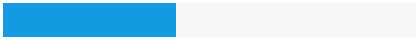


# Website Analysis: elizathon.com

Generated on May 13 2025 02:43 AM





The score is 36/100






## SEO Content

	Title	Elizathon					
		Length : 9					
		Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.					
	Description	Length : 0					
		Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.					
	Keywords	charity: water,daily mile,elizathon,thanksgiving day 5k,turkey trot,virtual turkey trot,laziness,other people's race reports,5k training,big butt,loosing focus,running plan,speed training,dreams,running dreams,weird,5k race,ironman,marathon running,running,running friends,favorite running routes,photos of a run,fall running,lord of the rings,okehocking preserve,running just for fun,running motivation,marathon,race recap,race report. elizathon,steamtown marathon 2011,marathon race recap,steamtown marathon race reviews,black toenail,long run,marathon training,steamtown marathon,half marathon,philadelphia rock & roll half marathon 2011,pre-race,race day,asics gt 2110,replacing running shoes,gardening,soup,summer garden					
		Good, your page contains meta keywords.					
	Og Meta Properties	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.					
	Headings	H1 1	H2 12	H3 0	H4 9	H5 0	H6 0
		<ul style="list-style-type: none"><li>• [H1] Elizathon</li><li>• [H2] A virtual turkey trot that’s good for you and for others</li><li>• [H2] Other people’s race reports</li><li>• [H2] Farewell Land of Junk Miles</li><li>• [H2] Dreams are weird</li><li>• [H2] Running is....friends.</li></ul>					

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] GUEST POST: Take a run through the wild side—a photodocumentary of a run through New Orleans</li><li>• [H2] Frodo was here...or finding a different motivation for running</li><li>• [H2] It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—Part 2</li><li>• [H2] It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—part 1</li><li>• [H2] To Black or Not to Black</li><li>• [H2] Rockin' and Rollin' and What Not: A Race Recap of the Philadelphia Rock &amp; Roll Half Marathon</li><li>• [H2] Go Ahead: Walk a Mile (or 1,000) in My Shoes</li><li>• [H4] Featured</li><li>• [H4] About Me</li><li>• [H4] Follow Elizathon</li><li>• [H4] Go Ahead...Read 'em all!</li><li>• [H4] Search</li><li>• [H4] Race Stats</li><li>• [H4] Running Blogs</li><li>• [H4] Helpful Running Sites</li><li>• [H4] Healthy Living/Foodie Kind of Stuff</li></ul>
	Images	<p>We found 26 images on this web page.</p> <p>5 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 7%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>
	In-page links	<p>We found a total of 68 links including 1 link(s) to files</p>

## SEO Links



### Statistics

External Links : noFollow 0%

External Links : Passing Juice 39.71%

Internal Links 60.29%

## In-page links

Anchor	Type	Juice
<a href="#">Elizathon</a>	Internal	Passing Juice
<a href="#">What is Elizathon?</a>	Internal	Passing Juice
<a href="#">Contact me</a>	Internal	Passing Juice
<a href="#">Submission Guidelines</a>	Internal	Passing Juice
<a href="#">Reviews</a>	Internal	Passing Juice
<a href="#">Movie Review</a>	Internal	Passing Juice
<a href="#">Book Review</a>	Internal	Passing Juice
<a href="#">Product Review</a>	Internal	Passing Juice
<a href="#">Trails</a>	Internal	Passing Juice
<a href="#">Training</a>	Internal	Passing Juice
<a href="#">Running Buddy</a>	Internal	Passing Juice
<a href="#">Speed Runs</a>	Internal	Passing Juice
<a href="#">Fuel for the Run</a>	Internal	Passing Juice
<a href="#">Long Runs</a>	Internal	Passing Juice
<a href="#">marathon</a>	Internal	Passing Juice
<a href="#">Hill Runs</a>	Internal	Passing Juice
<a href="#">Cross Training</a>	Internal	Passing Juice
<a href="#">Races</a>	Internal	Passing Juice
<a href="#">Race Stats</a>	Internal	Passing Juice
<a href="#">Race Re-caps</a>	Internal	Passing Juice
<a href="#">Musings</a>	Internal	Passing Juice


## In-page links

<a href="#">Motivation</a>	Internal	Passing Juice
<a href="#">Observations</a>	Internal	Passing Juice
<a href="#">What I love About Summer</a>	Internal	Passing Juice
<a href="#">Videos</a>	Internal	Passing Juice
<a href="#">Guest Posts</a>	Internal	Passing Juice
<a href="#">A virtual turkey trot that's good for you and for others</a>	Internal	Passing Juice
<a href="#">Elizathon</a>	Internal	Passing Juice
<a href="#">exness sign in</a>	External	Passing Juice
<a href="#">Other people's race reports</a>	Internal	Passing Juice
<a href="#">Farewell Land of Junk Miles</a>	Internal	Passing Juice
<a href="#">Dreams are weird</a>	Internal	Passing Juice
<a href="#">Running is's friends.</a>	Internal	Passing Juice
<a href="#">GUEST POST: Take a run through the wild side—a photodocumentary of a run through New Orleans</a>	Internal	Passing Juice
<a href="#">Frodo was here's or finding a different motivation for running</a>	Internal	Passing Juice
<a href="#">It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—Part 2</a>	Internal	Passing Juice
<a href="#">It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—part 1</a>	Internal	Passing Juice
<a href="#">To Black or Not to Black</a>	Internal	Passing Juice
<a href="#">Rockin' and Rollin' and What Not: A Race Recap of the Philadelphia Rock &amp; Roll Half Marathon</a>	Internal	Passing Juice
<a href="#">Go Ahead: Walk a Mile (or 1,000) in My Shoes</a>	Internal	Passing Juice
<a href="#">A Family Affair</a>	External	Passing Juice
<a href="#">Absolute(Iy) Fit</a>	External	Passing Juice
<a href="#">Brizzle</a>	External	Passing Juice
<a href="#">CC's Ramblings</a>	External	Passing Juice
<a href="#">Daisy Desk</a>	External	Passing Juice
<a href="#">Feet Meet Street</a>	External	Passing Juice

## In-page links

<a href="#">Half Fast</a>	External	Passing Juice
<a href="#">Ironman by 30</a>	External	Passing Juice
<a href="#">Lehigh Valley Running Scene</a>	External	Passing Juice
<a href="#">Mother Running Rampant</a>	External	Passing Juice
<a href="#">Running is Funny</a>	External	Passing Juice
<a href="#">Shut up and Run!</a>	External	Passing Juice
<a href="#">Two Motivate</a>	External	Passing Juice
<a href="#">Hal Higdon Marathon Training</a>	External	Passing Juice
<a href="#">Map My Run</a>	External	Passing Juice
<a href="#">Pace Calculator</a>	External	Passing Juice
<a href="#">Running For Fitness</a>	External	Passing Juice
<a href="#">Kohler Created</a>	External	Passing Juice
<a href="#">Never Home Makers</a>	External	Passing Juice
<a href="#">Oh She Glows</a>	External	Passing Juice
<a href="#">Sisters Running the Kitchen</a>	External	Passing Juice
<a href="#">The Edible Perspective</a>	External	Passing Juice
<a href="#">Return to top of page</a>	Internal	noFollow
<a href="#">Genesis Framework</a>	External	Passing Juice
<a href="#">WordPress</a>	External	Passing Juice
<a href="#">Log in</a>	Internal	Passing Juice
<a href="#">Elizabeth</a>	External	Passing Juice
<a href="#">Running Community</a>	External	Passing Juice






## SEO Keywords

	Keywords Cloud	<p>comments <b>running</b> race november october all elizathon reading continue september</p>
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
running	16	✖	✔	✖	✔
elizathon	8	✔	✔	✖	✔
november	7	✖	✖	✖	✖
october	5	✖	✖	✖	✖
comments	5	✖	✖	✖	✖

## Usability

	Url	Domain : elizathon.com Length : 13
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document

	Doctype	XHTML 1.0 Transitional				
	Encoding	Perfect. Your declared charset is UTF-8.				
	W3C Validity	Errors : 0 Warnings : 0				
	Email Privacy	Great no email address has been found in plain text!				
	Deprecated HTML	<table><tr><th>Deprecated tags</th><th>Occurrences</th></tr><tr><td></td><td></td></tr></table>	Deprecated tags	Occurrences		
Deprecated tags	Occurrences					

## Document

<center>

1

Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.



### Speed Tips

- ✓ Excellent, your website doesn't use nested tables.
- ✗ Too bad, your website is using inline styles.
- ✗ Too bad, your website has too many CSS files (more than 4).
- ✗ Too bad, your website has too many JS files (more than 6).
- ✗ Too bad, your website does not take advantage of gzip.

## Mobile



### Mobile Optimization

- ✗ Apple Icon
- ✗ Meta Viewport Tag
- ✓ Flash content

## Optimization



### XML Sitemap

Missing

Your website does not have an XML sitemap - this can be problematic.

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.



### Robots.txt

<http://elizathon.com/robots.txt>

Great, your website has a robots.txt file.



### Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.