

# Hold the Phone!

Pick up the pace with these fun and functional running apps.

By Jayme Moyer Otto



**iMapMyRun**  
Mapmyrun.com has long been a favorite site for runners to map out routes. This free application takes that convenience one step further by using the GPS technology in your phone to track your location as you run. Simply put your phone in your pocket and the app will record your time, distance, pace, speed and elevation. Upload data to mapmyrun.com to monitor your workout history and share your course with a virtual running community. You can also search public routes others have posted in your city or zip code. iMapMyRun users have already listed over 36,000 running routes across the nation! Free, [mapmyrun.com](http://mapmyrun.com)



**Nike + GPS**  
Brand new this year, this app is similar to iMapMyRun, but includes additional social networking functionality. Both iMapMyRun and Nike + GPS track workout details and can be used as a complement to the Get Running app. Nike's version only works with Apple products and comes with a small price tag. However it's full of cool extras, like the Attaboy setting, which plays encouraging comments from famous Nike-sponsored athletes, and Nike + Tag, a feature that lets you virtually compete against friends. The interface is



**Get Running**  
Starting to run can be hard—and scary! Designed to take the confusion out of becoming a new runner, this schedule eases you into the sport via a nine-week schedule that alternates running with walking. Starting with one-minute increments of running, you'll gradually work up to 30 minutes by the end of the program. Users love the coach's voice—female with a slight British accent—that guides you through the workout. The app also works with the music player on your device, lowering the volume when the coach speaks, then bringing it back up when she's finished. \$2, [splendid-things.co.uk/getrunning](http://splendid-things.co.uk/getrunning)

Remember when all you needed to run was half an hour and a good pair of shoes? It's a whole new world, baby! Get with the program and try these hot, new running applications for your smart phone.

Running apps are a savvy way to track workouts, map routes, monitor performance and stick to a training routine. Jeffrey Brown, psychologist for the Boston Marathon medical team and coauthor of *The Winner's Brain* explains, "Running apps are not only fun, but many of them are in stride with what research tells us about adhering to our training plans and finding motivation when the road gets rough. Try one (or more) of these running apps recommended by industry experts and fellow women runners.

fun to use, featuring a unique and highly motivating bright red background. \$2, [nikerunning.nike.com](http://nikerunning.nike.com)



**RunKeeper Pro**  
The most frequently recommended app by *Women's Running* readers, RunKeeper was named by *TIME* as one of the top ten iPhone applications in 2009. This year, RunKeeper expanded its offerings to the Android, which has brought the traffic on runkeeper.com—the app's virtual running community—up to more than 100,000 unique visitors per month. RunKeeper Pro goes beyond GPS-tracking functionality to record metrics not only for running, but also cycling, hiking, skiing and swimming. A fun accessory is the ability to snap a photo and have it appear on your runkeeper.com map in the exact spot on the running route that you took it. If a double-digit price tag makes you balk, there's a simplified version available for free. \$10, [runkeeper.com](http://runkeeper.com)



**Runmeter v5.0**  
Released in 2010, and setting an aggressive enhancement schedule with five updates in its first year, Runmeter is a top ten bestseller on iTunes and

has a perfect five-star customer rating. The app has the same GPS-tracking and workout recording capabilities as RunKeeper Pro, but with more of a stopwatch focus, showcasing your metrics on the oversized display. And Runmeter v5.0 takes social networking to a new level with text-to-speech technology that lets you hear Facebook and Twitter replies from friends mid-run. Runmeter also works for other sports like cycling and skiing, but is not yet compatible with the Android. \$5, [abvio.com](http://abvio.com)



**Upbeat Workouts for Runners**  
Upbeat Workouts for Runners takes the stress out of making that perfect running playlist. The app calculates your stride-per-minute (SPM) rate and finds a song on your iPhone with corresponding beats-per-minute. All you do is press the "Just Go" button and start running. If you pick up the pace or slow down, the song selection changes. It's a great way to motivate for interval runs, and an invaluable training tool for distance runners trying to learn to hold a steady pace. \$3, [upbeatworkouts.com](http://upbeatworkouts.com)

Award-winning freelance journalist Jayme Moyer Otto writes about the people, places, ideas and events that are changing the way we think about our world. Find her at [jaymeotto.com](http://jaymeotto.com).

## EAT SMART

These apps take the guesswork out of fueling, so you can eat to lose or snack to win.

## LIVESTRONG CALORIE TRACKER LITE

This free app allows you to set personalized weight-management goals and monitor them by tracking your daily calorie intake and expenditures through running and other fitness activities. Livestrong's database contains more than 625,000 foods, and provides your fat, protein and carbohydrate ratios, as well as sodium, sugar, fiber and cholesterol. Free, [livestrong.com](http://livestrong.com)

## DIET & FOOD TRACKER BY SPARK PEOPLE

From the creators of the popular interactive fitness website, [sparkpeople.com](http://sparkpeople.com), this app helps you stay on top of your diet with the added motivation of one of the largest healthy lifestyle communities online. Sync the app directly with your [sparkpeople.com](http://sparkpeople.com) account to track calories burned and consumed. The weigh-in page graphs your weight and progress, while the site's library provides access to fitness videos, recipes and articles. Free, [sparkpeople.com](http://sparkpeople.com)

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