

The 2024 Running Issue

WITH THE ANNUAL RACE SOURCE GUIDE

Tell your story through our media solutions such as sponsored content, print and digital edition advertising, online and social media packages and dedicated e-newsletters.



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

COVER FEATURE

- To be announced

RUNNING INSPIRATION

- Training plans for your next 10Km, half-marathon, marathon and 70.3
- Interval training and rest
- Training by heart rate or RPE
- Why to rotate your running shoes

FITNESS

- Work out with Canada's Top Fitness Trainers
- Inspirational athletes with IMPACT

SPORTS MEDICINE

- Neurokinetic therapy
- Running and bone strength
- Working through muscle cramping

HEALTH

- Mental performance tips

GEAR FEATURES

- Annual road running shoe reviews

NUTRITION

- Fueling for marathons

RECIPES

- Post-race comfort foods

TRAVEL

- World's top destination fitness retreats

IMPACT
MAGAZINE



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