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Whether you are a running enthusiast or simply running for being healthy, tracking running routes will be useful for both of you. Almost each person is engaged in running, jogging, cycling and other health related activities. However, some of them would be professional runners and athletes. With the advent of new technology the method of recording the details of running has been improved that stores more depth details of running. However, people are still wondering to conceive the idea of tracking their routes and its significance. Why it is so much significant to track and store your jogging route? The answer of this question lies in the advantage of this feature that makes it vital tool of the athletes.

Initially, we must briefly learn about the various latest and advanced methods of measuring running routes.

- * Online route mapping – There are multiple websites offering free and paid services to their clients for mapping their running and jogging route in the interface. They designed their own specific set of distance calculating formula and drawing the route on the map for their clients.
- * Pedometer – Pedometers are devices worn on the waist that record and compute the distance of your running. It is low cost device that you can easily buy from any local and online store.
- * GPS receivers – This is most common device among the people who want to track their route while running. They can set their favorite route for frequently running schedule. This device is advanced and featured with plenty of features to make running more effective and result driven.
- * Footpods – These are the devices worn in the shoe that compute the running distance based on your foot actions.

The research and development is still continuing to improve the devices but till now these are few of the popular devices and methods of tracking your jogging route.

Significance:

- * Tracking running routes let you remember your route that prevents confusion or diversion from the right line. You can simply set your favorite route for future references among different routes.
- * Moreover, you can compute your distance, burned calories, exact path, and other factors to make your running schedule more effective.
- * Tracking or measuring route strategically will help you in enhancing your running potential.
- * Measure distance of you running route and make your daily schedule whether you are a professional runner or running for the sake of good health, good running schedule elevates the performance level.

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Run My Route The best free running map web site, provide a [Running Routes](#), google running map, a [Running calculator](#), map running route, and jogging map to measure distance and count calories from running.

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