

# The 2021 Running Issue

**PLUS! THE ANNUAL RACE SOURCE GUIDE**



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MALINDI ELMORE

## 2021 RACE SOURCE GUIDE

### RACE SOURCE GUIDE

- IMPACT's annual event calendar, featuring over 1,300 events in print and online!

#### COVER FEATURE

- Malindi Elmore – Canada's top female marathoner and Olympic qualifier

#### RUNNING INSPIRATION

- Training plans for your next 10 Km, Half-Marathon, Marathon and 70.3 with some of the best coaches in Canada
- Race industry update
- Running for the Body, Mind & Soul
- Techniques & Training – hills, intervals and speed training tips
- Taking Your Training to the Next Level

#### SPORTS MEDICINE

- Treating post-run inflammation
- Rolling techniques
- Common running injuries
- Improving hip flexion

#### HEALTH

- Why running is good for the brain

#### FITNESS

- Home Gym Essentials – Rehab items that everyone should have
- Work out with Canada's Top Fitness Trainers

#### GEAR FEATURES

- Annual Road Shoe Review
- Wearable technology
- Canadian running gear brands

#### NUTRITION

- Anti-inflammatory foods, herbs and spices
- What to eat before you run/race

#### RECIPES

- Carb up!
- Protein-packed recovery

#### FOOD

- Blender Reviews – IMPACT puts them to the test
- Sustainable Eating – How to source nutritious foods while supporting the environment

## In Every Issue of IMPACT

### COVER FEATURES

Read inspirational stories on elite athletes from Olympic ice skater Tessa Virtue to athlete and adventure photographer Paul Zizka. What motivates them and what can they teach us?

### RUNNING

Our readers love to run and every issue includes stories on both road and trail running, ranging from technical running tips to training plans. Advice from top experts, trainers and coaches.

### FITNESS

From the benefits of weight training and boxing, to advice on spin classes and bootcamps, we've got your fitness needs covered.

### WORKOUTS

Every issue you can rely on workouts from Canada's top trainers and instructors with step-by-step instructions to deliver real fitness results.

### PLANT-BASED NUTRITION

Expert advice from top plant-based nutritionists on healthy eating habits, supplements, and foods to support your athletic performance.

### RECIPES

Delicious plant-based recipes from top chefs and food bloggers around the world. Food even non-vegans will love.

### SPORTS MEDICINE

Cutting edge news from the world of sports medicine. Top doctors share their knowledge on new therapies and strategies for injury prevention and treatment.

### GEAR & APPAREL

The latest, most stylish gear around. Running and trail shoe reviews, gym fashion, yoga wear, outerwear and running apparel to make you look and feel great.

### ATHLETES WITH IMPACT

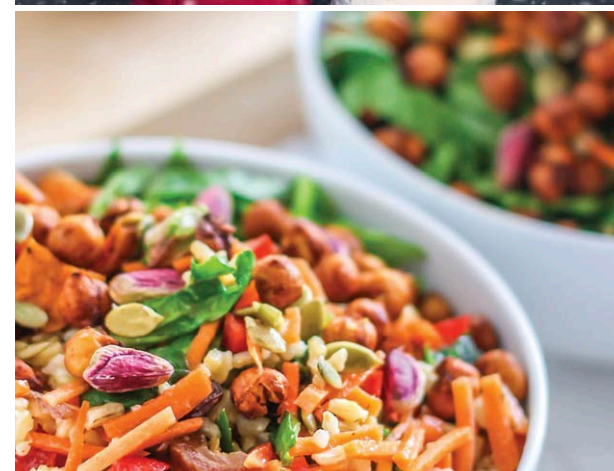
These inspiring athletes have faced significant physical or mental challenges and come out stronger than ever.

### TRAVEL

The best places to visit for an active vacation. From exotic to local, our travel stories will inspire you to step into a new adventure.

### HEALTH & WELLNESS

Top experts from around the world share advice on how to maintain your mental and physical health and maximize your wellness. Based on the latest studies and news from the world of sports.



**30 YEARS**  
RUNNING STRONG

