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Get Your Run On: Coding a Website

Kadie Kobielusz

Portland State University

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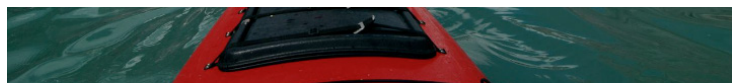
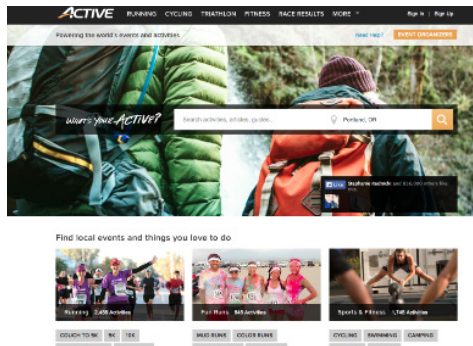
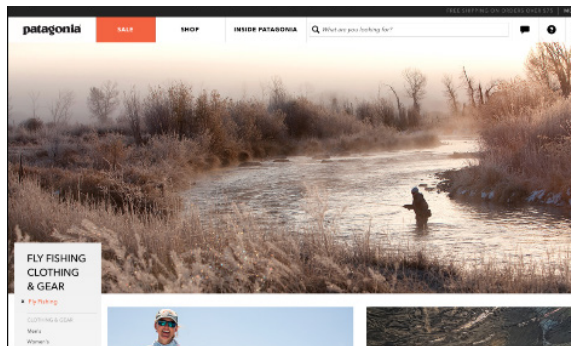
A person is crouching on a grassy path, tying their pink and black running shoes. They are wearing a bright pink jacket and black leggings with a white and grey pattern. The background is a lush green field.

GET YOUR RUN ON

RUNNING WEBSITE / KADIE KOBIELUSZ

GET YOUR RUN ON

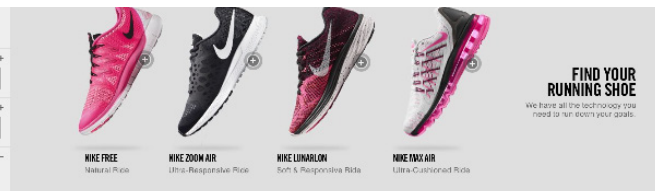
WEBSITE INSPIRATION



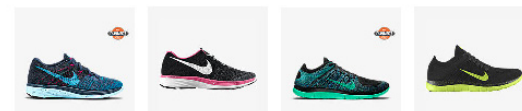
Seward, Alaska Sea Kayaking Adventures

RESURRECTION BAY, FOX ISLAND AND KENAI FJORDS NATIONAL PARK

Imagine sea kayaking in a place of turquoise blue waters teeming with whales and puffins, tidewater and alpine glaciers, protected coves and rugged cliffs under glorious skies. These visions become reality while sea kayaking in Kenai Fjords National Park and Resurrection Bay. Sea otters casually watch you as they feed on sea urchins and mollusks; seals follow you curiously as you kayak in silence; pods of orcas glide through the waters as they search for salmon...it's all here waiting for you.

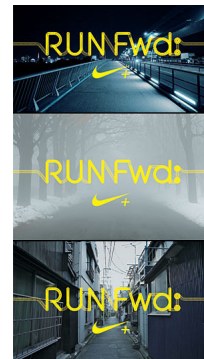
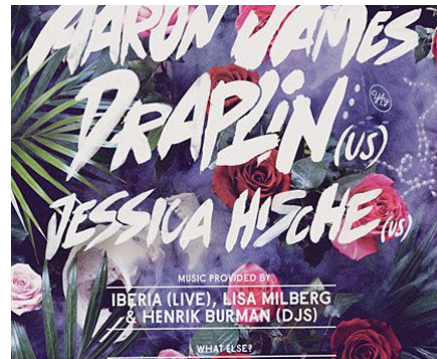
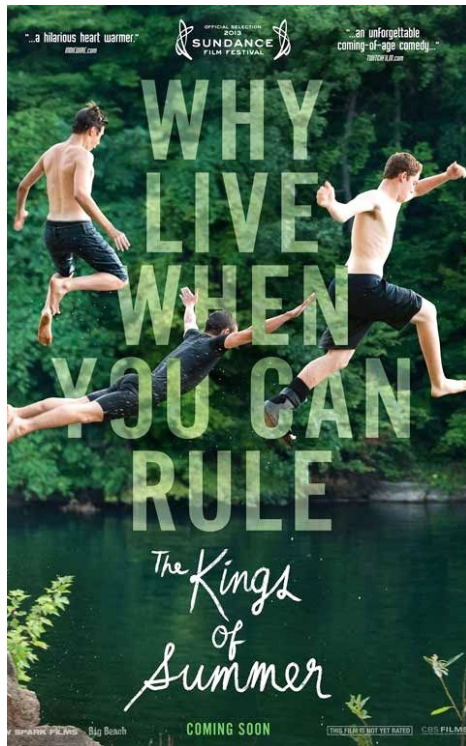


WOMEN'S RUNNING SHOES



GET YOUR RUN ON

DESIGN INSPIRATION

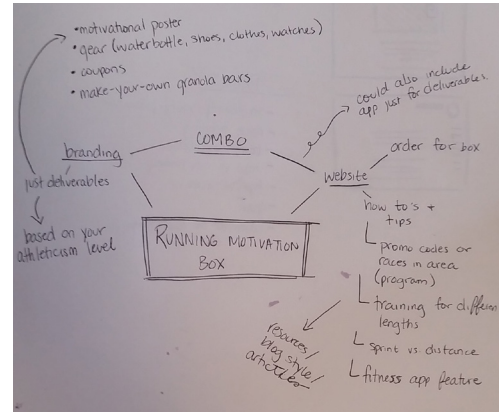


GET YOUR RUN ON

SKETCHING PROCESS

7 miles later
Run Box Run
Run Smart
Buzz Run
Rouse Run
Let's Run
Go the Distance
Run Bold

Runner Bound
Ignite the Run
Informed Runner
Eat. Sleep. Run



- Photography or flat design?
 - Gift box flat design or smart object?
 - For products, add a shopping cart or wishlist feature?
↳ does this mean I need a user profile
 - Who contributes to site?
 - Website pairs down / condenses info or source links to other sites?
- could just make fav. lists.

Photography & imagery for each section

Stretching - photos on grass by waterfront

shoes - either worn + w/ brick background / laid out + posed on grass, etc.

-
- could kind of set it up like a blog for articles
- PAGES?
- stretching / injury prevention
 - race training
 - box deliverables
 - trail vs. city running
 - types of shoes
 - gear
 - calendar of races / sign up

GET YOUR RUN ON

SKETCHING PROCESS

HOW TO ORGANIZE PAGES

- stretching
 - ↳ arms/legs / ...
 - ↳ gear to prevent injuries
- race training
 - ↳ 5k, 10k, 1/2 m, marathon, ultra — tips w/ nutrition → gear to have
 - ↳ include mock schedules + plans
 - ↳ make your own routine, what to follow
- types of shoes
 - ↳ top 2015
 - ↳ racing
 - ↳ trail
 - ↳ xc distance

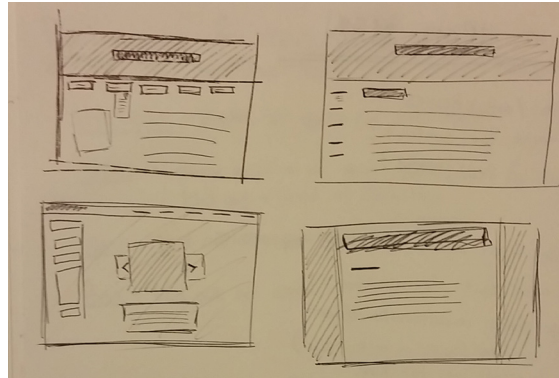
↳ looking out for support/protection/etc.
- how to improve
 - ↳ beginning/speed/distance / ...
- gear
- health
- delivery box?

#NIKE
energy, bold type

→ who's my inspiration
↳ web: it's good for ~~fun~~ resources
↳ static content

→ specific location? personal?

#guides (basic)
tried + true



social media interaction
videos / demos?
communicate w/ other runners
events

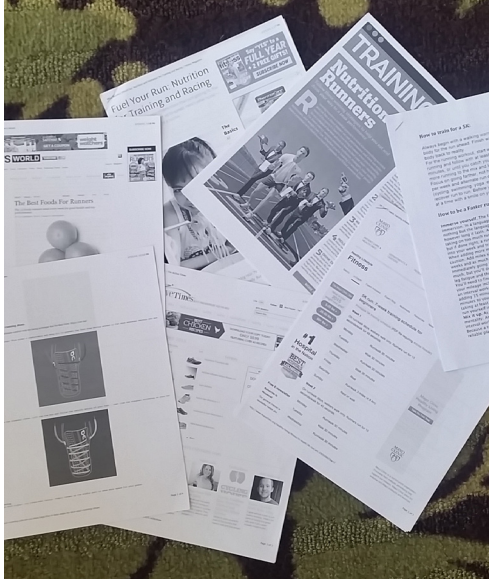
interactivity for less daunting

- articles?
- community interaction?
- maybe more mood based stuff?

→ box off to the side
*gifts of the stretching

GET YOUR RUN ON

RESEARCH



Q: What would you as a (beginner) runner like to see on a running website? What would be helpful?

A: I'd like to see articles on the shoes and gear. I don't know why that stuff is important or how it would benefit me.

A: Stretching! It would be super helpful to see a list of stretches that perhaps even some of us regular runners have forgotten about.

A: Maybe different workouts and training advice?

A: As a beginner, I want to know a good routine on beginning. Also, I know this sounds cheesy but defiantly inspirational quotes.

(answers gathered from Facebook)

GET YOUR RUN ON

PROCESS



HOW TO CHOOSE

top 2016
most
distance

how to choose
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GEAR

TOP SHOES FOR 2015



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GET YOUR RUN ON

PROCESS



GET YOUR RUN ON

TOP SHOES OF 2015

STRETCHING

TIPS

GEAR

NUTRITION

SHOES

TOP SHOES OF 2015

CHOOSING A SHOE

DISTANCE

TRAILS

RACES

Curabitur luctus ullamcorper dui nec finibus. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Curabitur consequat sapien vitae fringilla suscipit. Vestibulum eget nisl a ante viverra varius sed sed justo. Nullam nec metus eu sem ultrices euismod et vel ex. Nunc aliquam massa in eleifend conunde. Proin laoreet enim id lectus hendrerit accumsan. Quisque sit amet vulputate turpis. Pellentesque fringilla, enim at tincidunt finibus, nulla augue consequat enim, in orname dolor leo vitae odio. Proin sit amet lectus finibus, pharetra lorem et, pharetra turpis.

GET YOUR RUN ON

STRETCHING

SHOES

NUTRITION

TIPS

GEAR

RACES

STRETCHING

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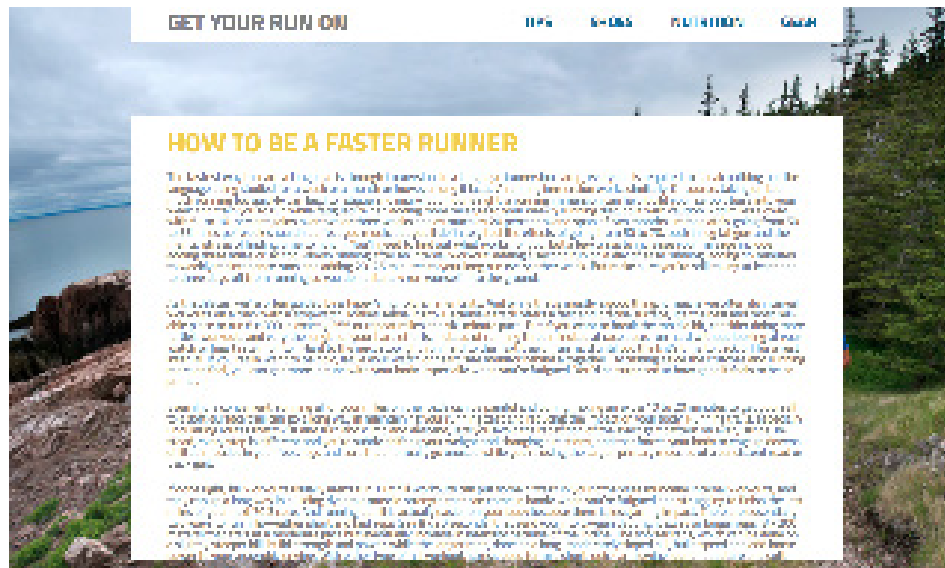
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GET YOUR RUN ON PROCESS



GET YOUR RUN ON

PROCESS



GET YOUR RUN ON

TIPS

SHOES

NUTRITION

GOALS

Don't forget to wear your seatbelt while driving.
Always use proper form when lifting weights.
Stay hydrated throughout your workout.
Don't overtrain and listen to your body.

"The biggest mistake an athlete can make is to be afraid of making one."

GET YOUR RUN ON

TIPS

SHOES

NUTRITION

GOALS

"The biggest mistake an athlete can make is to be afraid of making one."

GET YOUR RUN ON PROCESS



GET YOUR RUN ON

TOP

SHOES

NUTRITION

GOAL

HOW TO BE A FASTER RUNNER

By Tim Lincecum

If you're looking to get faster, there are a few things you can do to improve your performance. First, make sure you're getting enough sleep. Second, eat a healthy diet. Third, train consistently. Fourth, use proper running form. Fifth, invest in a good pair of running shoes. Sixth, consider using a running coach. Seventh, listen to your body and don't overtrain. Eighth, stay hydrated. Ninth, use a heart rate monitor to track your progress. Tenth, be patient and consistent.

By Tim Lincecum

There are many ways to improve your running performance. One of the most important is to make sure you're getting enough sleep. Another is to eat a healthy diet. Consistent training is also key. Using proper running form can help you run faster and more efficiently. Investing in a good pair of running shoes is also important. Finally, listening to your body and not overtraining is crucial for long-term success.

GET YOUR RUN ON

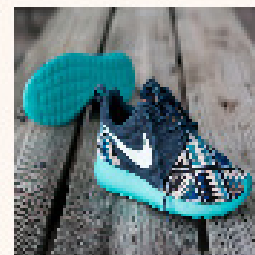
TOP

SHOES

NUTRITION

GOAL

TOP SHOES OF 2015



By Tim Lincecum

The Nike Free RN is a great choice for runners looking for a lightweight, comfortable shoe. It features a soft, cushioned sole and a breathable mesh upper. The shoe is available in a variety of colors and sizes. It's a great choice for both casual and competitive runners.

By Tim Lincecum

GET YOUR RUN ON

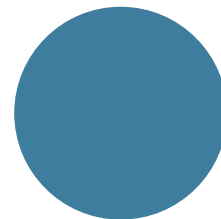
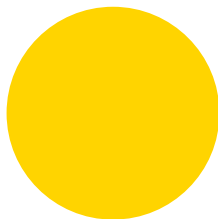
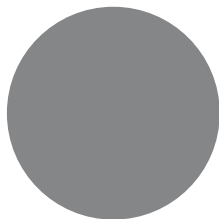
PHOTOGRAPHY




Photoshoot day: taking photographs of shoes and clothes generously supplied by Portland Running Company and Foot Traffic in downtown Portland.

GET YOUR RUN ON

ELEMENTS



A dark gray provides creates a modern look and feel, while enhancing the concept of running. Being neutral, it allows for the imagery of the website to take lead without detracting from it. The sea blue also allows for easy legibility, as well as gives the site a refreshing and inviting look. The mustard yellow provides a warm and inviting accent of color to lighten up the site.



GET YOUR RUN ON

ELEMENTS

TITILLIUM WEB

With its angularity, Titillium Web makes it a great fit for Get Your Run On. It reflects the typography used in racing bibs and other running gear. Titillium Web gives a sense of fast movement with its curved angles, and being a slab serif, allows for easy reading—especially on the web.



GET YOUR RUN ON

FINAL WEBSITE

GET YOUR RUN ON

TIPS

SHOES

NUTRITION

GEAR

APP

***"The biggest mistake an athlete
can make is to be afraid of
making one."***



GET YOUR RUN ON

FINAL WEBSITE



GET YOUR RUN ON

TIPS

SHOES

NUTRITION

GEAR

APP

EATING DURING TRAINING AND RACING

ALL RUNNERS REPORT TO THE STARTING LINE! Whether you're taking part in a major marathon or the local 5-kilometer turkey trot, those words can give any runner the jitters on the morning of the big race. You have logged many miles, on trail and treadmill, to get ready. But have you prepared nutritionally?

Training

The number of calories you need to consume daily depends on the duration and intensity of your workouts. Keep in mind that you'll burn roughly 100 calories for every mile you run, depending on your size. If you run four miles, you'll burn about 400 calories more than you would have if you hadn't exercised. You'll want to eat enough so you don't feel faint or weak toward the end of your workout, but don't use running as an excuse to eat everything in sight. Unless you're a high-mileage runner, your daily calorie needs aren't going to be dramatically higher than a non-runner's. You might want to consult with a sports nutritionist who can help you tailor an eating plan that's right for you.

Porter suggests aiming for the following breakdown for your daily meals: 60-70 percent of calories from carbohydrates (grains, pasta, bread, etc.)
20-30 percent of calories from fat sources (oils, avocados, nuts, etc.)
10-15 percent of calories from protein (fish, meat, chicken, beans, etc.)

In addition to getting you fit for race day, training provides you with the opportunity to practice your fluid-replacement strategies. You're going to need to drink regularly during long runs and in hot weather, so start

GET YOUR RUN ON

FINAL WEBSITE

GET YOUR RUN ON

TIPS

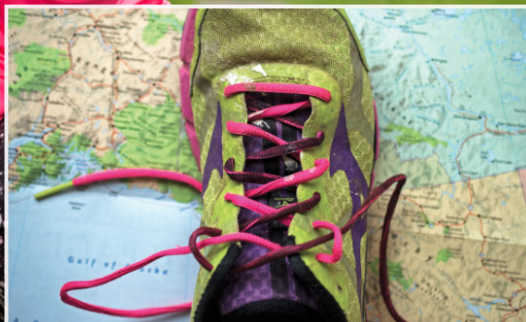
SHOES

NUTRITION

GEAR

APP

TIE YOUR PERFECT RUNNING SHOE



Loop Lacing

For a comfy instep: make a loop at the top of your shoe. This gives you a comfortable and snug fit to prevent the foot from moving around in the shoe, whatever terrain you are in.





GET YOUR RUN ON

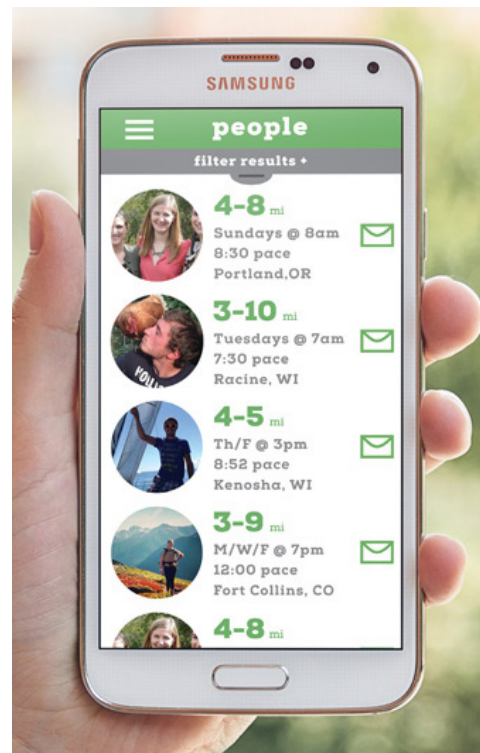
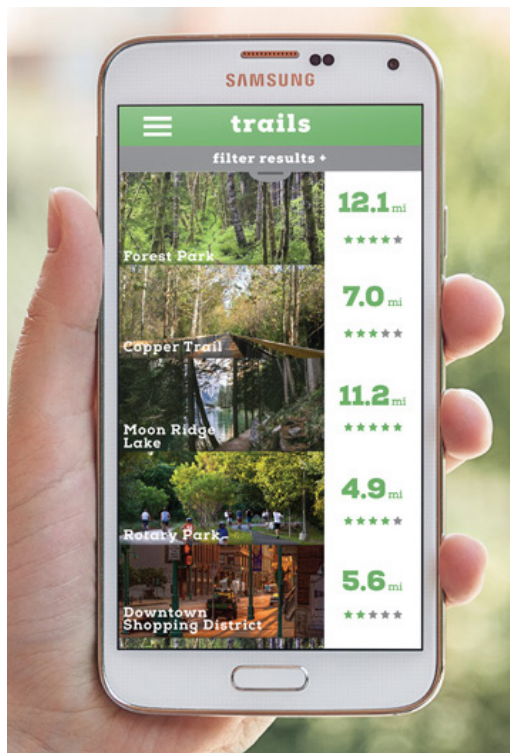
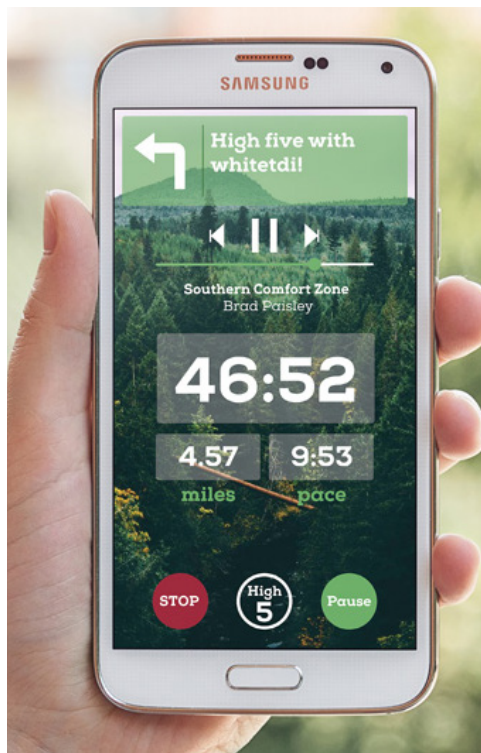
FINAL WEBSITE

The Get Your Run On Website acts as inspiration for the potential, and already long time runners. There are splash pages of quotes to help motivate the viewer and get them excited about their run. There are also articles for runners to educate themselves and keep up with the essentials to know for running. The articles are kept on the right hand side to allow for the photographs to shine through. This additionally helps to create for an inviting website. It also makes for a clean website that is not cluttered by other articles and texts—similar to other running websites.

Imagery driven articles capture the essence of the topic and pairs photographs to demonstrate it. These pages allow for viewers to quickly sift through information. The visual photographs also illustrate the topic of discussion, so the viewer knows exactly what they are reading about.

GET YOUR RUN ON

FINAL APP





GET YOUR RUN ON

FINAL WEBSITE

The app, Run with Me, pairs with the website to further motivate the user. Run with Me helps to relieve the anxiety of running as it allows users to partake in the sport with other runners. Not only can people find other individuals to run with, but users can also sync with group's pages and find trails to run on. Runners can use the app in the way it will benefit them the most—whether running with people of the same pace, or finding a group to push and challenge them.

Additionally, there is a "High 5" feature that is great for runners to use on a solo run. It creates for a fun run as it alerts users of another runner within a 2 block radius that they can run to and give a high five.. Regardless of solo or group, Run with Me will track the users progress and is available to be viewed at any time.



Explore the full website and app mockup through the link below:

<http://web.pdx.edu/~kadie/GetYourRunOn/home.html>

A SPECIAL THANKS TO PORTLAND RUNNING COMPANY AND FOOT TRAFFIC



GET YOUR RUN ON

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GET YOUR RUN ON

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