

UPCOMING EVENTS





Florida State
Championship 10K

Sunday, November 20th
7:00AM
Vista View Park, Davie

Totally FLAT Course – NO HILLS!

FREE Beer, Wine & Baby Back Ribs
Finisher Medals
Fully-loaded Backpacks
Prize Money & Trophies

Register at Runner's Depot or online at active.com

A weighty matter, *continued*

Besides improving your running form, the healthier your weight is, the easier it will be to increase your ability to run faster. Again, there are many exceptions to this rule, but generally speaking this is a fact worth exploring. Although this is not a scientific article, I encourage all readers to read the many studies out there from reliable sources that demonstrate statistically the amount of seconds per mile that can be cut with each pound lost for someone that is overweight. Obviously, the key to this is working toward a healthy weight and not assuming that if you keep losing weight that you will just naturally keep getting faster. Being healthy is the key and anyone who has cut significant pounds between races can attest to the improvement that he or she made in race performances. In my own experience, at a heavier weight, I ran my first 5K in close to 28 minutes and have been able to over 11 minutes off of my time thanks mainly to my now ability to train harder and more efficiently with my trimmer form. I noticed an even more significant jump in my marathon times, cutting over an hour between marathons in less than a year after losing 70 pounds. Training more efficiently, to me, means being able to push yourself harder and further without being as prone to running related injuries and general fatigue often caused by increased weight.

Endurance can also be improved dramatically both by good form and also decreased weight for an overweight person. The more endurance a runner has, the more they can train and the more they can improve. These factors will be key in making individual gains in this sport we all love. I hope that this article will help people, including coaches, to not be afraid or embarrassed to talk about weight and the effect it has on performance. When you take the aesthetics out of it and simply make it about performance and getting the most out of the body you've been given, it should never be a controversial topic. If anyone reading has any questions they'd like to discuss on the subject, it is one that I would thoroughly enjoy discussing and encourage any reader interested in the topic to contact me. I also encourage coaches to not be shy about broaching the subject with runners who may not understand the potential that they actually have if allowing for themselves to have the tool (their body) to make bigger improvements than they thought possible.

If you have any ideas or suggestions for future topics or local runners of interest, please contact Spencer West at sdwest1102@yahoo.com or message me on Facebook.

Join us for a Group Run with your Friends!



Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00AM start. All paces, Runners & Walkers.

Sunday Morning – Vista View Park, Davie
On Boy Scout Road (142nd Ave.) just North of Orange Drive. 7:00AM start. All paces. Up to 13 miles or as many as you'd like. Run the 1.25 mile trail loop with hills. A great workout! Park by Shelter #1.

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00PM start. All paces, Runners & Walkers.

Wednesday Evenings – Robbins Park, Davie
Just North of Orange Drive on Hiatus Road
6:00 PM – Meet by the bathrooms

All paces, 4, 5, or 6 miles. Stay after for the stretch

Thursday Mornings– Vista View Park, Davie
Just North of Orange Drive on Boy Scout Road
6:00 AM – Private GCR Hill Training

All paces, any distance. Enjoy an early morning workout on the hills before the park opens!

Thursday Evenings - 17th Street Causeway
Runner's Depot Run Club – Ft Lauderdale
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale
1489 SE 17 St. Causeway, Southport Center
All paces, 4-6 miles. Refreshments & raffles!

Thursday Evenings – Coral Springs-Parkland
Runner's Depot Run Club – Coral Springs
Starts at Runner's Depot-Coral Springs
5679 Coral Ridge Drive (954) 575-2090
All paces, 3-5 miles. Refreshments & raffles!

Thursday Evenings - Weston
Runner's Depot Run Club – Weston
6:30 PM - Starts at Runner's Depot – Weston
1378 Weston Road, Country Isles Plaza
All paces, 4 miles. Refreshments & raffles!

Saturday Mornings – Weston Town Center
6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

Saturday Mornings – Holiday Park, Ft Lauderdale
6:30 AM. 6-10 Miles, All Paces. Park by the gym on the south side of the park

Runners and walkers - All paces Welcome!