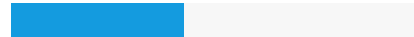




Website Analysis: elizathon.com

Generated on May 14 2025 16:34 PM





The score is 36/100






SEO Content

	Title	Elizathon					
		Length : 9					
		Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.					
	Description	Length : 0					
		Very bad. We haven't found meta description on your page. Use this free online meta tags generator 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 this free og properties generator to create them.					
	Headings	H1 1	H2 12	H3 0	H4 9	H5 0	H6 0
		<ul style="list-style-type: none">• [H1] Elizathon• [H2] A virtual turkey trot that's good for you and for others• [H2] Other people's race reports• [H2] Farewell Land of Junk Miles• [H2] Dreams are weird• [H2] Running is....friends.					

SEO Content

		<ul style="list-style-type: none">• [H2] GUEST POST: Take a run through the wild side—a photodocumentary of a run through New Orleans• [H2] Frodo was here...or finding a different motivation for running• [H2] It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—Part 2• [H2] It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—part 1• [H2] To Black or Not to Black• [H2] Rockin' and Rollin' and What Not: A Race Recap of the Philadelphia Rock & Roll Half Marathon• [H2] Go Ahead: Walk a Mile (or 1,000) in My Shoes• [H4] Featured• [H4] About Me• [H4] Follow Elizathon• [H4] Go Ahead...Read 'em all!• [H4] Search• [H4] Race Stats• [H4] Running Blogs• [H4] Helpful Running Sites• [H4] Healthy Living/Foodie Kind of Stuff
	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
Elizathon	Internal	Passing Juice
What is Elizathon?	Internal	Passing Juice
Contact me	Internal	Passing Juice
Submission Guidelines	Internal	Passing Juice
Reviews	Internal	Passing Juice
Movie Review	Internal	Passing Juice
Book Review	Internal	Passing Juice
Product Review	Internal	Passing Juice
Trails	Internal	Passing Juice
Training	Internal	Passing Juice
Running Buddy	Internal	Passing Juice
Speed Runs	Internal	Passing Juice
Fuel for the Run	Internal	Passing Juice
Long Runs	Internal	Passing Juice
marathon	Internal	Passing Juice
Hill Runs	Internal	Passing Juice
Cross Training	Internal	Passing Juice
Races	Internal	Passing Juice
Race Stats	Internal	Passing Juice
Race Re-caps	Internal	Passing Juice
Musings	Internal	Passing Juice

In-page links

Motivation	Internal	Passing Juice
Observations	Internal	Passing Juice
What I love About Summer	Internal	Passing Juice
Videos	Internal	Passing Juice
Guest Posts	Internal	Passing Juice
A virtual turkey trot that's good for you and for others	Internal	Passing Juice
Elizathon	Internal	Passing Juice
exness sign in	External	Passing Juice
Other people's race reports	Internal	Passing Juice
Farewell Land of Junk Miles	Internal	Passing Juice
Dreams are weird	Internal	Passing Juice
Running is's friends.	Internal	Passing Juice
GUEST POST: Take a run through the wild side—a photodocumentary of a run through New Orleans	Internal	Passing Juice
Frodo was here's or finding a different motivation for running	Internal	Passing Juice
It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—Part 2	Internal	Passing Juice
It's all I have to bring today: A race recap of the 2011 Steamtown Marathon—part 1	Internal	Passing Juice
To Black or Not to Black	Internal	Passing Juice
Rockin' and Rollin' and What Not: A Race Recap of the Philadelphia Rock & Roll Half Marathon	Internal	Passing Juice
Go Ahead: Walk a Mile (or 1.000) in My Shoes	Internal	Passing Juice
A Family Affair	External	Passing Juice
Absolute(Iy) Fit	External	Passing Juice
Brizzle	External	Passing Juice
CC's Ramblings	External	Passing Juice
Daisy Desk	External	Passing Juice
Feet Meet Street	External	Passing Juice

In-page links

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

SEO Keywords








Keywords Cloud

elizathon **running** september october
comments reading november continue race all






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 : 5 Warnings : 6				
	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.