

BLACK OWNED BUSINESS

LAMBDA CHI OMEGA

DIRECTORY

2023

BLACK RUN
BLACK OWNED

MINIMALIST FASHION:

HOW TO
STYLE
SIMPLE
CLOTHES?

JULIANA
SILVA

FASHION AND
BEAUTY HACKS

MIX & MATCH TIPS

STYLE · STYLE · STYLE ·
STYLE · STYLE · STYLE ·
STYLE · STYLE · STYLE ·



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35 RUNNING TIPS FROM DYLAN HALL



40

ULTIMATE MOVE FOR POWERFUL LEGS

Running requires you to be both strong and quick. Here are some leg exercises to build bigger quads, calves, glute and hamstrings.



20

BEST FOOD FOR RUNNERS

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.

RUNNING + FITNESS + FOOD

05 EDITOR'S NOTE

On a recent journey to Mt. Yeoman for 30 days, Elite Runner editor in chief Joseph Russell has something to share how this issue came to life.

10 PERFORMANCE SECTION (+)

A story of a retired athlete on pursuing and finishing his ultimate race. He has been called the world's most marketable athlete of his time.

13 THE GOOD FOOD

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.

40 EXCLUSIVE!

THE ULTIMATE MOVE FOR POWERFUL LEGS

18 RUN WITH PURPOSE

Great runners do it with a purpose in order to do better and finish every single race. A simple question for all the runners, why do you run?

27 1000 MILES

The most awaited event of the year for the runners. Find out the big challenge this time and you might just win a big prize.



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8 Young Emerging Writers

Get to know eight twenty-something
writers who will capture our literary hearts



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VINTAGE SOUL

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UNDER THE SCOPE

SCI BUZZ >

BEYOND THE DARK MATTER

A news article discusses current or recent news of either general interest (i.e. daily newspapers) or of a specific topic (i.e. political or trade news magazines, club newsletters, or technology news websites).

A news article can include accounts of eyewitnesses to the happening event. It can contain photographs, accounts, statistics, graphs, recollections, interviews, polls, debates on the topic.

Headlines can be used to focus the reader's attention on a particular (or main) part of the article. The writer can also give facts and detailed information following answers to general questions like who, what, when, where, why and how. A news article can include accounts of eyewitnesses to the happening event. News article discusses current or recent news of either general interest (i.e. daily newspapers) or of a specific topic (i.e. political or trade news magazines, club newsletters, or technology news websites). Headlines can be used to focus the reader's attention on a particular (or main) part of the article. The writer can also give facts and detailed information following answers to general questions like who, what, when, where, why and how or technology news websites).



INDUSTRY >

MEDICINE BREAKTHROUGHS

The writer can use redirection to ensure that the reader keeps reading the article and to draw her attention to other articles. For example, phrases like "Continued on page 3" redirect the reader to a page where the article is continued. A news article can include accounts of eyewitnesses to the happening event.



DETAIL >

MEET THE SCIENCE SKEPTICS

Headlines can be used to focus the reader's attention on a particular (or main) part of the article. The writer can also give facts and detailed information following answers to general questions like who, what, when, where, why and how.

A news article can include accounts of eyewitnesses to the happening event. News article discusses current or recent news of either general interest (i.e. daily newspapers) or of a specific topic (i.e. political or trade news magazines, club newsletters, or technology news websites). What, when, where, why and how.

ABOUT US

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TRAVEL

Journey or travel is movement of people from one destination to other place. Have a journey or travel can increase mental health and can bring stamina back

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Life is Journey