

Runner Profile:

5k	Marathon
Morning	Night
Group	Solo
Bagel	Banana
HR	Feel
Distance	Time
Stride	Glide
PR	Finish
Hat	Sunglasses
Trail	Road
Wave	Nod
Calves	Quads
Warm-up	Cool Down
Heel	Toe
Gel	Chew
Lead	Follow
Patience	Push
Treadmill	Frostbite
Medal	T-shirt
Low Socks	Tall Socks
Coffee	Beer
Uphill	Downhill
Headphones	Inner Voices
Shoe Store	Online
Hugs	Daps
GPS	Naked