JoggingBuddy.com - In Only 6 Years Has Grown to 120 Countries

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6 years ago a simple idea of helping runners draw motivation from each other was born. www.joggingbuddy.com hit the webersphere with modest expectations. Today the site has an active following of runners from 120 countries around the world including, UK, USA, Canada, South Africa, New Zealand, Australia, Singapore, Hong Kong.

Joggingbuddy addresses that problem we all encounter when it comes to getting those miles in.. getting out of the front door is the single most difficult act a runners does! We all suffer from motivation, but knowing that someone the next street along is waiting for you to go on our next 5k run will keep you true.

Joggingbuddy is not just for the serious runner, many are out to just keep fit, give up smoking, or general socialising. In the last few years members have clocked up over 130,000 miles and shares thousands of running rotes.

It founder Tony Piedade said :" Joggingbuddy is turning out to be quite an interesting community. The site is free and attracts people from all ages, shapes and sizes. The common denominator is a desire to run more! Id like to think we have helped members out there get in shape and stay in shape for longer, not only enhancing their own lives, but setting an example for their friends and family."

Joggingbuddy is planning a number of big initiaives from 2015 including a new website re-design and added functionality to help runners get the most out of the experience. Watch this space!

To sign up members just need to go to www.joggingbuddy.com - it takes a couple of minutes to register. If you just want to see who is looking for a running partner in your area before signing up you can, just type in your postcode on the site.

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