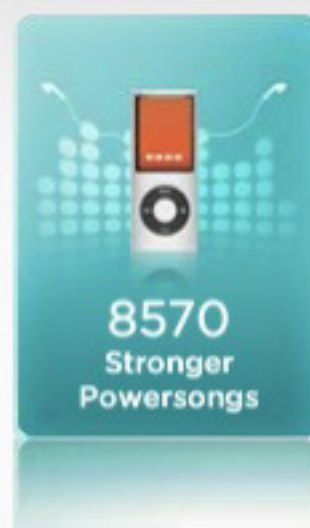
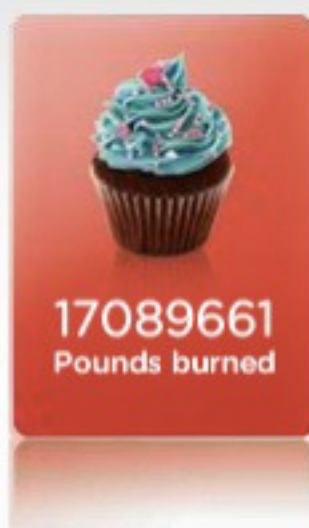
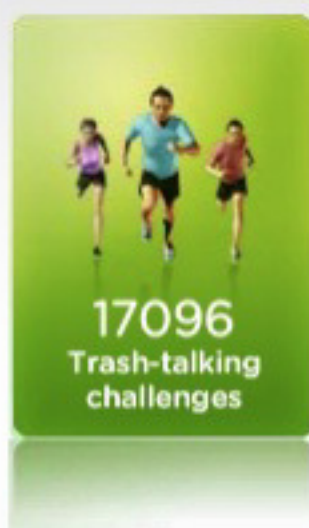


CHALLENGE YOURSELF AND OTHERS



Together, Nike+ ran 440,870,111 mi



What's happening now in Nike+

Check out the most recent activity from runners in your country.

lauradreese	Dassilva	nit1lions	cal8edd33	cal8edd33	Rob D 73	luminisha1
3.9 mi	3.86 mi	3.34 mi	3.39 mi	2.56 mi	2 mi	3.58 mi

How to Get Started

Follow these simple steps to participate in Nike+ activities.

1. Get the Gear



Check out our product options and find the right gear that fits your running style.

PRODUCTS ›

2. Join Nike+



Set up an account and start saving your runs, setting goals, and challenging friends.

REGISTER ›

3. Sync Your First Run



Start saving your run history and watch yourself become a better runner over time.

LEARN MORE ›