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THE APP RAP

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Map My Run

Developer: Map My Fitness

For: iPhones and Androids

One of the great things about living in California is the weather. With our mild climate we have the opportunity to spend ample time outside. With "exercising more" at the top of many people's New Year's resolution list, I've discovered a fantastic app that will not only help you enjoy the outdoors, but assist you in getting fit.

Map My Run by Map My Fitness is an easy-to-use app with a wide array of options. After downloading the app and picking a user name, you can immediately begin recording your daily workout via GPS, enabling you to track running pace, speed, calories burned and your exact route. A neat feature is the route map displaying the elevation, which can really vary in the Lamorinda area.

One of the fun options is the ability to add friends to your app. It is like having the support and input from a virtual running group. This mega fitness app also offers a nutrition tap with a calorie budget. If your goal is to lose weight you simply record your daily intake and Map My Fitness lets you know what calories you have remaining for your daily intake.

Map My Run also suggests pre-determined runs mapped by other users. For instance in the Lamorinda area there are twenty-two pre-mapped runs in Orinda and Lafayette that range in distance from 3.4 miles to 10.6 miles. The routes are uploaded by local residents including routes in Sleepy Hollow, Orinda Downs, and the Lafayette Reservoir. The Lafayette/Moraga area has an enormous variety to choose from offering 208 uploaded maps with distances of three miles to a whopping 68 miles. If you are looking for a challenging run, an ascent feature is your guide.

Map My Run is a fun and easy app that motivates the user to get outside and get active. Just in case running is not your thing, Map My Fitness also offers, MapMyRide, MapMyWalk, MapMyHike, and MapMyTri.

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