

Good timing, *Continued*

He, of course, was right and I finally cured myself of this bad habit by choosing to race without my Garmin a few times. It was surprisingly liberating. With all that said, I do race a majority of my races with the watch, but for the shorter races, it is usually just to keep track of my splits and the accuracy of the course so that I can review it later.

I also recently made the mistake of wearing my Garmin at a track race. Satellite watches are accurate, despite some of the commentary I've seen in other publications, but when you are running on a surface such as a track, where all you have to do is run from point A to point B and go in circles, you will inevitably add distance to your run when you weave in and out of the inside lanes. A simple Timex stopwatch is all you need for the track, whether in training or in racing. Recovery runs should also be done without the burden of the watch. Human nature is to try to "beat" your last time, and doing that for your recovery runs defeats the entire purpose of having recovery/easy days. Common sense always prevails. Remember that your brain and general feeling, are the best indicators of your current fitness for that workout, and the watch is just another tool at your disposal to measure your progress. Speaking of which, stop reading and get out there and run.

If you have any ideas for future articles or athletes of interest, please email me at spencerrunner@gmail.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
Only held during Daylight Savings Time!

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

Runners and walkers - All paces Welcome!

UPCOMING EVENTS

The Runner's Depot
FIRE HERO 5K RUN
To Benefit the National Fallen Firefighters Foundation
Sunday, September 10th
7:00AM
Hollywood Beach - Charnow Park
All pre-registered participants
will receive an
X-Large Race BEACH TOWEL
To benefit the National Fallen Firefighters Foundation
Register NOW at Active.com or at Runner's Depot

FLANIGAN'S
Rockin'
RIB RUN
PRESENTED BY
Runner's
DEPOT

Sunday
November 19th
Vista View Park
Davie

FREE BEER, WINE &
AWARD-WINNING
BABY BACKRIBS

compliments of
Flanigan's!

ABSOLUTELY FLAT! NO HILLS!

The course will take you out of the park and west onto Orange Drive out & back.

Finisher Backpacks with Race Tee, Towels, Water Bottle and other gifts.

RRCA Florida State 10K Championship

For more info: Flanigansrockinribrun10k.com