics. This allows runners to compete against others worldwide, fostering a strong competitive spirit. The motivation comes from striving to improve one's own time and climb the ranks.

Q: Do I need special equipment to participate in a virtual race?

A: While not strictly mandatory for all, a GPS-enabled device is highly recommended for accurate tracking. This could be a smartphone with a running app installed, or a dedicated GPS running watch. Most virtual races require your run data to be submitted through a compatible app or device to ensure validity.

Q: How do running apps ensure fairness in virtual races?

A: Fairness is typically maintained through GPS data verification, flagging suspiciously fast times, and often requiring participants to use specific apps or devices that upload verified data. Some apps also have community flagging systems for suspicious activities. While no system is entirely foolproof, these measures help create a generally fair competitive environment.

Q: Can I run a virtual race on a treadmill?

A: Many virtual races accommodate treadmill runs. However, it's important to check the specific rules of the virtual race. Some may require treadmill runs to be manually entered, while others might require treadmills with built-in GPS simulation or compatibility with specific apps that can verify distance and pace.

Q: What kind of virtual races are most popular?

A: Distance-based races (5K, 10K, half marathon, marathon) are the most popular, mimicking traditional road race formats. Cumulative distance challenges over longer periods and themed races that add an element of fun and storytelling are also gaining significant traction.

Q: How do virtual races contribute to community building?

A: Virtual races build community by connecting runners globally through shared goals and leaderboards. Many apps include social features like friend following, group chats, and the ability to comment on each other's runs, fostering a sense of camaraderie and mutual support despite physical distance.

Q: Are there entry fees for virtual races?

A: Entry fees vary. Many apps offer free virtual races as part of their service, often with digital finisher certificates. Others, especially those organized by third-party event companies, may have entry fees, which often include a medal, t-shirt, or other race swag mailed to participants.

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running app with virtual races: The Never-Ending Run Lorenzo Maria dell'Uva, Massini Fulvio, 2021-09-01 Extreme race, city festival, global phenomenon - the New York Marathon is much more than a never-ending run. On top of the 50,000 plus participants who actually run the race, it's an event that involves millions of people when you include the thousands of volunteers, the hundreds of thousands of supporters lining the streets of the metropolis par excellence, and the global TV audience watching at home. The Never-Ending Run aims to give a 360° explanation and tell the story of one of the most famous marathons in the world, starting with a mile-by-mile description of the race, including first-hand experiences.On the back of the story of the race, there follows a guide to New York specially dedicated to runners and all their shopping and tourism needs, along with scores of interesting facts and stats. The Never-Ending Run recounts the history of the New York City Marathon, provides intriguing insights and explains how to participate and properly prepare for the race- all without overlooking essential tips and suggestions for enjoying life, and your break, in the Big Apple. Part one, The Race, illustrates the history and route of the most famous race in the world, including race strategies by coach Fulvio Massini, as well as accounts from other famous athletes, such as Peter Ciaccia, Orlando Pizzolato, Franca Fiacconi, George Hirsch, German Silva, and Alex Zanardi. Part two, New York, is given over to the needs of the runner in town for the race: how to get around; where to go shopping for running gear; advice on what to do - and not do - in the days leading up to the race; and the best places to watch the race for spectators.

running app with virtual races: Running Events Vassil Girginov, Kostas Alexandris, Jeroen Scheerder, 2022-12-27 This is the first book to critically examine the relationship between running events in local, national and international welfare policy, their marketing and management, and the resulting social impacts. Drawing on original empirical research, the book presents a series of illustrative case studies, with each chapter containing take-home messages for sport and events managers looking to improve their professional practice. Developing a new theoretical perspective on running events, the book presents data from around the world, including five European countries, the US and China. It covers different types of events, from big city marathons to community park runs, and new types of events such as path and trail runs, night runs, ultra runs, extreme runs and obstacle runs, presenting a typology of running events that will help shape the future analysis of this rapidly growing sector. The book also examines the market for running events, runners'

socio-demographic profiles, the main management and marketing approaches and techniques used by organisers, and the socio-economic impacts of running events, such as the effect on people's attitudes and behaviours, organisational planning, city promotion and social interactions. Running events are central to sport at all levels, from grassroots to professional, so this book is essential reading for any student, researcher or practitioner working in sport management, sport development, sport policy, the sociology of sport or event studies.

running app with virtual races: The 2nd Innings! Madhukar Parikh, Manmohan Sadana, Devajit Bhuyan, Dr. Aurobindo Ghosh, Kajari Guha, Kiran.R, Dr.Renuka K.P., Indrani Chowdhury, Rhodesia, Alvin E. Lauran, Sanjai Banerji, Purnima Dixit, Prof. (Dr.) Ishrat Ali Lalljee, Debanjali Nag, Another chance or another format! Be it retirement, finding a new love, starting a new venture after failure, getting up only to make it larger than ever, the next innings of life is how you shape it yourself! Read this excellent collection of short stories by few of the best authors across the World.

running app with virtual races: Nobody Dies Tonight Sanjai Banerji, 'Nobody Dies Tonight' is a collection of articles written by the author between May 2020 and April 2021 to serve as a fitness manual created by a runner during the Covid-19 pandemic. It is a humble tribute by him to all those who supported and encouraged each other to create a better world during the pandemic. All the articles were related to fitness and running. The author considered with deep conviction in his heart that the one probable reason why he came out a survivor in the pandemic was his penchant for running since 2008 as a 48-year-old. It took a certain amount of courage for the author to wake up early morning and run solo on remote roads, roof-tops, terraces, parking lots and inside his home during the lockdown. The author wrote the articles with three basic aspects in mind. One, to cover the scientific aspects of running, like running posture, running cadence, mechanics of breathing, lactate threshold and maximum oxygen uptake. Second, nutrition was covered under myths on carbohydrates, importance of vitamins and minerals, vegan diet and eating for better performance. Third, being a 60-plus runner, he made sure to include subjects on exercise and longevity, importance of sleep and the older runner. He was also candid enough to give his own interpretation of the pandemic both during 2020 and 2021 separately related to running. There was also a common-sense approach to selecting running shoes, understanding diabetes and a controversial deliberation on blood doping.

running app with virtual races: *I Can Run* Amy Lane, Edward Lane, 2020-04-16 I CAN RUN is not a running book for 'runners' - it's the must-have running book for anyone who has ever experienced a moment of defeatism and had the little voice in their head make the excuse, 'I can't run'. In 12 chapters, you will discover that you can. You will dig deep to find your inner athlete. You'll learn how to train smart, recover well, sync your runs to your menstrual cycle and fuel right. I CAN RUN will ensure you never again wait until you're thin enough, fast enough, athletic enough, whatever-next enough to call yourself a runner, because if you put one foot in front of the other, repeatedly, you are a runner. Getting outside, surrounding yourself in nature and moving your body is more important than ever in these anxiety-inducing times, and Amy's debut will give you the encouragement and know-how that you need to do this. I CAN RUN recognises that this is hard and that committing to consistent training is often more of an accomplishment than the 10K, half marathon or marathon race itself. You will find comfort and encouragement in Amy's experience of cramps, chafing and the occasional little sick, while learning from leading experts about how to set yourself up for success and get the very best from your runs both physically and mentally. This book is real talk about the keys to going well far. We're all in it for the long run, together. We CAN do this!

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"Customer-Centric Events," hybrid, go-to-market simulations that generate high levels of attendance and participation. The authors upend conventional wisdom to show you how to create unconventional webinars that dazzle prospective customers and flood your pipeline. You'll discover how to: Transform your product-centric pitch-offs into innovative customer-centric events that activate and engage your ideal audience Use the authors' signature G.A.M.E.S. framework to drive high-quality leads Build buzz, engagement, and interactivity directly into your virtual event and attract the top speakers in your industry A can't-miss playbook that turns everything you know about virtual events on its head—and shakes it up for good measure—Reinventing Virtual Events is an essential read for founders, sales professionals, business owners, marketing professionals, and anyone else with a stake in developing successful and engaging online and hybrid events.

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running app with virtual races: *Slow AF Run Club* Martinus Evans, 2023-06-06 A practical guide and a celebration of running for runners of all sizes and athletic ability, from the founder of the Slow AF Run Club. Ten years ago, Martinus Evans got some stern advice from his doctor: "Lose weight or die." First defensive, but then defiant, Evans vowed that day to run a marathon, though his doctor thought he was crazy. Since then, Evans has run eight marathons and hundreds of other distances in his 300-something pound body, created his own devoted running community, and has been featured on the cover of Runner's World. This book is a blueprint for those who may not fit the image of a "traditional" runner—that is, someone who is larger in size, less athletic, out of shape, or dealing with any kind of health issue that slows them down—to feel empowered to lace up their shoes and embrace the body they have right now. As Evans says, the incredible benefits of running—better sleep, strong muscles and bones, better cardiovascular and mental health, and a sense of community—can and should be available to all of us. This practical handbook contains specialized advice to make getting started less intimidating, covering everything from gear and nutrition to training schedules, recovery tips, races (it's okay to come in DFL! [i.e., dead f*cking last]), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), The Slow AF Run Club is for anyone who wants to pick up running for the sheer joy of it.

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2019-10-10 This book constitutes the thoroughly refereed post-conference proceedings of the Satellite Events of the 16th Extended Semantic Web Conference, ESWC 2019, held in Portorož, Slovenia, in June 2019. The volume contains 38 poster and demonstration papers, 2 workshop papers,5 PhD symposium papers, and 3 industry track papers, selected out of a total of 68 submissions. They deal with all areas of semantic web research, semantic technologies on the Web and Linked Data.

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