



Seo Analyzer redwoodempirerunning.com

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The score is 38/100







SEO Content

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|--|--------------------|---|----------------|----------------|----------------|----------------|----------------|
| | Title | <p>Redwood Empire Running &#8211; Covering High School Track & Cross-Country in the Redwood Empire</p> <p>Length : 99</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p> | | | | | |
| | Description | <p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p> | | | | | |
| | Keywords | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p> | | | | | |
| | Og Meta Properties | <p>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.</p> | | | | | |
| | Headings | H1 1 | H2 0 | H3 0 | H4 0 | H5 0 | H6 0 |
| | Images | <p>We found 3 images on this web page.</p> <p>3 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 : 22%</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> | | | | | |
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SEO Content

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|  | Iframe | Great, there are no Iframes detected on this page. |
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SEO Links

| | | |
|--|-------------------------|--|
|  | URL Rewrite | Bad. Your links have query string. |
|  | Underscores in the URLs | We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO. |
|  | In-page links | We found a total of 471 links including 9 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 39.28% Internal Links 60.72% |

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| Skip to content | Internal | Passing Juice |
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| Granada Distance &#038; Sprint Festival Info | External | Passing Juice |
| Ryan Searl 10.98, 22.50, 41.67: Brian Schulz 3:57.85: Lando Mispagel 15.06, 58.51: Audrey Stalcup 11-6.25: Kassidy Sani 125-11, 133-0 | External | Passing Juice |
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| Piner at Maria Carrillo race photos | External | Passing Juice |
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| Rob Cook photos Ukiah at Santa Rosa meet | External | Passing Juice |
| Over 100 Lucid photos from the Elsie Allen, Rancho Cotate, St Vincents, Healdsburg meet | External | Passing Juice |
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| Kim Conley qualifies for Olympic trials at 5,000 meters | Internal | Passing Juice |
| Half Marathons by Nicholas Spector and Nicole Lane | Internal | Passing Juice |
| 177 Lucid photos of the Santa Rosa vs Piner meet | External | Passing Juice |
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| Watch former Maria Carrillo runner Colton Swinth run/win a 4:09.9 1600m in a time trial, white top black shorts | External | Passing Juice |
| What season is it anyway? | Internal | Passing Juice |
| Harper McClain blazes 10:39.52 3200m | Internal | Passing Juice |
| Possible big meets of the year | Internal | Passing Juice |
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| Adidas Indoor Nationals Is Coming Your Way In February | External | Passing Juice |
| Female athlete speaks out against new Biden executive order on gender identity | External | Passing Juice |
| Returning Boys All-Redwood Empire Running Cross Country | Internal | Passing Juice |
| Returning Girls All-Redwood Empire Running Cross Country | Internal | Passing Juice |
| California high schools that play unsanctioned games subject to fines, suspension, dismissal from CIF membership | External | Passing Juice |
| Corban's Swoboda Named CCC Men's XC Runner of the Week | External | Passing Juice |
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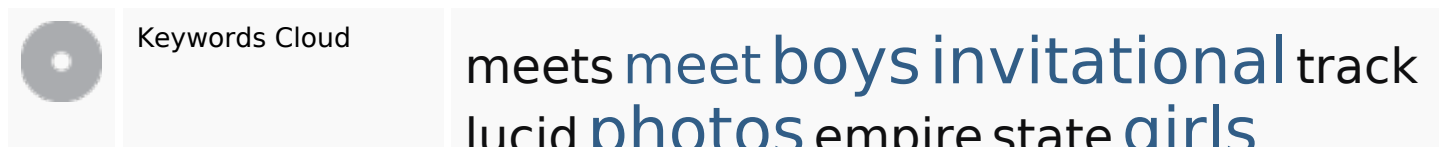
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| She Turned 2020 Misery Into a Breakthrough | External | Passing Juice |
| Sara Hall Is Changing Our Understanding Of The Marathon | External | Passing Juice |
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| Cross Country competitions unlikely until at least January 25th | External | Passing Juice |
| Alia Gray runs 32:32.03 10k | Internal | Passing Juice |
| Nicole Lane new Half Marathon PR | Internal | Passing Juice |
| Pole Vault Summit Canceled For 2021 | External | Passing Juice |
| There might not be a Redwood Empire Running without Herb Dower | Internal | Passing Juice |
| State Championships Canceled; Season Start On Hold | External | Passing Juice |
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| School Records that just can't be broken | Internal | Passing Juice |
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| Watching My Daughter Race Reminds Me That Running Can Be the Greatest Teacher | External | Passing Juice |
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| At 37, marathon runner Sara Hall is enjoying her sport more than ever | External | Passing Juice |
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| Former running star goes to the dogs, in a good way | Internal | Passing Juice |
| Harper McClain has verbally committed to the University of Oregon | External | Passing Juice |
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SEO Keywords




Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|--------------|---------|-------|----------|-------------|----------|
| girls | 55 | × | × | × | × |
| photos | 52 | × | × | × | × |
| boys | 50 | × | × | × | × |
| invitational | 46 | × | × | × | × |
| meet | 35 | × | × | × | × |





Usability

| | | |
|--|--------------|---|
|  | Url | Domain : redwoodempirerunning.com Length : 24 |
|  | 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 | HTML 5 |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 11 Warnings : 6 |
|  | Email Privacy | Great no email address has been found in plain text! |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | 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> Perfect, your website has few JavaScript files.</div> <div> Perfect, your website takes advantage of gzip.</div> |

Mobile

| | | |
|--|---------------------|---|
|  | Mobile Optimization | <div data-bbox="549 197 767 235"> Apple Icon</div> <div data-bbox="549 264 879 302"> Meta Viewport Tag</div> <div data-bbox="549 331 809 369"> Flash content</div> |
|--|---------------------|---|

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://redwoodempirerunning.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p> |
|  | Analytics | <p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p> |