

Download The New Rules Of Running Five Steps To Run Faster And Longer For Life

Welcome to your ultimate running resource. Whether it's your first 5K or you're trying to PR a marathon, we'll help you do it. Find running tips and training articles written by our experts and then sign up for your next race. Microsoft says its Edge for Mac browser is now available in preview, starting with daily canary builds for macOS 10.12 and above — Daily Canary builds available at first — Microsoft teased its Edge browser for macOS earlier this month, and now the company is officially allowing Mac users to download a preview version. If a new drug were as effective at saving lives as Peter Pronovost's checklist, there would be a nationwide marketing campaign urging doctors to use it. Is there any difference in hair growth rates on your head, or do you just notice it more when your fringe gets longer? A long-haired reader responds