

*1,600 trainees run races across the country, 35 million miles logged to date, 6% improvement*

Burlingame, Calif. – October 22, 2013 – *Runcoach*, the leading dynamic training platform for runners and walkers, announced today that its athletes have reached a new milestone with over 35 million miles and more than 200,000 races completed. This weekend alone, 1,600 *runcoach*

athletes participated in major events across the country such as

*The Detroit Free Press Marathon*

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*The Nationwide Children's Hospital Columbus Marathon*

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*The Army Ten-Miler*

and the

*Nike Womens' Marathon San Francisco*

. Over 70,000 athletes have used runcoach to create highly personalized training schedules that adapt to their backgrounds and progress.

"I just did the unimaginable! One year ago, I literally couldn't run to the end of my block.

Yesterday I completed the Detroit Half Marathon. I've lost 45 pounds and feel terrific thanks to *runcoach*."

Biddle, a 36 year-old grants and informations manager from Livonia, MI registered with *runcoach* to

help him regain fitness he had lost through the years. He worked through injury, with several adjustments to his training plan by

*runcoach*,

to complete the half marathon in under 2 hours and 30 minutes on Sunday.

"We could not be more excited and proud of our athletes," said Tom McGlynn, CEO of *runcoach*

. "We only provide the dynamic road map for them. They have to drive the car over the finish line!"

On average, runners who train with the service for 12 weeks or longer, realize a 6 percent improvement in their race finish time over prior races (4 hour Marathon to 3 hours and 44

minutes.) Unlike standard template programs and other online plans, *runcoach* is the only online training engine specifically for runners that can instantly recalculate a user's training plan to adjust for missed workouts, a change in goal race, increased fitness levels and more.

#### About runcoach

*Runcoach* provides the world-class guidance of a personal coach for anyone who wants to finish a race. A patented-algorithm adapts training so that each athlete is guided to success.

Founded by Tom McGlynn, a 3-time Olympic Trials Qualifier and high-performance coach, the service helps participants reach their goals and train consistently. For more information about *runcoach*

, please visit

[www.runcoach.com](http://www.runcoach.com)

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