

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

4mil+

MONTHLY TOTAL REACH

ABOUT RYAN

About Running - people start running for many reasons - fitness, weight loss, qualifying for Boston, in my case, to completely change my life. Join me as we journey together in finding why running change my life. Ryan is an athlete, blogger, and coach who has inspired people around the world with his open and honest discussion of panic, anxiety, and Obsessive Compulsive Disorder (OCD). Having suffered with OCD throughout his life, he first got into running after trying everything else. From diets to conventional medicines, nothing seemed to be any help. He had hit rock bottom when he decided to give running a try. On the verge of suicide, he found himself on a new adventure. Setting goals for himself and escaping from the struggle that had become his everyday life, he dove headlong into the sport and never looked back.

After seven years, Ryan has run more than forty half marathons, three full marathons, and many 5Ks and 10Ks. He finds deep joy in running, and along the way, he has made some lifelong friends. Every time he puts on his running shoes, he knows that he is having fun but also that he is fighting a battle.

Passionate about both aspects of his sport, he seeks to encourage others to find their own energy in life just as he has.



RYAN LIGHT
Runner / Social Influencer

Anxiety is a battle that Ryan is willing to fight! #beatanxiety #endthestigma



1000+

@ryanrunreal



99,000+

@realrunryan



200+

@realrunryan



100+

@realrunryan



7,100+

@realrunryan

SERVICES OFFERED

Sponsored Posts

Custom Content Creation

Web Banner Advertisements

Brand Ambassadorship

Social Media Campaigns

Sweepstakes, 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



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.



ZAMST ATHLETE SAVER



READY TO RUN?

Let's talk at ryan@realrunryan.com