

Line wrap ☐

```

1 <!doctype html>
2 <html lang="en-US">
3 <head>
4   <meta charset="UTF-8">
5   <meta name="viewport" content="width=device-width, initial-scale=1">
6   <link rel="profile" href="https://gmpg.org/xfn/11">
7   <script type="text/javascript">
8     window.flatStyles = window.flatStyles || ''
9
10    window.lightSpeedOptimizeStylesheet = function () {
11      const currentStylesheet = document.querySelector( '.tcb-lightSpeed-style:not([data-ls-optimized])' )
12
13      if ( currentStylesheet ) {
14        try {
15          if ( currentStylesheet.sheet && currentStylesheet.sheet.cssRules ) {
16            if ( window.flatStyles ) {
17              if ( this.optimizing ) {
18                setTimeout( window.lightSpeedOptimizeStylesheet.bind( this ), 24 )
19              } else {
20                this.optimizing = true;
21
22                let rulesIndex = 0;
23
24                while ( rulesIndex < currentStylesheet.sheet.cssRules.length ) {
25                  const rule = currentStylesheet.sheet.cssRules[ rulesIndex ]
26                  /* remove rules that already exist in the page */
27                  if ( rule.type === CSSRule.STYLE_RULE && window.flatStyles.includes( `${rule.selectorText}` ) ) {
28                    currentStylesheet.sheet.deleteRule( rulesIndex )
29                  } else {
30                    rulesIndex ++
31                  }
32                }
33                /* optimize, mark it such, move to the next file, append the styles we have until now */
34                currentStylesheet.setAttribute( 'data-ls-optimized', '1' )
35
36                window.flatStyles += currentStylesheet.innerHTML
37
38                this.optimizing = false
39              }
40            } else {
41              window.flatStyles = currentStylesheet.innerHTML
42              currentStylesheet.setAttribute( 'data-ls-optimized', '1' )
43            }
44          }
45        } catch ( error ) {
46          console.warn( error )
47        }
48      }
49
50      if ( currentStylesheet.parentElement.tagName !== 'HEAD' ) {
51        /* always make sure that those styles end up in the head */
52        const stylesheetID = currentStylesheet.id;
53        /**
54         * make sure that there is only one copy of the css
55         * e.g display CSS
56         */
57        if ( ( ! stylesheetID || ( stylesheetID && ! document.querySelector( `head #${stylesheetID}` ) ) ) ) {
58          document.head.prepend( currentStylesheet )
59        } else {
60          currentStylesheet.remove();
61        }
62      }
63    }
64
65    window.lightSpeedOptimizeFlat = function ( styleSheetElement ) {
66      if ( document.querySelectorAll( 'link[href*="thrive_flat.css"]' ).length > 1 ) {
67        /* disable this flat if we already have one */
68        styleSheetElement.setAttribute( 'disabled', true )
69      } else {
70        /* if this is the first one, make sure he's in head */
71        if ( styleSheetElement.parentElement.tagName !== 'HEAD' ) {
72          document.head.append( styleSheetElement )
73        }
74      }
75    }
76  </script>
77  <meta name="robots" content="index, follow, max-image-preview:large, max-snippet:-1, max-video-preview:-1" />
78  <style>img:is([sizes="auto" i], [sizes^="auto," i]) { contain-intrinsic-size: 3000px 1500px }</style>
79
80  <!-- This site is optimized with the Yoast SEO plugin v24.6 - https://yoast.com/wordpress/plugins/seo/ -->
81  <title>Blog | Tread Athletics</title>
82  <meta name="description" content="Keep up with what's happening at Tread! We post yearly reviews of what's happening at HQ, event recaps,
83  <link rel="canonical" href="https://treadathletics.com/posts/" />
84  <link rel="next" href="https://treadathletics.com/posts/page/2/" />
85  <meta property="og:locale" content="en_US" />
86  <meta property="og:type" content="article" />
87  <meta property="og:title" content="Blog | Tread Athletics" />
88  <meta property="og:description" content="Keep up with what's happening at Tread! We post yearly reviews of what's happening at HQ, event
89  <meta property="og:url" content="https://treadathletics.com/posts/" />
90  <meta property="og:site_name" content="Tread Athletics" />
91  <meta property="og:image" content="https://treadathletics.com/wp-content/uploads/2024/04/THE-BLOG.jpg" />
92  <meta property="og:image:width" content="1080" />
93  <meta property="og:image:height" content="1080" />
94  <meta property="og:image:type" content="image/jpeg" />
95  <meta name="twitter:card" content="summary_large_image" />
96  <meta name="twitter:title" content="Blog | Tread Athletics" />

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97 <meta name="twitter:description" content="Keep up with what's happening at Tread! We post yearly reviews of what's happening at HQ, event
98 <meta name="twitter:image" content="https://treadathletics.com/wp-content/uploads/2024/04/THE-BLOG.jpg" />
99 <meta name="twitter:site" content="@TreadAthletics" />
100 <script type="application/ld+json" class="yoast-schema-graph">{"@context":"https://schema.org","@graph":[{"@type":["WebPage","CollectionPage"],"@ic
101 <!-- / Yoast SEO plugin. -->
102
103
104 <link rel="alternate" type="application/rss+xml" title="Tread Athletics &raquo; Feed" href="https://treadathletics.com/feed/" />
105 <link rel="alternate" type="application/rss+xml" title="Tread Athletics &raquo; Comments Feed" href="https://treadathletics.com/comments/feed/" />
106 <!-- This site uses the Google Analytics by MonsterInsights plugin v9.3.0 - Using Analytics tracking - https://www.monsterinsights.com/ -->
107 <script src="//www.googletagmanager.com/gtag/js?id=G-CSYNZ7X02K" data-cfasync="false" data-wpfc-render="false" async></script>
108 <script data-cfasync="false" data-wpfc-render="false">
109     var mi_version = '9.3.0';
110     var mi_track_user = true;
111     var mi_no_track_reason = '';
112     var MonsterInsightsDefaultLocations = {"page_location":"https://treadathletics.com/posts/", "page_referrer":"https://treadathletics.com/posts/"};
113     if ( typeof MonsterInsightsPrivacyGuardFilter === 'function' ) {
114         var MonsterInsightsLocations = (typeof MonsterInsightsExcludeQuery === 'object') ? MonsterInsightsPrivacyGuardFilter( MonsterInsightsDefaultLocations ) : MonsterInsightsDefaultLocations;
115     } else {
116         var MonsterInsightsLocations = (typeof MonsterInsightsExcludeQuery === 'object') ? MonsterInsightsExcludeQuery : MonsterInsightsDefaultLocations;
117     }
118
119     var disableStrs = [
120         'ga-disable-G-CSYNZ7X02K',
121     ];
122
123     /* Function to detect opted out users */
124     function __gtagTrackerIsOptedOut() {
125         for (var index = 0; index < disableStrs.length; index++) {
126             if (document.cookie.indexOf(disableStrs[index] + '=true') > -1) {
127                 return true;
128             }
129         }
130
131         return false;
132     }
133
134     /* Disable tracking if the opt-out cookie exists. */
135     if (__gtagTrackerIsOptedOut()) {
136         for (var index = 0; index < disableStrs.length; index++) {
137             window[disableStrs[index]] = true;
138         }
139     }
140
141     /* Opt-out function */
142     function __gtagTrackerOptout() {
143         for (var index = 0; index < disableStrs.length; index++) {
144             document.cookie = disableStrs[index] + '=true; expires=Thu, 31 Dec 2099 23:59:59 UTC; path=/';
145             window[disableStrs[index]] = true;
146         }
147     }
148
149     if ('undefined' === typeof gaOptout) {
150         function gaOptout() {
151             __gtagTrackerOptout();
152         }
153     }
154
155     window.dataLayer = window.dataLayer || [];
156
157     window.MonsterInsightsDualTracker = {
158         helpers: {},
159         trackers: {},
160     };
161     if (mi_track_user) {
162         function __gtagDataLayer() {
163             dataLayer.push(arguments);
164         }
165
166         function __gtagTracker(type, name, parameters) {
167             if (!parameters) {
168                 parameters = {};
169             }
170
171             if (parameters.send_to) {
172                 __gtagDataLayer.apply(null, arguments);
173                 return;
174             }
175
176             if (type === 'event') {
177                 parameters.send_to = monsterinsights_frontend.v4_id;
178                 var hookName = name;
179                 if (typeof parameters['event_category'] !== 'undefined') {
180                     hookName = parameters['event_category'] + ':' + name;
181                 }
182
183                 if (typeof MonsterInsightsDualTracker.trackers[hookName] !== 'undefined') {
184                     MonsterInsightsDualTracker.trackers[hookName](parameters);
185                 } else {
186                     __gtagDataLayer('event', name, parameters);
187                 }
188             } else {
189                 __gtagDataLayer.apply(null, arguments);
190             }
191         }
192
193         __gtagTracker('js', new Date());
194         __gtagTracker('set', {

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195     'developer_id.dZGIzZG': true,
196     });
197   if ( MonsterInsightsLocations.page_location ) {
198     __gtagTracker('set', MonsterInsightsLocations);
199   }
200   __gtagTracker('config', 'G-C5YNZ7X02K', {"forceSSL":"true","link_attribution":"true"} );
201   window.gtag = __gtagTracker; (function () {
202     /* https://developers.google.com/analytics/devguides/collection/analyticsjs/ */
203     /* ga and __gaTracker compatibility shim. */
204     var noopfn = function () {
205       return null;
206     };
207     var newtracker = function () {
208       return new Tracker();
209     };
210     var Tracker = function () {
211       return null;
212     };
213     var p = Tracker.prototype;
214     p.get = noopfn;
215     p.set = noopfn;
216     p.send = function () {
217       var args = Array.prototype.slice.call(arguments);
218       args.unshift('send');
219       __gaTracker.apply(null, args);
220     };
221     var __gaTracker = function () {
222       var len = arguments.length;
223       if (len === 0) {
224         return;
225       }
226       var f = arguments[len - 1];
227       if (typeof f !== 'object' || f === null || typeof f.hitCallback !== 'function') {
228         if ('send' === arguments[0]) {
229           var hitConverted, hitObject = false, action;
230           if ('event' === arguments[1]) {
231             if ('undefined' !== typeof arguments[3]) {
232               hitObject = {
233                 'eventAction': arguments[3],
234                 'eventCategory': arguments[2],
235                 'eventLabel': arguments[4],
236                 'value': arguments[5] ? arguments[5] : 1,
237               };
238             }
239           }
240           if ('pageview' === arguments[1]) {
241             if ('undefined' !== typeof arguments[2]) {
242               hitObject = {
243                 'eventAction': 'page_view',
244                 'page_path': arguments[2],
245               };
246             }
247           }
248           if (typeof arguments[2] === 'object') {
249             hitObject = arguments[2];
250           }
251           if (typeof arguments[5] === 'object') {
252             Object.assign(hitObject, arguments[5]);
253           }
254           if ('undefined' !== typeof arguments[1].hitType) {
255             hitObject = arguments[1];
256             if ('pageview' === hitObject.hitType) {
257               hitObject.eventAction = 'page_view';
258             }
259           }
260           if (hitObject) {
261             action = 'timing' === arguments[1].hitType ? 'timing_complete' : hitObject.eventAction;
262             hitConverted = mapArgs(hitObject);
263             __gtagTracker('event', action, hitConverted);
264           }
265         }
266       }
267       return;
268     }
269     function mapArgs(args) {
270       var arg, hit = {};
271       var gaMap = {
272         'eventCategory': 'event_category',
273         'eventAction': 'event_action',
274         'eventLabel': 'event_label',
275         'eventValue': 'event_value',
276         'nonInteraction': 'non_interaction',
277         'timingCategory': 'event_category',
278         'timingVar': 'name',
279         'timingValue': 'value',
280         'timingLabel': 'event_label',
281         'page': 'page_path',
282         'location': 'page_location',
283         'title': 'page_title',
284         'referrer': 'page_referrer',
285       };
286       for (arg in args) {
287         if (!(!args.hasOwnProperty(arg) || !gaMap.hasOwnProperty(arg))) {
288           hit[gaMap[arg]] = args[arg];
289         } else {
290           hit[arg] = args[arg];
291         }
292       }

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390 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-nav-menu--main .elementor-item:focus{color:#D3BC8D;fill:#D
391 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-nav-menu--dropdown a.elementor-item-active,
392 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-nav-menu--dropdown a.highlighted,
393 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-menu-toggle:hover{color:#e54747;}.elementor-8097 .elementor
394 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-nav-menu--dropdown a.elementor-item-active,
395 .elementor-8097 .elementor-element.elementor-element-765810b .elementor-nav-menu--dropdown a.highlighted{background-color:#ededed;]
396 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--main .elementor-item.elementor-item-active,
397 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--main .elementor-item.highlighted,
398 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--main .elementor-item:focus{color:#f4ac6e;fill:#f4
399 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--dropdown a.elementor-item-active,
400 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--dropdown a.highlighted,
401 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-menu-toggle:hover{color:var( --e-global-color-734669ce )};.
402 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--dropdown a.elementor-item-active,
403 .elementor-8097 .elementor-element.elementor-element-6b6b8c0 .elementor-nav-menu--dropdown a.highlighted{background-color:#ededed;]
404 .elementor-7326 .elementor-element.elementor-element-575690a8:not(.elementor-motion-effects-element-type-background), .elementor-7326 .elementor-elemer
405 .elementor-7376 .elementor-element.elementor-element-3c1ca94b > .elementor-container > .elementor-column > .elementor-widget-wrap{align-content:center;
406 </style>
407 <link rel='stylesheet' id='widget-image-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/css/widget-image.min.css?ver=3.27.6'
408 <link rel='stylesheet' id='widget-nav-menu-css' href='https://treadathletics.com/wp-content/uploads/elementor/assets/css/custom-pro-widget-nav-menu.min.css?ver=3.27.6'
409 <link rel='stylesheet' id='widget-heading-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/css/widget-heading.min.css?ver=3.27.6'
410 <link rel='stylesheet' id='widget-icon-list-css' href='https://treadathletics.com/wp-content/uploads/elementor/assets/css/custom-widget-icon-list.min.css?ver=3.27.6'
411 <link rel='stylesheet' id='widget-text-editor-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/css/widget-text-editor.min.css?ver=3.27.6'
412 <link rel='stylesheet' id='widget-form-css' href='https://treadathletics.com/wp-content/plugins/elementor-pro/assets/css/widget-form.min.css?ver=3.27.6'
413 <link rel='stylesheet' id='widget-spacer-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/css/widget-spacer.min.css?ver=3.27.6'
414 <link rel='stylesheet' id='widget-posts-css' href='https://treadathletics.com/wp-content/plugins/elementor-pro/assets/css/widget-posts.min.css?ver=3.27.6'
415 <link rel='stylesheet' id='swiper-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/lib/swiper/v8/css/swiper.min.css?ver=8.4.5'
416 <link rel='stylesheet' id='e-swiper-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/css/conditionals/e-swiper.min.css?ver=3.27.6'
417 <link rel='stylesheet' id='widget-media-carousel-css' href='https://treadathletics.com/wp-content/plugins/elementor-pro/assets/css/widget-media-carousel.min.css?ver=3.27.6'
418 <link rel='stylesheet' id='widget-carousel-module-base-css' href='https://treadathletics.com/wp-content/plugins/elementor-pro/assets/css/widget-carousel.min.css?ver=3.27.6'
419 <link rel='stylesheet' id='elementor-icons-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=3.27.6'
420 <link rel='stylesheet' id='wpforms-modern-full-css' href='https://treadathletics.com/wp-content/plugins/wpforms/assets/css/frontend/modern/wpforms-full.min.css?ver=3.27.6'
421 <style id='wpforms-modern-full-inline-css'>
422 :root {
423     --wpforms-field-border-radius: 3px;
424     --wpforms-field-border-style: solid;
425     --wpforms-field-border-size: 1px;
426     --wpforms-field-background-color: #ffffff;
427     --wpforms-field-border-color: rgba( 0, 0, 0, 0.25 );
428     --wpforms-field-border-color-spare: rgba( 0, 0, 0, 0.25 );
429     --wpforms-field-text-color: rgba( 0, 0, 0, 0.7 );
430     --wpforms-field-menu-color: #ffffff;
431     --wpforms-label-color: rgba( 0, 0, 0, 0.85 );
432     --wpforms-label-sublabel-color: rgba( 0, 0, 0, 0.55 );
433     --wpforms-label-error-color: #d63637;
434     --wpforms-button-border-radius: 3px;
435     --wpforms-button-border-style: none;
436     --wpforms-button-border-size: 1px;
437     --wpforms-button-background-color: #066aab;
438     --wpforms-button-border-color: #066aab;
439     --wpforms-button-text-color: #ffffff;
440     --wpforms-page-break-color: #066aab;
441     --wpforms-background-image: none;
442     --wpforms-background-position: center center;
443     --wpforms-background-repeat: no-repeat;
444     --wpforms-background-size: cover;
445     --wpforms-background-width: 100px;
446     --wpforms-background-height: 100px;
447     --wpforms-background-color: rgba( 0, 0, 0, 0 );
448     --wpforms-background-url: none;
449     --wpforms-container-padding: 0px;
450     --wpforms-container-border-style: none;
451     --wpforms-container-border-width: 1px;
452     --wpforms-container-border-color: #000000;
453     --wpforms-container-border-radius: 3px;
454     --wpforms-field-size-input-height: 43px;
455     --wpforms-field-size-input-spacing: 15px;
456     --wpforms-field-size-font-size: 16px;
457     --wpforms-field-size-line-height: 19px;
458     --wpforms-field-size-padding-h: 14px;
459     --wpforms-field-size-checkbox-size: 16px;
460     --wpforms-field-size-sublabel-spacing: 5px;
461     --wpforms-field-size-icon-size: 1;
462     --wpforms-label-size-font-size: 16px;
463     --wpforms-label-size-line-height: 19px;
464     --wpforms-label-size-sublabel-font-size: 14px;
465     --wpforms-label-size-sublabel-line-height: 17px;
466     --wpforms-button-size-font-size: 17px;
467     --wpforms-button-size-height: 41px;
468     --wpforms-button-size-padding-h: 15px;
469     --wpforms-button-size-margin-top: 10px;
470     --wpforms-container-shadow-size-box-shadow: none;
471 }
472 </style>
473 <link rel='stylesheet' id='wpforms-pro-modern-full-css' href='https://treadathletics.com/wp-content/plugins/wpforms/assets/pro/css/frontend/modern/wpforms-pro-modern-full.min.css?ver=3.27.6'
474 <link rel='stylesheet' id='wpforms-lead-forms-css' href='https://treadathletics.com/wp-content/plugins/wpforms-lead-forms/assets/css/front.min.css?ver=3.27.6'
475 <link rel='stylesheet' id='font-awesome-5-all-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=5.15.1'
476 <link rel='stylesheet' id='font-awesome-4-shim-css' href='https://treadathletics.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/v4-shims.min.css?ver=4.7.0'
477 <style id='akismet-widget-style-inline-css'>
478
479
480 .a-stats {
481     --akismet-color-mid-green: #357b49;
482     --akismet-color-white: #fff;
483     --akismet-color-light-grey: #f6f7f7;
484
485     max-width: 350px;
486     width: auto;
487 }

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586 .e-con.e-parent:nth-of-type(n+2):not(.e-lazyloaded):not(.e-no-lazyload),
587 .e-con.e-parent:nth-of-type(n+2):not(.e-lazyloaded):not(.e-no-lazyload) * {
588     background-image: none !important;
589 }
590 }
591 </style>
592     <meta name="theme-color" content="#FFFFFF">
593
594 <!-- MonsterInsights Form Tracking -->
595 <script data-cfasync="false" data-wpfc-render="false">
596     function monsterinsights_forms_record_impression(event) {
597         monsterinsights_add_bloom_forms_ids();
598         var monsterinsights_forms = document.getElementsByTagName("form");
599         var monsterinsights_forms_i;
600         for (monsterinsights_forms_i = 0; monsterinsights_forms_i < monsterinsights_forms.length; monsterinsights_forms_i++) {
601             var monsterinsights_form_id = monsterinsights_forms[monsterinsights_forms_i].getAttribute("id");
602             var skip_conversion = false;
603             /* Check to see if it's contact form 7 if the id isn't set */
604             if (!monsterinsights_form_id) {
605                 monsterinsights_form_id = monsterinsights_forms[monsterinsights_forms_i].parentElement.getAttribute("id");
606                 if (monsterinsights_form_id && monsterinsights_form_id.lastIndexOf('wpcf7-f', 0) === 0) {
607                     /* If so, let's grab that and set it to be the form's ID*/
608                     var tokens = monsterinsights_form_id.split('-').slice(0, 2);
609                     var result = tokens.join('-');
610                     monsterinsights_forms[monsterinsights_forms_i].setAttribute("id", result); /* Now we can do just what we did above */
611                     monsterinsights_form_id = monsterinsights_forms[monsterinsights_forms_i].getAttribute("id");
612                 } else {
613                     monsterinsights_form_id = false;
614                 }
615             }
616
617             /* Check if it's Ninja Forms & id isn't set. */
618             if (!monsterinsights_form_id && monsterinsights_forms[monsterinsights_forms_i].parentElement.className.indexOf('nf-form-layout') >=
619                 monsterinsights_form_id = monsterinsights_forms[monsterinsights_forms_i].parentElement.parentElement.parentElement.getAttribute
620                 if (monsterinsights_form_id && 0 === monsterinsights_form_id.lastIndexOf('nf-form-', 0)) {
621                     /* If so, let's grab that and set it to be the form's ID*/
622                     tokens = monsterinsights_form_id.split('-').slice(0, 3);
623                     result = tokens.join('-');
624                     monsterinsights_forms[monsterinsights_forms_i].setAttribute('id', result);
625                     /* Now we can do just what we did above */
626                     monsterinsights_form_id = monsterinsights_forms[monsterinsights_forms_i].getAttribute('id');
627                     skip_conversion = true;
628                 }
629             }
630
631             if (monsterinsights_form_id && monsterinsights_form_id !== 'commentform' && monsterinsights_form_id !== 'adminbar-search') {
632                 __gtagTracker('event', 'impression', {
633                     event_category: 'form',
634                     event_label: monsterinsights_form_id,
635                     value: 1,
636                     non_interaction: true
637                 });
638
639                 /* If a WPForms Form, we can use custom tracking */
640                 if (monsterinsights_form_id && 0 === monsterinsights_form_id.lastIndexOf('wpforms-form-', 0)) {
641                     continue;
642                 }
643
644                 /* Formidable Forms, use custom tracking */
645                 if (monsterinsights_forms_has_class(monsterinsights_forms[monsterinsights_forms_i], 'frm-show-form')) {
646                     continue;
647                 }
648
649                 /* If a Gravity Form, we can use custom tracking */
650                 if (monsterinsights_form_id && 0 === monsterinsights_form_id.lastIndexOf('gform_', 0)) {
651                     continue;
652                 }
653
654                 /* If Ninja forms, we use custom conversion tracking */
655                 if (skip_conversion) {
656                     continue;
657                 }
658
659                 var custom_conversion_mi_forms = false;
660                 if (custom_conversion_mi_forms) {
661                     continue;
662                 }
663
664                 if (window.jQuery) {
665                     (function (form_id) {
666                         jQuery(document).ready(function () {
667                             jQuery('#' + form_id).on('submit', monsterinsights_forms_record_conversion);
668                         });
669                     })(monsterinsights_form_id);
670                 } else {
671                     var __gaFormsTrackerWindow = window;
672                     if (__gaFormsTrackerWindow.addEventListener) {
673                         document.getElementById(monsterinsights_form_id).addEventListener("submit", monsterinsights_forms_record_conversion, false);
674                     } else {
675                         if (__gaFormsTrackerWindow.attachEvent) {
676                             document.getElementById(monsterinsights_form_id).attachEvent("onsubmit", monsterinsights_forms_record_conversion);
677                         }
678                     }
679                 }
680             }
681         } else {
682             continue;
683         }

```

```

684     }
685   }
686
687   function monsterinsights_forms_has_class(element, className) {
688     return (' ' + element.className + ' ').indexOf(' ' + className + ' ') > -1;
689   }
690
691   function monsterinsights_forms_record_conversion(event) {
692     var monsterinsights_form_conversion_id = event.target.id;
693     var monsterinsights_form_action = event.target.getAttribute("miforms-action");
694     if (monsterinsights_form_conversion_id && !monsterinsights_form_action) {
695       document.getElementById(monsterinsights_form_conversion_id).setAttribute("miforms-action", "submitted");
696       __gtagTracker('event', 'conversion', {
697         event_category: 'form',
698         event_label: monsterinsights_form_conversion_id,
699         value: 1,
700       });
701     }
702   }
703
704   /* Attach the events to all clicks in the document after page and GA has loaded */
705   function monsterinsights_forms_load() {
706     if (typeof (__gtagTracker) !== 'undefined' && __gtagTracker) {
707       var __gtagFormsTrackerWindow = window;
708       if (__gtagFormsTrackerWindow.addEventListener) {
709         __gtagFormsTrackerWindow.addEventListener("load", monsterinsights_forms_record_impression, false);
710       } else {
711         if (__gtagFormsTrackerWindow.attachEvent) {
712           __gtagFormsTrackerWindow.attachEvent("onload", monsterinsights_forms_record_impression);
713         }
714       }
715     } else {
716       setTimeout(monsterinsights_forms_load, 200);
717     }
718   }
719
720   /* Custom Ninja Forms impression tracking */
721   if (window.jQuery) {
722     jQuery(document).on('nfFormReady', function (e, layoutView) {
723       var label = layoutView.el;
724       label = label.substring(1, label.length);
725       label = label.split('-').slice(0, 3).join('-');
726       __gtagTracker('event', 'impression', {
727         event_category: 'form',
728         event_label: label,
729         value: 1,
730         non_interaction: true
731       });
732     });
733   }
734
735   /* Custom Bloom Form tracker */
736   function monsterinsights_add_bloom_forms_ids() {
737     var bloom_forms = document.querySelectorAll('.et_bloom_form_content form');
738     if (bloom_forms.length > 0) {
739       for (var i = 0; i < bloom_forms.length; i++) {
740         if ('' === bloom_forms[i].id) {
741           var form_parent_root = monsterinsights_find_parent_with_class(bloom_forms[i], 'et_bloom_optin');
742           if (form_parent_root) {
743             var classes = form_parent_root.className.split(' ');
744             for (var j = 0; j < classes.length; ++j) {
745               if (0 === classes[j].indexOf('et_bloom_optin')) {
746                 bloom_forms[i].id = classes[j];
747               }
748             }
749           }
750         }
751       }
752     }
753   }
754
755   function monsterinsights_find_parent_with_class(element, className) {
756     if (element.parentNode && '' !== className) {
757       if (element.parentNode.className.indexOf(className) >= 0) {
758         return element.parentNode;
759       } else {
760         return monsterinsights_find_parent_with_class(element.parentNode, className);
761       }
762     }
763     return false;
764   }
765
766   monsterinsights_forms_load();
767 </script>
768 <!-- End MonsterInsights Form Tracking -->
769
770 <style type="text/css" id="thrive-default-styles"></style><link rel="icon" href="https://treadathletics.com/wp-content/uploads/2020/11/cropped-Square-1
771 <link rel="icon" href="https://treadathletics.com/wp-content/uploads/2020/11/cropped-Square-logo-192x192.png" sizes="192x192" />
772 <link rel="apple-touch-icon" href="https://treadathletics.com/wp-content/uploads/2020/11/cropped-Square-logo-180x180.png" />
773 <meta name="msapplication-TileImage" content="https://treadathletics.com/wp-content/uploads/2020/11/cropped-Square-logo-270x270.png" />
774 <style id="wp-custom-css">
775   /* Style the Categories Widget in the Sidebar */
776   .widget_categories {
777     background-color: #f9f9f9; /* Light background for the widget */
778     padding: 20px;
779     border-radius: 8px;
780     box-shadow: 0 2px 4px rgba(0, 0, 0, 0.1);
781   }

```



```
782
783 /* Style each category item */
784 .widget_categories ul {
785     list-style: none;
786     padding: 0;
787     margin: 0;
788 }
789
790 .widget_categories li {
791     padding: 10px;
792     border-bottom: 1px solid #ddd; /* Light border between items */
793 }
794
795 .widget_categories li:last-child {
796     border-bottom: none; /* Remove border from the last item */
797 }
798
799 /* Style the category links */
800 .widget_categories a {
801     color: #333; /* Dark text color */
802     text-decoration: none;
803     font-weight: 600;
804 }
805
806 .widget_categories a:hover {
807     color: #0073e6; /* Highlight color on hover */
808 }
809
810 /* Style for category count */
811 .widget_categories .count {
812     font-size: 0.85em;
813     color: #999; /* Lighter color for post count */
814 }
815
816 </style>
817 <!-- Google Tag Manager -->
818 <script>(function(w,d,s,l,i){w[l]=w[l]||[];w[l].push({'gtm.start':
819 new Date().getTime(),event:'gtm.js'});var f=d.getElementsByTagName(s)[0],
820 j=d.createElement(s),dl=l!='dataLayer'?'&l='+l:'';j.async=true;j.src=
821 'https://www.googletagmanager.com/gtm.js?id='+i+dl;f.parentNode.insertBefore(j,f);
822 })(window,document,'script','dataLayer','GTM-NN72HPRT');</script>
823 <!-- End Google Tag Manager -->
824
825 <!-- Begin Linktree conversion tracking code -->
826 <script>
827 (function(l, i, n, k, t, r, ee) {
828     l[t] = l[t] || function () { (l[t].q = l[t].q || []).push(arguments) },
829     l[t].l = 1 * new Date(); r = i.createElement(n); ee = i.getElementsByTagName(n)[0];
830     r.async = 1; r.src = k; ee.parentNode.insertBefore(r, ee)
831 })(window, document, 'script', 'https://assets.production.linktr.ee/ltpixel/ltpix.min.js?t=' + 864e5*Math.ceil(new Date/864e5), 'liti')
832 </script>
833 <script>
834     lti('init', 'LTU-bb4f3301-8116-4f74-8fc2-1981c7419d2b')
835     lti('pageloaded')
836 </script>
837 <!-- End Linktree conversion tracking code -->
838
839 </head>
840 <body class="blog wp-custom-logo wp-embed-responsive shopwp elementor-page-7376 elementor-default elementor-template-full-width elementor-kit-11088">
841
842
843 <a class="skip-link screen-reader-text" href="#content">Skip to content</a>
844
845 <div data-elementor-type="header" data-elementor-id="8097" class="elementor elementor-8097 elementor-location-header" data-elementor-post-type=
846 <section data-particle_enable="false" data-particle-mobile-disabled="false" class="elementor-section elementor-top-section elementor
847 <div class="elementor-container elementor-column-gap-no">
848 <div class="elementor-column elementor-col-50 elementor-top-column elementor-element elementor-element-7b08b7e1" data-id="7b08b7e1"
849 <div class="elementor-widget-wrap elementor-element-populated">
850 <div class="elementor-element elementor-element-5493dfbc logo elementor-widget elementor-widget-theme-site-logo elementor-widge
851 <div class="elementor-widget-container">
852 <a href="https://treadathletics.com">
853 
855 </div>
856 </div>
857 </div>
858 <div class="elementor-column elementor-col-50 elementor-top-column elementor-element elementor-element-183a8055" data-id="183a8055" dai
859 <div class="elementor-widget-wrap elementor-element-populated">
860 <div class="elementor-element elementor-element-765810b elementor-nav-menu__align-end elementor-nav-menu--stretch elementor-nav
861 <div class="elementor-widget-container">
862 <nav aria-label="Menu" class="elementor-nav-menu--main elementor-nav-menu__container elementor-nav-menu--layout-horiz
863 <ul id="menu-1-765810b" class="elementor-nav-menu"><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-16214"
864 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-4318"><a href="https://treadathletics.com/featured-stories/" class="elem
865 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-23956"><a href="https://treadathletics.com/coaching
866 <ul class="sub-menu elementor-nav-menu--dropdown">
867 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-8125"><a href="https://treadathletics.com/coaching/" class="elementor
868 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-20182"><a href="https://treadathletics.com/in-house-training/" class=
869 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25299"><a href="https://treadathletics.com/catchers/" class="element
870 </ul>
871 </li>
872 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-parent current-menu-ancestor current_page_parent current_page_ancestor
873 <ul class="sub-menu elementor-nav-menu--dropdown">
874 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-26902"><a href="https://treadathletics.com/downloads/" class="element
875 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11694"><a href="https://treadathletics.com/our-team/" class="element
876 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-item page_item page-item-2 current_page_item current_page_parent n
877 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25194"><a href="https://treadathletics.com/product-shop/" class="eler
878 </ul>
879 </li>
```

```
880 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-has-children menu-item-20439"><a href="https://treadathletics.com/careers/
881 <ul class="sub-menu elementor-nav-menu--dropdown">
882 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-22337"><a href="https://treadathletics.com/careers/" class="elementor
883 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-21166"><a href="https://treadathletics.com/internships/" class="elem
884 </ul>
885 </li>
886 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11698"><a href="https://treadathletics.com/contact-us/" class="elementor
887 </ul>
888 </nav>
889 <div class="elementor-menu-toggle" role="button" tabindex="0" aria-label="Menu Toggle" aria-expanded="false">
890 <i aria-hidden="true" role="presentation" class="elementor-menu-toggle__icon--open icon-menu-bar"></i><i aria-hidden="true" role="presenti
891 <nav class="elementor-nav-menu--dropdown elementor-nav-menu__container" aria-hidden="true">
892 <ul id="menu-2-765810b" class="elementor-nav-menu"><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-16214'
893 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-4318"><a href="https://treadathletics.com/featured-stories/" class="elem
894 <ul class="sub-menu elementor-nav-menu--dropdown">
895 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-8125"><a href="https://treadathletics.com/coaching/" class="elementor
896 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-20182"><a href="https://treadathletics.com/in-house-training/" class=
897 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25299"><a href="https://treadathletics.com/catchers/" class="elementor
898 </ul>
899 </li>
900 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-ancestor current-menu-parent current_page_parent current_page_ancestor
901 <ul class="sub-menu elementor-nav-menu--dropdown">
902 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-26902"><a href="https://treadathletics.com/downloads/" class="elementor
903 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11694"><a href="https://treadathletics.com/our-team/" class="elementor
904 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-item page_item page-item-2 current_page_item current_page_parent n
905 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25194"><a href="https://treadathletics.com/product-shop/" class="eler
906 </ul>
907 </li>
908 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-has-children menu-item-20439"><a href="https://treadathletics.com/careers/
909 <ul class="sub-menu elementor-nav-menu--dropdown">
910 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-22337"><a href="https://treadathletics.com/careers/" class="elementor
911 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-21166"><a href="https://treadathletics.com/internships/" class="elem
912 </ul>
913 </li>
914 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11698"><a href="https://treadathletics.com/contact-us/" class="elementor
915 </ul>
916 </nav>
917 </div>
918 </div>
919 </div>
920 </div>
921 </section>
922 <section data-particle_enable="false" data-particle-mobile-disabled="false" class="elementor-section elementor-top-section elementor-el
923 <div class="elementor-container elementor-column-gap-no">
924 <div class="elementor-column elementor-col-33 elementor-top-column elementor-element elementor-element-e59285d" data-id="e59285d" (
925 <div class="elementor-widget-wrap elementor-element-populated">
926 <div class="elementor-element elementor-element-6e36a6b logo elementor-widget elementor-widget-theme-site-logo elementor-widget
927 <div class="elementor-widget-container">
928 <a href="https://treadathletics.com">
929 
931 </div>
932 </div>
933 </div>
934 <div class="elementor-column elementor-col-33 elementor-top-column elementor-element elementor-element-2fe1898" data-id="2fe1898" data-
935 <div class="elementor-widget-wrap">
936 </div>
937 </div>
938 <div class="elementor-column elementor-col-33 elementor-top-column elementor-element elementor-element-38308ba" data-id="38308ba" data-
939 <div class="elementor-widget-wrap elementor-element-populated">
940 <div class="elementor-element elementor-element-6b6b8c0 elementor-nav-menu--stretch elementor-nav-menu--dropdown-tablet element
941 <div class="elementor-widget-container">
942 <nav aria-label="Menu" class="elementor-nav-menu-main elementor-nav-menu__container elementor-nav-menu--layout-horizor
943 <ul id="menu-1-6b6b8c0" class="elementor-nav-menu"><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-16214'
944 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-4318"><a href="https://treadathletics.com/featured-stories/" class="elem
945 <li class="menu-item menu-item-type-custom menu-item-object-custom menu-item-has-children menu-item-23956"><a href="https://treadathletics.com/coaching/
946 <ul class="sub-menu elementor-nav-menu--dropdown">
947 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-8125"><a href="https://treadathletics.com/coaching/" class="elementor
948 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-20182"><a href="https://treadathletics.com/in-house-training/" class=
949 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25299"><a href="https://treadathletics.com/catchers/" class="elementor
950 </ul>
951 </li>
952 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-ancestor current-menu-parent current_page_parent current_page_ancestor
953 <ul class="sub-menu elementor-nav-menu--dropdown">
954 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-26902"><a href="https://treadathletics.com/downloads/" class="elementor
955 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11694"><a href="https://treadathletics.com/our-team/" class="elementor
956 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-item page_item page-item-2 current_page_item current_page_parent n
957 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25194"><a href="https://treadathletics.com/product-shop/" class="eler
958 </ul>
959 </li>
960 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-has-children menu-item-20439"><a href="https://treadathletics.com/careers/
961 <ul class="sub-menu elementor-nav-menu--dropdown">
962 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-22337"><a href="https://treadathletics.com/careers/" class="elementor
963 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-21166"><a href="https://treadathletics.com/internships/" class="elem
964 </ul>
965 </li>
966 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11698"><a href="https://treadathletics.com/contact-us/" class="elementor
967 </ul>
968 </nav>
969 <div class="elementor-menu-toggle" role="button" tabindex="0" aria-label="Menu Toggle" aria-expanded="false">
970 <i aria-hidden="true" role="presentation" class="elementor-menu-toggle__icon--open icon-menu-bar"></i><i aria-hidden="true" role="presenti
971 <nav class="elementor-nav-menu--dropdown elementor-nav-menu__container" aria-hidden="true">
972 <ul id="menu-2-6b6b8c0" class="elementor-nav-menu"><li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-16214'
973 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-4318"><a href="https://treadathletics.com/featured-stories/" class="elem
974 <ul class="sub-menu elementor-nav-menu--dropdown">
975 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-8125"><a href="https://treadathletics.com/coaching/" class="elementor
976 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-20182"><a href="https://treadathletics.com/in-house-training/" class=
977 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25299"><a href="https://treadathletics.com/catchers/" class="elementor
```

```
978 </ul>
979 </li>
980 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-ancestor current-menu-parent current_page_parent current_page_ancestor">
981 <ul class="sub-menu elementor-nav-menu--dropdown">
982 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-26902"><a href="https://treadathletics.com/downloads/" class="elementor">
983 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11694"><a href="https://treadathletics.com/our-team/" class="elementor">
984 <li class="menu-item menu-item-type-post_type menu-item-object-page current-menu-item page_item page-item-2 current_page_item current_page_parent">
985 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25194"><a href="https://treadathletics.com/product-shop/" class="elementor">
986 </ul>
987 </li>
988 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-has-children menu-item-20439"><a href="https://treadathletics.com/careers/">
989 <ul class="sub-menu elementor-nav-menu--dropdown">
990 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-22337"><a href="https://treadathletics.com/careers/" class="elementor">
991 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-21166"><a href="https://treadathletics.com/internships/" class="elementor">
992 </ul>
993 </li>
994 <li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-11698"><a href="https://treadathletics.com/contact-us/" class="elementor">
995 </ul>
996 </nav>
997 </div>
998 </div>
999 </div>
1000 </div>
1001 </section>
1002 <div>
1003 <div data-elementor-type="archive" data-elementor-id="7376" class="elementor elementor-7376 elementor-location-archive" data-elementor-location="archive">
1004 <section data-particle_enable="false" data-particle-mobile-disabled="false" class="elementor-section elementor-top-section elementor-section-default">
1005 <div class="elementor-container elementor-column-gap-default">
1006 <div class="elementor-column elementor-col-100 elementor-top-column elementor-element elementor-element-6a438147" data-id="6a438147">
1007 <div class="elementor-widget-wrap elementor-element-populated">
1008 <div class="elementor-element elementor-element-753bc390 elementor-widget elementor-widget-heading" data-id="753bc390" data-element_type="heading">
1009 <div class="elementor-widget-container">
1010 <h1 class="elementor-heading-title elementor-size-default">ARTICLES</h1>
1011 </div>
1012 <div class="elementor-element elementor-element-4d556b6 elementor-widget elementor-widget-text-editor" data-id="4d556b6" data-element_type="text-editor">
1013 <div class="elementor-widget-container">
1014 <p><a href="https://www.treadathletics.com/go-back-to-the-top/">Go back to the top</a></p>
1015 </div>
1016 <div class="elementor-element elementor-element-130ec90 elementor-widget elementor-widget-spacer" data-id="130ec90" data-element_type="spacer">
1017 <div class="elementor-widget-container">
1018 <div class="elementor-spacer">
1019 <div class="elementor-spacer-inner"></div>
1020 </div>
1021 </div>
1022 </div>
1023 </div>
1024 </div>
1025 </div>
1026 </section>
1027 <section data-particle_enable="false" data-particle-mobile-disabled="false" class="elementor-section elementor-top-section elementor-section-default">
1028 <div class="elementor-container elementor-column-gap-default">
1029 <div class="elementor-column elementor-col-100 elementor-top-column elementor-element elementor-element-6c0c1546" data-id="6c0c1546">
1030 <div class="elementor-widget-wrap elementor-element-populated">
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1036 <div class="elementor-post__text">
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1040 <div class="elementor-post__meta-data">
1041 <span class="elementor-post-date">
1042 December 31, 2024</span>
1043 </div>
1044 <div class="elementor-post__excerpt">
1045 <p>Let's dive into what made 2024 a year to remember, and what Tread has in store for 2025.</p>
1046 </div>
1047 <a class="elementor-post__read-more" href="https://treadathletics.com/2024-year-in-review/" aria-label="Read more about 2024 Year In Review">Read More</a>
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1057 <div class="elementor-post__text">
1058 <h3 class="elementor-post__title">
1059 <a href="https://treadathletics.com/2024-pro-day/">Tread HQ: Pro Day &#8217;24 Recap</a>
1060 </h3>
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1062 <span class="elementor-post-date">
1063 January 22, 2024</span>
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1065 <div class="elementor-post__excerpt">
1066 <p>124 Tread Athletes pitched in front of scouts from 28 MLB organizations to try and land an affiliate opportunity. Here's what happened.</p>
1067 </div>
1068 <a class="elementor-post__read-more" href="https://treadathletics.com/2024-pro-day/" aria-label="Read more about Tread HQ: Pro Day &#8217;24 Recap">Read More</a>
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1085 2023 Year in Review </a>
1086 </h3>
1087 <div class="elementor-post__meta-data">
1088 <span class="elementor-post-date">
1089 January 4, 2024 </span>
1090 </div>
1091 <div class="elementor-post__excerpt">
1092 <p>What happened at Tread in 2023? A look behind the curtain.</p>
1093 </div>
1094
1095 <a class="elementor-post__read-more" href="https://treadathletics.com/2023-year-in-review/" aria-label="Read more about 2023 Year in Review">
1096 Read More » </a>
1097
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1107 Tread Amateur Pro Weekend &#8217;23 Recap </a>
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1111 June 23, 2023 </span>
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1113 <div class="elementor-post__excerpt">
1114 <p>At the Tread Amateur Pro Weekend 2023, more than 60 athletes displayed their talents ahead of the upcoming 2023 MLB Draft. </p>
1115 </div>
1116
1117 <a class="elementor-post__read-more" href="https://treadathletics.com/tread-amateur-pro-weekend-23-recap/" aria-label="Read more about Tread Amateur Pro Weekend &#8217;23 Recap">
1118 Read More » </a>
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1126 <div class="elementor-post__text">
1127 <h3 class="elementor-post__title">
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1129 Tread HQ: Pro Day &#8217;23 Recap </a>
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1133 January 25, 2023 </span>
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1136 <p>3 days. 50+ scouts and front office staff. 100+ dream chasers. Tread exists to provide athletes a platform to help re-write their stories. </p>
1137 </div>
1138
1139 <a class="elementor-post__read-more" href="https://treadathletics.com/2023-pro-day-recap/" aria-label="Read more about Tread HQ: Pro Day &#8217;23 Recap">
1140 Read More » </a>
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1149 <h3 class="elementor-post__title">
1150 <a href="https://treadathletics.com/2022-year-in-review/">
1151 2022 Year in Review: Open the Floodgates </a>
1152 </h3>
1153 <div class="elementor-post__meta-data">
1154 <span class="elementor-post-date">
1155 December 29, 2022 </span>
1156 </div>
1157 <div class="elementor-post__excerpt">
1158 <p>What happened in 2022 at Tread, links to our best content from the year and what we have planned for the future.</p>
1159 </div>
1160
1161 <a class="elementor-post__read-more" href="https://treadathletics.com/2022-year-in-review/" aria-label="Read more about 2022 Year in Review: Open the Floodgates">
1162 Read More » </a>
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1198 </div>
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1203 <span class="elementor-button-content-wrapper">
1204 <span class="elementor-button-text">Get the first two chapters free</span>
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1319 <a href="https://treadathletics.com/our-team/">
1320 <span class="elementor-icon-list-text">Our Team</span>
1321 </a>
1322 </li>
1323 <li class="elementor-icon-list-item">
1324 <a href="https://treadathletics.com/contact-us/">
1325 <span class="elementor-icon-list-text">Contact</span>
1326 </a>
1327 </li>
1328 </ul>
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1410
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1412             </a>
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1417                 <span class="elementor-icon-list-text">Free Catcher Training</span>
1418             </a>
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1433         <p>10600 Southern Loop Blvd Pineville, NC 28134</p><p></p><p>*By appointment only. <span style="color: #ffcc00;"><a style="color: #ffcc00;" href="https://treadathletics.com/contact-us/">Contact Us</a></span></p></div>
1434 </div>
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1455             <div class="elementor-field-group elementor-column elementor-field-type-submit elementor-col-100 e-form__buttons">
1456                 <button class="elementor-button elementor-size-md" type="submit">
1457                     <span class="elementor-button-content-wrapper">
1458                         <span class="elementor-button-text">Subscribe</span>
1459                     </span>
1460                 </button>
1461             </div>
1462         </div>
1463     </div>
1464 </div>
1465 </form>
1466 </div>
1467 </div>
```

```

1468         </div>
1469     </div>
1470     </div>
1471 </section>
1472     <div class="elementor-element elementor-element-8f31e4a elementor-align-center elementor-icon-list--layout-inline elementor-list-item-1"
1473     <div class="elementor-widget-container">
1474         <ul class="elementor-icon-list-items elementor-inline-items">
1475             <li class="elementor-icon-list-item elementor-inline-item">
1476                 <a href="https://www.youtube.com/user/treadathletics?sub_confirmation=1">
1477                     <span class="elementor-icon-list-icon">
1478                         <i aria-hidden="true" class="fab fa-youtube"></i> </span>
1479                         <span class="elementor-icon-list-text"></span>
1480                     </a>
1481                 </li>
1482             <li class="elementor-icon-list-item elementor-inline-item">
1483                 <a href="http://instagram.com/tread_athletics/">
1484                     <span class="elementor-icon-list-icon">
1485                         <i aria-hidden="true" class="fab fa-instagram"></i> </span>
1486                         <span class="elementor-icon-list-text"></span>
1487                     </a>
1488                 </li>
1489             <li class="elementor-icon-list-item elementor-inline-item">
1490                 <a href="https://twitter.com/treadAthletics/">
1491                     <span class="elementor-icon-list-icon">
1492                         <i aria-hidden="true" class="fab fa-twitter"></i> </span>
1493                         <span class="elementor-icon-list-text"></span>
1494                     </a>
1495                 </li>
1496             <li class="elementor-icon-list-item elementor-inline-item">
1497                 <a href="https://www.facebook.com/TreadAthletics/">
1498                     <span class="elementor-icon-list-icon">
1499                         <i aria-hidden="true" class="fab fa-facebook"></i> </span>
1500                         <span class="elementor-icon-list-text"></span>
1501                     </a>
1502                 </li>
1503             </ul>
1504         </div>
1505     </div>
1506     <div class="elementor-element elementor-element-96b86d7 elementor-widget elementor-widget-heading" data-id="96b86d7" data-element_type="
1507     <div class="elementor-widget-container">
1508         <p class="elementor-heading-title elementor-size-default">Copyright Tread Athletics 2025 © All rights Reserved.</p>
1509     </div>
1510 </div>
1511 </div>
1512 </section>
1513 </div>
1514
1515 <script type='text/javascript'>( $ => {
1516     /**
1517     * Displays toast message from storage, it is used when the user is redirected after login
1518     */
1519     if ( window.sessionStorage ) {
1520         $( window ).on( 'tcb_after_dom_ready', () => {
1521             const message = sessionStorage.getItem( 'tcb_toast_message' );
1522
1523             if ( message ) {
1524                 tcbToast( sessionStorage.getItem( 'tcb_toast_message' ), false );
1525                 sessionStorage.removeItem( 'tcb_toast_message' );
1526             }
1527         } );
1528     }
1529
1530     /**
1531     * Displays toast message
1532     *
1533     * @param {string} message - message to display
1534     * @param {Boolean} error - whether the message is an error or not
1535     * @param {Function} callback - callback function to be called after the message is closed
1536     */
1537     function tcbToast( message, error, callback ) {
1538         /* Also allow "message" objects */
1539         if ( typeof message !== 'string' ) {
1540             message = message.message || message.error || message.success;
1541         }
1542         if ( ! error ) {
1543             error = false;
1544         }
1545         TCB_Front.notificationElement.toggle( message, error ? 'error' : 'success', callback );
1546     }
1547 } )( typeof ThriveGlobal === 'undefined' ? jQuery : ThriveGlobal.$j );
1548 </script><div id="shopwp-root"></div>
1549 <section
1550     data-wpshopify-component
1551     data-wpshopify-component-id="6d4b4c98419c609f67098ca03e2b963d763"
1552     data-wpshopify-component-type="cart"
1553     data-wpshopify-payload-settings="W10=">
1554
1555 </section>
1556
1557 <style type="text/css" id="tve_notification_styles"></style>
1558 <div class="tvd-toast tve-fe-message" style="display: none">
1559     <div class="tve-toast-message tve-success-message">

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1566     <div class="tve-toast-icon-container">
1567         <span class="tve_tick thrv-svg-icon"></span>
1568     </div>
1569     <div class="tve-toast-message-container"></div>
1570 </div>
1571 </div>
1572     <script>
1573         const lazyloadRunObserver = () => {
1574             const lazyloadBackgrounds = document.querySelectorAll( `.e-con.e-parent:not(.e-lazyloaded)` );
1575             const lazyloadBackgroundObserver = new IntersectionObserver( ( entries ) => {
1576                 entries.forEach( ( entry ) => {
1577                     if ( entry.isIntersecting ) {
1578                         let lazyloadBackground = entry.target;
1579                         if( lazyloadBackground ) {
1580                             lazyloadBackground.classList.add( 'e-lazyloaded' );
1581                         }
1582                         lazyloadBackgroundObserver.unobserve( entry.target );
1583                     }
1584                 } );
1585             }, { rootMargin: '200px 0px 200px 0px' } );
1586             lazyloadBackgrounds.forEach( ( lazyloadBackground ) => {
1587                 lazyloadBackgroundObserver.observe( lazyloadBackground );
1588             } );
1589             const events = [
1590                 'DOMContentLoaded',
1591                 'elementor/lazyload/observe',
1592             ];
1593             events.forEach( ( event ) => {
1594                 document.addEventListener( event, lazyloadRunObserver );
1595             } );
1596         </script>
1597         <script type="text/javascript">
1598             /* MonsterInsights Scroll Tracking */
1599             if ( typeof(jQuery) !== 'undefined' ) {
1600                 jQuery( document ).ready(function(){
1601                     function monsterinsights_scroll_tracking_load() {
1602                         if ( ( typeof(__gaTracker) !== 'undefined' && __gaTracker && __gaTracker.hasOwnProperty( "loaded" ) && __gaTracker.loaded == true ) || ( typeof
1603                             (function(factory) {
1604                                 factory(jQuery);
1605                             })(function($) {
1606
1607                                 /* Scroll Depth */
1608                                 "use strict";
1609                                 var defaults = {
1610                                     percentage: true
1611                                 };
1612
1613                                 var $window = $(window),
1614                                     cache = [],
1615                                     scrollEventBound = false,
1616                                     lastPixelDepth = 0;
1617
1618                                 /*
1619                                 * Plugin
1620                                 */
1621
1622                                 $.scrollDepth = function(options) {
1623
1624                                     var startTime = +new Date();
1625
1626                                     options = $.extend({}, defaults, options);
1627
1628                                     /*
1629                                     * Functions
1630                                     */
1631
1632                                     function sendEvent(action, label, scrollDistance, timing) {
1633                                         if ( 'undefined' === typeof MonsterInsightsObject || 'undefined' === typeof MonsterInsightsObject.sendEvent ) {
1634                                             return;
1635                                         }
1636                                         var paramName = action.toLowerCase();
1637                                         var fieldsArray = {
1638                                             send_to: 'G-C5YNZ7X02K',
1639                                             non_interaction: true
1640                                         };
1641                                         fieldsArray[paramName] = label;
1642
1643                                         if (arguments.length > 3) {
1644                                             fieldsArray.scroll_timing = timing
1645                                         }
1646                                         MonsterInsightsObject.sendEvent('event', 'scroll_depth', fieldsArray);
1647                                     } else {
1648                                         MonsterInsightsObject.sendEvent('event', 'scroll_depth', fieldsArray);
1649                                     }
1650
1651                                     function calculateMarks(docHeight) {
1652                                         return {
1653                                             '25%': parseInt(docHeight * 0.25, 10),
1654                                             '50%': parseInt(docHeight * 0.50, 10),
1655                                             '75%': parseInt(docHeight * 0.75, 10),
1656                                             /* Cushion to trigger 100% event in iOS */
1657                                             '100%': docHeight - 5
1658                                         };
1659                                     }
1660
1661                                     function checkMarks(marks, scrollDistance, timing) {
1662                                         /* Check each active mark */
1663                                         $.each(marks, function(key, val) {

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1664     if ( $.inArray(key, cache) === -1 && scrollDistance >= val ) {
1665     sendEvent('Percentage', key, scrollDistance, timing);
1666     cache.push(key);
1667     }
1668     });
1669     }
1670
1671     function rounded(scrollDistance) {
1672     /* Returns String */
1673     return (Math.floor(scrollDistance/250) * 250).toString();
1674     }
1675
1676     function init() {
1677     bindScrollDepth();
1678     }
1679
1680     /*
1681     * Public Methods
1682     */
1683
1684     /* Reset Scroll Depth with the originally initialized options */
1685     $.scrollDepth.reset = function() {
1686     cache = [];
1687     lastPixelDepth = 0;
1688     $window.off('scroll.scrollDepth');
1689     bindScrollDepth();
1690     };
1691
1692     /* Add DOM elements to be tracked */
1693     $.scrollDepth.addElements = function(elems) {
1694
1695     if (typeof elems == "undefined" || !$.isArray(elems)) {
1696     return;
1697     }
1698
1699     $.merge(options.elements, elems);
1700
1701     /* If scroll event has been unbound from window, rebind */
1702     if (!scrollEventBound) {
1703     bindScrollDepth();
1704     }
1705
1706     };
1707
1708     /* Remove DOM elements currently tracked */
1709     $.scrollDepth.removeElements = function(elems) {
1710
1711     if (typeof elems == "undefined" || !$.isArray(elems)) {
1712     return;
1713     }
1714
1715     $.each(elems, function(index, elem) {
1716
1717     var inElementsArray = $.inArray(elem, options.elements);
1718     var inCacheArray = $.inArray(elem, cache);
1719
1720     if (inElementsArray != -1) {
1721     options.elements.splice(inElementsArray, 1);
1722     }
1723
1724     if (inCacheArray != -1) {
1725     cache.splice(inCacheArray, 1);
1726     }
1727
1728     });
1729
1730     };
1731
1732     /*
1733     * Throttle function borrowed from:
1734     * Underscore.js 1.5.2
1735     * http://underscorejs.org
1736     * (c) 2009-2013 Jeremy Ashkenas, DocumentCloud and Investigative Reporters & Editors
1737     * Underscore may be freely distributed under the MIT license.
1738     */
1739
1740     function throttle(func, wait) {
1741     var context, args, result;
1742     var timeout = null;
1743     var previous = 0;
1744     var later = function() {
1745     previous = new Date;
1746     timeout = null;
1747     result = func.apply(context, args);
1748     };
1749     return function() {
1750     var now = new Date;
1751     if (!previous) previous = now;
1752     var remaining = wait - (now - previous);
1753     context = this;
1754     args = arguments;
1755     if (remaining <= 0) {
1756     clearTimeout(timeout);
1757     timeout = null;
1758     previous = now;
1759     result = func.apply(context, args);
1760     } else if (!timeout) {
1761     timeout = setTimeout(later, remaining);

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```
1762     }
1763     return result;
1764   };
1765 }
1766
1767 /*
1768  * Scroll Event
1769 */
1770
1771 function bindScrollDepth() {
1772
1773   scrollEventBound = true;
1774
1775   $window.on('scroll.scrollDepth', throttle(function() {
1776     /*
1777      * We calculate document and window height on each scroll event to
1778      * account for dynamic DOM changes.
1779      */
1780
1781     var docHeight = $(document).height(),
1782         winHeight = window.innerHeight ? window.innerHeight : $window.height(),
1783         scrollDistance = $window.scrollTop() + winHeight,
1784
1785     /* Recalculate percentage marks */
1786     marks = calculateMarks(docHeight),
1787
1788     /* Timing */
1789     timing = +new Date - startTime;
1790
1791     checkMarks(marks, scrollDistance, timing);
1792   }, 500));
1793
1794   }
1795
1796   init();
1797   });
1798
1799   /* UMD export */
1800   return $.scrollDepth;
1801
1802   }););
1803
1804   jQuery.scrollDepth();
1805   } else {
1806     setTimeout(monsterinsights_scroll_tracking_load, 200);
1807   }
1808   }
1809   monsterinsights_scroll_tracking_load();
1810   }););
1811   }
1812   /* End MonsterInsights Scroll Tracking */
1813
1814 </script><script id="site_tracking-js-extra">
1815 var php_data = {"ac_settings":{"tracking_actid":"999680608","site_tracking_default":1,"site_tracking":1,"user_email":""};
1816 </script>
1817 <script src="https://treadathletics.com/wp-content/plugins/activecampaign-subscription-forms/site_tracking.js?ver=6.7.2" id="site_tracking-js"></script>
1818 <script src="https://treadathletics.com/wp-includes/js/jquery/ui/core.min.js?ver=1.13.3" id="jquery-ui-core-js"></script>
1819 <script src="https://treadathletics.com/wp-includes/js/jquery/ui/mouse.min.js?ver=1.13.3" id="jquery-ui-mouse-js"></script>
1820 <script src="https://treadathletics.com/wp-includes/js/jquery/ui/slider.min.js?ver=1.13.3" id="jquery-ui-slider-js"></script>
1821 <script src="https://treadathletics.com/wp-includes/js/jquery/ui/draggable.min.js?ver=1.13.3" id="jquery-ui-draggable-js"></script>
1822 <script src="https://treadathletics.com/wp-includes/js/jquery/jquery.ui.touch-punch.js?ver=0.2.2" id="jquery-touch-punch-js"></script>
1823 <script id="tve-dash-frontend-js-extra">
1824 var tve_dash_front = {"ajaxurl":"https://treadathletics.com/wp-admin/admin-ajax.php","force_ajax_send":"","is_crawler":"","recaptcha":[],"turnstile
1825 </script>
1826 <script src="https://treadathletics.com/wp-content/plugins/thrive-quiz-builder/thrive-dashboards/js/dist/frontend.min.js?ver=10.5.1" id="tve-dash-front
1827 <script src="https://treadathletics.com/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.2.1" id="smartmenus-js">
1828 <script src="https://treadathletics.com/wp-includes/js/imagesloaded.min.js?ver=5.0.0" id="imagesloaded-js"></script>
1829 <script src="https://treadathletics.com/wp-content/plugins/elementor/assets/lib/swiper/v8/swiper.min.js?ver=8.4.5" id="swiper-js"></script>
1830 <script src="https://treadathletics.com/wp-includes/js/dist/hooks.min.js?ver=4d63a3d491d11ffd8ac6" id="wp-hooks-js"></script>
1831 <script src="https://treadathletics.com/wp-includes/js/dist/vendor/react.min.js?ver=18.3.1" id="react-js"></script>
1832 <script src="https://treadathletics.com/wp-includes/js/dist/vendor/react-dom.min.js?ver=18.3.1" id="react-dom-js"></script>
1833 <script src="https://treadathletics.com/wp-includes/js/dist/escape-html.min.js?ver=6561a406d2d232a6fbd2" id="wp-escape-html-js"></script>
1834 <script src="https://treadathletics.com/wp-includes/js/dist/element.min.js?ver=cb762d190aebbec25b27" id="wp-element-js"></script>
1835 <script src="https://treadathletics.com/wp-content/plugins/shopwp-pro/dist/runtime.js?ver=1740068721" id="shopwp-runtime-js"></script>
1836 <script src="https://treadathletics.com/wp-content/plugins/shopwp-pro/dist/vendors-public.js?ver=1740068721" id="shopwp-vendors-public-js"></script>
1837 <script id="shopwp-public-js-before">
1838 var shopwp = {"cart":{"icon":false,"type":"inline","showCounter":true,"dataType":false,"iconColor":"#FFF","inlineIconColor":"#000","backgroundColor":"#
1839 </script>
1840 <script defer="defer" src="https://treadathletics.com/wp-content/plugins/shopwp-pro/dist/public.js?ver=1740068721" id="shopwp-public-js"></script>
1841 <script id="eael-general-js-extra">
1842 var localize = {"ajaxurl":"https://treadathletics.com/wp-admin/admin-ajax.php","nonce":"8fab95a65e","i18n":{"added":"Added ","compare":"Compare"},"l
1843 </script>
1844 <script src="https://treadathletics.com/wp-content/plugins/essential-addons-for-elementor-lite/assets/front-end/js/view/general.min.js?ver=6.1.4" id="
1845 <script id="monsterinsights-user-journey-js-extra">
1846 var monsterinsights_user_journey = {"is_ssl":"1"};
1847 </script>
1848 <script src="https://treadathletics.com/wp-content/plugins/monsterinsights-user-journey/assets/js/frontend/user-journey.js?ver=1.1.6" id="monsterinsigh
1849 <script id="wpforms-user-journey-js-extra">
1850 var wpforms_user_journey = {"is_ssl":"1"};
1851 </script>
1852 <script src="https://treadathletics.com/wp-content/plugins/wpforms-user-journey/assets/js/wpforms-user-journey.min.js?ver=1.4.0" id="wpforms-user-jour
1853 <script src="https://treadathletics.com/wp-content/plugins/elementor-pro/assets/js/webpack-pro.runtime.min.js?ver=3.27.4" id="elementor-pro-webpack-rur
1854 <script src="https://treadathletics.com/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.27.6" id="elementor-webpack-runtime-js"></!
1855 <script src="https://treadathletics.com/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=3.27.6" id="elementor-frontend-modules-js">
1856 <script src="https://treadathletics.com/wp-includes/js/dist/i18n.min.js?ver=5e580eb46a90c2b997e6" id="wp-i18n-js"></script>
1857 <script id="wp-i18n-js-after">
1858 wp.i18n.setLocaleData( { 'text direction\u0004ltr': [ 'ltr' ] } );
1859 </script>
```

```
1860 <script id="elementor-pro-frontend-js-before">
1861 var ElementorProFrontendConfig = {"ajaxurl":"https:\\\\treadathletics.com\\wp-admin\\admin-ajax.php","nonce":"ed5dc2248c","urls":{"assets":"https:\\\\t
1862 "facebook_sdk":{"lang":"en_US","app_id":""},"lottie":{"defaultAnimationUrl":"https:\\\\treadathletics.com\\wp-content\\plugins\\elementor-pro\\modules\\
1863 </script>
1864 <script src="https://treadathletics.com/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=3.27.4" id="elementor-pro-frontend-js"></script>
1865 <script id="elementor-frontend-js-before">
1866 var elementorFrontendConfig = {"environmentMode":{"edit":false,"wpPreview":false,"isScriptDebug":false},"i18n":{"shareOnFacebook":"Share on Facebook",'
1867 "hasCustomBreakpoints":true},"version":"3.27.6","is_static":false,"experimentalFeatures":{"additional_custom_breakpoints":true,"container":true,"e_swip
1868 </script>
1869 <script src="https://treadathletics.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=3.27.6" id="elementor-frontend-js"></script>
1870 <script src="https://treadathletics.com/wp-content/plugins/elementor-pro/assets/js/elements-handlers.min.js?ver=3.27.4" id="pro-elements-handlers-js">
1871 <script type="text/javascript">var tcb_current_post_lists=JSON.parse('[]'); var tcb_post_lists=tcb_post_lists?[...tcb_post_lists,...tcb_current_post_li
1872 </body>
1873 </html>
1874
```