Real Run Ryan

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ABOUT Real Run Ryan

Real Run Ryan mainly addresses the needs of new and most advanced runners, and those suffering from anxiety and want to try running as an alternative. We do this by providing engaging content that helps individuals with everything from running form, shoe & gear reviews, and nutrition to running/anxiety information, practical strategies, tutorials, and motivational tips and ideas.

4,000+
MONTHLY UNIQUE VISITORS

9,500+
MONTHLY PAGE VIEWS

100K+
SOCIAL MEDIA FOLLOWERS

1mil
MONTHLY TOTAL REACH

ABOUT RYAN

I started to run after a very stressful time in my life. I suffered most of my life with OCD (Obsessive Compulsive Disorder), panic, and anxiety. I tried everything from diets to conventional medicines – nothing worked. Running saved my life – literally, I was at the bottom with my OCD, panic, and anxiety, and on the verge of suicide. Running gave me a new found adventure, a goal, an escape so to say. It's been seven years since I took my first run…Currently I have run over 40 Half Marathons, Three Full Marathons, and countless amounts of 5 & 10Ks" and loving every minute of it. I've made some outstanding friends, overcame challenges I thought I'd never could, and best of all found a passion in life!

RYAN LIGHT
Runner / Social Influencer

1000+
@ryanrunreal

90,000+
@realrunryan

200+
@realrunryan

100+
@realrunryan

4,400+
@realrunryan

SERVICES OFFERED

Sponsored Posts

Custom Content Creation

Web Banner Advertisements

Brand Ambassadorship

Social Media Campaigns

Sweeptakes, Contests, Sampling

Have something else in mind? Contact me!

For all sponsored opportunities, payments can be made via PayPal.

THE AUDIENCE

45% Female

55% Male

24% Aged 24-34

32% Aged 35-44

73% From the U.S.

65% Comes from social sources

10% Bounce Rate

Source: Google Analytics

TOPICS THEY LOVE TO READ

- All aspects of running
- Nutrition
- Gear reviews
- Shoe reviews
- Destinations
- All aspects of helping with anxiety
- Health & Wellness

PAST/PRESENT PARTNERS

ORANGE MUD

OPEDIX

CHARITY MILES

FITFLUENTIAL

RUNNER'S WORLD

Influencer

WHAT THEY SAY

"You've inspired me. I am in very poor health and fitness is hard for me most of the time. I've decided to purchase a treadmill next week and start at my own pace. I am having faith that this will help me with my mental health." – *Mickey Kelly*

"When I reached out to Ryan about my personal struggle with learning to run, not only did he answer my questions, but he took time to question and dig deeper. He analyzed my physical condition, my mental state of mind, and my dedication to learning. Once he had a complete understanding of me, he developed a plan that made me a runner. I went from running one mile for the first time in my life to running a half marathon in about 6 months. I had already started a journey to get healthy and fit when I met Ryan. I already lost about 50 pounds. However, I was at the point that I needed more to push me to the next level. When I found Ryan and told my story, he did not hesitate to help me. He has been by my side ever since! I know who I can turn to about running shoes or stress relief! There is no wrong question with Ryan. He does not give anyone an opportunity to be less than their best. He works hard to bring out the best in others." - *Kristina Richardson*

SOME WORK SAMPLES

Our portfolio expresses them all; check out a variety of projects we have done for our pleased clients.

READY TO RUN?

Let's talk at ryan@realrunryan.com