

ABSTRACT

Health is a very important thing and should be guarded by the human body in order to stay healthy. One way to keep your body stay healthy is by exercising, because by exercising regularly will be able to help maintain balance in the body stay fit and form an ideal body.

The right way and can be used to keep the body fit and remain ideal is with exercise run, because it can be done by anyone without special equipment should exist to do so. In addition to exercising a run to keep the body stay fit and ideal aspect to note is consumed daily food intake corresponding calories your body needs and activities undertaken.

Based on these thoughts then needed an information center that provides information on sports, especially running. This web information Center implements a method that is Crowdsourcing, which can allow a User in knowing information about the sport of running, challenges organised by the Users, the level of keidealan the body, as well as the track record of the User who is using the mobile apps diesediakan by this web. Analysis and design of the web is using UML and programming languages PHP and Codeigniter framewok using Extreme Programming. This Crowdsourcing Web tested with testing the functionality of the system and User feedback.

Goals to be achieved from this research is a crowdsourcing web can simplify User in search of information about the sport of running, challenges, track records runner, accommodate the Users in the Exchange information and assist the User in suggesting what food can be consumed according the number of calories your body needs.

Key words: Run, Crowdsourcing, Extreme Programming