


Website review bringbackthemile.com

Generated on March 26 2025 13:16 PM





The score is 49/100







SEO Content

	Title	<div>Bring Back the Mile : Home</div> <div>Length : 26</div> <div>Perfect, your title contains between 10 and 70 characters.</div>												
	Description	<div>Return the Mile to prominence on the American sports and cultural landscape by elevating, celebrating and creating a Mile Movement.</div> <div>Length : 131</div> <div>Great, your meta description contains between 70 and 160 characters.</div>												
	Keywords	<div>Mile, Track & Field, 1500m, USATF, IAAF, running, America, distance, sub-4, athletics</div> <div>Good, your page contains meta keywords.</div>												
	Og Meta Properties	<div>Good, your page take advantage of Og Properties.</div> <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>site_name</td><td>Bring Back the Mile</td></tr><tr><td>title</td><td>Bring Back the Mile</td></tr><tr><td>url</td><td>https://bringbackthemile.com/</td></tr><tr><td>image</td><td>https://bringbackthemile.com//images/sized/images/_pages/_global/logo-260x0.png</td></tr><tr><td>description</td><td>Return the Mile to prominence on the American sports and cultural landscape by elevating, celebrating and creating a Mile Movement.</td></tr></tbody></table>	Property	Content	site_name	Bring Back the Mile	title	Bring Back the Mile	url	https://bringbackthemile.com/	image	https://bringbackthemile.com//images/sized/images/_pages/_global/logo-260x0.png	description	Return the Mile to prominence on the American sports and cultural landscape by elevating, celebrating and creating a Mile Movement.
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	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>1</td><td>5</td><td>9</td><td>4</td><td>0</td><td>0</td></tr></tbody></table> <div><ul style="list-style-type: none">[H1] Join Us[H2] News[H2] Featured Athletes</div>	H1	H2	H3	H4	H5	H6	1	5	9	4	0	0
H1	H2	H3	H4	H5	H6									
1	5	9	4	0	0									

SEO Content

		<ul style="list-style-type: none">• [H2] Featured Events• [H2] Twitter• [H2] @themile• [H3] Did you know?• [H3] Ruthe youngest to record sub-4 Mile• [H3] Hedengren smashes U.S. girls Mile record• [H3] Can Faith Kipyegon break 4 minutes in the Mile?• [H3] Owen Powell smashes high school indoor Mile record• [H3] Spirit Run Mile• [H3] Grand Blue Mile: USA Road Championships• [H3] Mile of Truth• [H3] Meck Mile• [H4] Sam Praker• [H4] Sinclair Johnson• [H4] Shelby Houlihan• [H4] Roger Bannister
	Images	<p>We found 20 images on this web page.</p> <p>8 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 : 15%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</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 36 links including 1 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 41.67%</p> <p>Internal Links 58.33%</p>


In-page links

Anchor	Type	Juice
fb	External	Passing Juice
t	External	Passing Juice
yt	External	Passing Juice
ig	External	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Home	Internal	Passing Juice
News	Internal	Passing Juice
Calendar	Internal	Passing Juice
Athletes	Internal	Passing Juice
History	Internal	Passing Juice
Why?	Internal	Passing Juice
Store	Internal	Passing Juice
Ruthe youngest to record sub-4 Mile	Internal	Passing Juice
Hedengren smashes U.S. girls Mile record	Internal	Passing Juice
Can Faith Kipyegon break 4 minutes in the Mile?	Internal	Passing Juice
Owen Powell smashes high school indoor Mile record	Internal	Passing Juice
Sam Prake	Internal	Passing Juice
Sinclair Johnson	Internal	Passing Juice
Shelby Houlihan	Internal	Passing Juice
Roger Bannister	Internal	Passing Juice
Spirit Run Mile	Internal	Passing Juice
Grand Blue Mile: USA Road Championships	Internal	Passing Juice
Mile of Truth	Internal	Passing Juice
Meck Mile	Internal	Passing Juice
@WorldAthletics	External	Passing Juice

In-page links

@wicglasgow24	External	Passing Juice
#ICYMI	External	Passing Juice
#AGT	External	Passing Juice
bringbackthemile.com/news/detail/fo...	External	Passing Juice
@ChrisChavez	External	Passing Juice
@BarstoolBigCat	External	Passing Juice
@BarstoolYak	External	Passing Juice
twitter.com/i/web/status/1...	External	Passing Juice
@TheRealMerb	External	Passing Juice
Oniracom	External	Passing Juice


SEO Keywords

	Keywords Cloud	metric record moines school high mile dob april des indoor
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Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
mile	22	✓	✓	✓	✓
record	9	✗	✗	✗	✓
school	5	✗	✗	✗	✓
dob	4	✗	✗	✗	✗
high	4	✗	✗	✗	✓












Usability

	Url	Domain : bringbackthemile.com Length : 20
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Usability

	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.





Document

	Doctype	HTML 5				
	Encoding	Perfect. Your declared charset is UTF-8.				
	W3C Validity	Errors : 29 Warnings : 9				
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.				
	Deprecated HTML	<table><tr><th>Deprecated tags</th><th>Occurrences</th></tr><tr><td><u></td><td>1</td></tr></table> <p>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.</p>	Deprecated tags	Occurrences	<u>	1
Deprecated tags	Occurrences					
<u>	1					
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Perfect, your website takes advantage of gzip.</div>				

Mobile

	Mobile Optimization	<div><div> Apple Icon</div><div> Meta Viewport Tag</div><div> Flash content</div></div>
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Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>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.</p>
	Robots.txt	<p>http://bringbackthemile.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div> Google Analytics</div>