Debbie Woodruff

Debbie writes Coach Debbie Runs to share her life as a running coach and athlete, hoping to inspire readers with her thoughts, humor, and experiences. You will find training programs from 5k to marathons, challenging workouts, plant based recipes, and a dose of the reality of living a fit healthy life. Debbie is available for product reviews, giveaways, and sponsored posts.

In addition to frequent updates on Coach Debbie Runs, she runs the social media blog Media Fitness Coach. Debbie can be found on most social media outlets including:

![Social Media Icons]

**Blog Stats**

- Pageviews: 18,960
- Unique Visitors: 12,255
- RRS: 600

**Services**

- Product Reviews
- Brand Ambassadorships
- Representation at Events
- Affiliate Advertising
- Sponsored Posts
- Social Media Promotions
- Freelance Writing
- Social Media Management

*Effective March 2017

**Social Media Stats**

- Twitter: 6,500
- Facebook: 1,325
- Pinterest: 3,400
- Instagram: 4,500

**Affiliations**

- FitFluential Ambassador
- IDEA Inspired Advisor
- Sweat Pink Ambassador
- Team Rock ‘n’ Blog
- Skirt Sports Ambassador
- Team Nuun
- AFAA Personal Trainer
- RRCA Certified Running Coach
- Fascial Stretch Therapist
Brand Affiliations

Mizuno
Asics
Lorna Jane
Walmart
Sunrun Solar
Poise
Silk
Gardein
Sunwarrior
prAna
Underarmor
Cottonelle
United Healthcare
Fresh & Easy