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# MAKE EVERY MILE COUNT, JOIN FREE TODAY

You pound the pavement, we provide the motivation. Plan each stride and learn from every route with MapMyRun.

**SIGN UP WITH FACEBOOK** ([HTTPS://WWW.FACEBOOK.COM/CB78FA0CEF71&SCOPE=EMAIL,USER\\_BIRTHDAY,PUBLISH\\_ACTIONS&REDIRECT\\_URI=HTT](https://www.facebook.com/CB78FA0CEF71&SCOPE=EMAIL,USER_BIRTHDAY,PUBLISH_ACTIONS&REDIRECT_URI=HTT))

or **SIGN UP WITH EMAIL** ([/AUTH/SIGNUP/](#))

Already a member? **LOG IN** ([HTTPS://WWW.MAPMYRUN.COM/AUTH/LOGIN/](https://www.mapmyrun.com/auth/login/))

By joining MapMyRun, you agree to the [Terms & Conditions](#) (<http://about.mapmyfitness.com/under-armor-record-terms-and-conditions-of-use/>) and [Privacy Policy](#) (<http://about.mapmyfitness.com/about/user-privacy-policy/>)

## MAP YOUR ROUTE

Know where you're going, see where you've been. We have over 70 million routes to choose from - or be bold and create your own.

[Check it out](#) [▶ \(/routes/create/\)](#)

## TRACK YOUR ACTIVITY

Record activity with our mobile apps, import data from third-party devices, enter workouts manually and never miss a beat.

[Check it out](#) [▶ \(/app/\)](#)

## LOG YOUR FOOD

Fitness isn't just an activity, it's a lifestyle. Keep track of what you eat alongside your workouts to get a complete picture of your health.

[Check it out](#) [▶ \(/nutrition/food/search\)](#)

## SHARE WITH FRIENDS

Add a social twist to your exercise routine. Get extra encouragement, cheer on your buddies or start a little friendly competition.

[Check it out](#) [▶ \(/people/friends/\)](#)

## FIND GREAT RUNS IN THESE POPULAR CITIES

[New York, NY \(/us/new-york-city-ny/\)](#)

[Manhattan, NY \(/us/manhattan-ny/\)](#)

[San Francisco, CA \(/us/san-francisco-ca/\)](#)

[Austin, TX \(/us/austin-tx/\)](#)

[Denver, CO \(/us/denver-co/\)](#)

[Seattle, WA \(/us/seattle-wa/\)](#)

[San Diego, CA \(/us/san-diego-ca/\)](#)

[Portland, OR \(/us/portland-or/\)](#)

[Chicago, IL \(/us/chicago-il/\)](#)

[Honolulu, HI \(/us/honolulu-hi/\)](#)

[Tallahassee, FL \(/us/tallahassee-fl/\)](#)

[Boston, MA \(/us/boston-ma/\)](#)

[Dublin, Ireland \(/ie/dublin-/\) /](#)

[Christchurch, New Zealand \(/nz/christchurch-canterbury/\)](#)

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## GET THE APP

Download MapMyRun

[\(/app/\)](#)

Support

[\(http://\)](#)

## NEED HELP?

[Ask Your Question](http://support.mapmyfitness.com/login) (<http://support.mapmyfitness.com/login>)

[Login / Register](https://www.mapmyrun.com/auth/login/) (<https://www.mapmyrun.com/auth/login/>)

## FOLLOW US

<https://www.facebook.com/mapmyrun>

[Developer/API](https://developer.underarmour.com/) (<https://developer.underarmour.com/>)

## ABOUT US

[Blog \(/blog/\)](#) [Our Company \(/about.mapmyfitness.com/\)](#) [Advertise](#) (<http://about.mapmyfitness.com/media/>)

[Join Our Team](https://boards.greenhouse.io/connectedfitness) (<https://boards.greenhouse.io/connectedfitness>)

[Submit Partner Idea](http://business.mapmyfitness.com/submit_idea) ([http://business.mapmyfitness.com/submit\\_idea](http://business.mapmyfitness.com/submit_idea))

[Shop the Store](http://www.underarmour.com/shop/us/en/all/accessories/fitness-devices?CID=MMF|REF|Site|Shop) (<http://www.underarmour.com/shop/us/en/all/accessories/fitness-devices?CID=MMF|REF|Site|Shop>)

## SITES

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