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RUNNER'S JOURNAL



Record book. Book Condition: New. Not Signed; The Runner's Journal is a gender-neutral tool for tracking all key aspects of one's running practice, aimed at regular runners ranging from aspirational early intermediates to intermediate-advanced runners. Would enable users to track: - Goals - Route/Course - Terrain (trail, pavement, track, hills/declines) - Elevation - Indoor/outdoor - Mood and physical sensations, with happy/sad/neutral face symbols that runners can fill in - Weather - Times/splits - 'Fuel' and hydration - Personal rewards (massage!...

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