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SeeMommyRun.com



As a new mother living in a new area, Andrea Vincent found it difficult to meet other moms....especially other women crazy about staying in shape as she was. She knew there were thousands of women r facing this same isolation, so she started [seeMOMMYrun.com](#) as a way for women to each other and form child-friendly running or walking groups. The great thing about thi that anyone can join an existing group or start one convenient to their personal geogra needs, time constraints, and fitness abilities. Age, ethnicity, number of children, work s or marital status make no difference. Parents are the first and most important role mod children - let's make our children proud and keep them healthy!



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