

**WOMEN'S  
Running**



*A note from the editor...*

**Welcome to TeamWR!** You've joined a supportive community of women who realize that making time to take care of themselves is just as important as taking care of others.

In every issue, you'll receive advice from knowledgeable experts to improve your running experience, clever ideas to make healthy eating quick and easy and inspiration from fellow runners overcoming obstacles and achieving their goals.

*Women's Running* understands the invaluable work that mothers do and knows that time is a precious commodity in your life. That's why we bring you a wide range of useful content every issue to help you eat well, run better and take care of your mind and body. We're so happy you joined our team!

Keep on running to your best you!

**REBECCA WARREN.**  
EDITOR-IN-CHIEF

# HAPPY WOMENHER'S DAY!



ONE YEAR  
SUBSCRIPTION TO  
**WOMEN'S RUNNING  
MAGAZINE**