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See Mommy Run. See Baby Smile. See Mom Get in Shape.

Local Mothers Join Forces to Get In Shape

from [Andrea Vincent](#), Owner

October 1, 2004

A New Web Site Connects Mothers for Good Health

seeMOMMYrun launched its Web site two months ago and has already recruited more than four hundred local area moms. seeMOMMYrun.com helps women across the District of Columbia, northern Virginia, and Maryland find running or walking groups to accommodate their geographic needs, time restraints, and fitness abilities without having to spend time away from their children. The seeMOMMYrun.com Web site is a free service built by a local Manassas mother who found it difficult to find other mothers interested in running regularly while pushing their children with them.

Instead of spending time and money at the gym, these seeMOMMYrun moms situate their children in jogging strollers and hit the trails. And they do it weekly. Women form their own groups or join existing groups that walk several miles or run a number of distances at varying paces.

SeeMOMMYrun helps solve one of the biggest medical issues in America, the fact that Americans weigh too much and move too little. The groups also promote healthy habits for children starting at a very young age - teaching them dedication, positive body image, and even mind/body balance. Furthermore, running groups allow moms to meet other like-minded, health-conscious moms and form lasting friendships for themselves and their children.

" I have seen women running with their babies or infants "in tow" in a jogging stroller. However, the thing that struck me was the fact that they all seem to be running alone or with their spouse on the weekends. Why weren't these women finding other like-minded, healthy women to run with them? " is the question posed by founder and group leader, Andrea Vincent, 35. "Then I realized that northern Virginia is an extremely dispersed area with no common 'center' where people gather to socialize or workout together. Another factor of group exercise is cost. Most programs charge a fee for joining and many mothers are on a tight budget. A solution came to me: seeMOMMYrun allows moms to find one another to enjoy running or walking--the best way to get in shape and enjoy nature without cost."

seeMOMMYrun.com also lists local running races and will soon provide online training goals to help moms keep themselves motivated, dedicated, and reaching their athletic goals. Many local races (especially smaller 5K and 10K runs) allow parents to participate with jogging strollers. Runners in many races across the country can be seen pushing their little ones in

jogging strollers all the way across the finish line--a real victory for both parent and child. The Web site offers helpful tips, articles, and a message board for its members. Join today. And get started running, walking, and taking baby for a stroll.

About seeMOMMYrun.com:

seeMOMMYrun.com is an informational Web portal that allows moms to communicate and make their own arrangements for running or walking together in groups. The site provides interactive schedules, group sign-ups, local race schedules, and advice for active mothers who want to include her baby in workout routines. The site helps women stay motivated and dedicated to staying fit while also forming like-minded friendships for mom and baby. Visit us online at www.seeMOMMYrun.com for more information.

The [Resources Page](#) of the Washington Running Report contains listings of running clubs. SeeMommyRun.com is included on the Virginia Running Club Web page.

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