

BOLDERBOULDER

for immediate release | March 7, 2025 | Boulder, CO | Contact: Andy Martin, Andy@BolderBoulder.com, 317-531-6403

RUNNA ANNOUNCED AS OFFICIAL TRAINING PARTNER OF BOLDERBOULDER 10K

The **BOLDERBoulder 10K**, the fourth largest race in the U.S., today announced **Runna** as its Official Training Partner. Runna, the #1 rated running training app worldwide, boasts a 4.9-star rating.

As the official training partner, Runna will offer comprehensive training content to ensure that every BB10K participant, regardless of experience level, can unlock their full potential on Memorial Day. The available content will include personalized training plans, expert coaching, nutritional advice, injury prevention and recovery strategies, and community support. Runna is compatible with most smart devices and can be paired with Strava.

Each BB10K registrant will receive a free 2-week trial subscription.

Cliff Bosley, race director for the BOLDERBoulder, said

We are enthusiastic about our partnership with Runna and excited be able to provide our participants access to this unique and robust training app. The BOLDERBoulder attracts 50,000 participants who race, run, jog, and walk. The Runna platform is a personalized resource to provide everyone access to professionally developed preparation and training plans to accomplish their fitness goals and have their BEST BOLDERBoulder.

Ben Parker, head coach and co-founder of Runna, shared

We're absolutely thrilled to be partnering with the legendary BOLDERBoulder 10K this year. This race is one of the most iconic 10Ks in the world, and we couldn't be more excited to support and inspire even more runners on their journey to the start line. At Runna, our mission has always been to help people become happier, healthier, and stronger runners, and this partnership allows us to reach more people than ever before. Whether you're taking on your first 10K or pushing for a PB, we're here to guide you every step of the way with expert coaching and personalized plans. We can't wait to see thousands of runners out there on race day, embracing the challenge and soaking up the incredible atmosphere, whilst supporting an amazing event!

The 45th BOLDERBoulder 10K will take place on Memorial Day, May 26, and finish inside the historic Folsom Field on the University of Colorado campus. Last year, over 41,491 participants crossed the finish line, before filling the stadium to witness the thrilling conclusion of the International Team Challenge followed by the annual Memorial Day Tribute, honoring the brave men and women who have made the ultimate sacrifice for our country.

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