

RESTOS



35 FOODY
LE RESTO QUI MONTE



40

POCOLOCO MEXIQUE LOVERS

Running requires you to be both strong and quick. Here are some leg exercises to build bigger quads, calves, glute and hamstrings.



20

MANUMANU GENEVE CENTRE

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.

RUNNING + FITNESS + FOOD

05 TEXTE

On a recent journey to Mt. Yeoman for 30 days, Elite Runner editor in chief Joseph Russell has something to share how this issue came to life.

10 TEXTE



A story of a retired athlete on pursuing and finishing his ultimate race. He has been called the world's most marketable athlete of his time.

13 TEXTE

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.

40 TEXTE

LE GUIDE DES RESTAURANTS

18 TEXTE

Great runners do it with a purpose in order to do better and finish every single race. A simple question for all the runners, why do you run?

27 TEXTE

The most awaited event of the year for the runners. Find out the big challenge this time and you might just win a big prize.



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