



## Recommended Web Sites and Resources

### Informational Links

[www.usatf.org](http://www.usatf.org)

[www.nashvillestriders.com/](http://www.nashvillestriders.com/)

[www.tnrunning.com](http://www.tnrunning.com)

[www.everythingtrackandfield.com/](http://www.everythingtrackandfield.com/)

### Nutrition

[www.nutritiondata.com/](http://www.nutritiondata.com/)

[www.fitness.gov](http://www.fitness.gov)

### Magazines

[www.trackandfieldnews.com/](http://www.trackandfieldnews.com/)

[www.runningtimes.com](http://www.runningtimes.com)

[www.runnersworld.com](http://www.runnersworld.com)

### Clothing/Gear in Nashville

[www.athleteshouse.com/](http://www.athleteshouse.com/)

[www.fleetfeetnashville.com](http://www.fleetfeetnashville.com)

### Clothing/Gear Internet

[www.eastbay.com](http://www.eastbay.com)

[www.roadrunnersports.com](http://www.roadrunnersports.com)

### Local Training Programs

[www.kindersport.us](http://www.kindersport.us)