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Made In Sac

By Laura O'B
UPBEAT WORKOUTS APP



When you're running, the right music can make all the difference. That's exactly what Sally Edwards—Fleet Feet founder, 16-time Ironman triathlon finisher and past winner of the Western States 100-Mile Endurance Run—had in mind when she created the UpBeat Workouts App. This smartphone app automatically matches your running pace to the rhythm of songs in your stored music library. Change your pace, and the app will find a new song to suit your speed. The UpBeat Workouts App can be downloaded from the Apple App Store. upbeatworkouts.com

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