



**Pursuit of
Honor, Courage & Commitment
5K Run/Walk**

to benefit

Fort Lauderdale Sea Cadets

and the

Wounded Warrior Project

Saturday, October 12, 2013, 7:30 am

Hollywood Beach Broadwalk

Charnow Park

Early Registration Fee:

5K Runners/Walkers - \$25

Active Duty Military—\$5

Sea Cadet/JROTC Cadet/Student < 18 y. o.—\$15

College ROTC Cadet—\$15

Day of the Race Registration Fee —\$35 per person

The first 300 registrants will receive a race T-Shirt

Registration Closes Friday, October 11, 2013 @ 3:00 PM

Link to Registration Page

<http://beta.active.com/hollywood-fl/running/pursuit-of-honor-courage-commitment-5k-run-walk-benefiting-ftl-sea-cadets-2013>



Date

Sunday, October 13, 2013
Race starts 7:30AM

Place

Nova Southeastern University
Rose and Alfred Miniaci Performing
Arts Center
Davie, FL

Directions

Take the Turnpike or I-95 to I-595. Head west to University Drive. Head south on University to 30th Street and turn left. Go past the Dolphin's training camp to Ray Ferrero, Jr. Blvd (the north entrance to the university). Turn right and park (\$1 per hour) in the parking garage on your right. You will be able to exit the garage after 8:15 AM.

Purpose

The race "Raises Dollars for Active NSU Scholars"

T-shirts

First 500 registered runners and walkers.

Awards (5k Run Only)

Top three males and top three females in Overall, Masters and age group categories from 14-and-Under to 70-and-Over.

Entry Fees for 5K Run & Walk

- NSU and USchool students, employees, alumni, and family members: \$12
- Community: \$20 pre-registration \$25 on-site registration

Race Timing

This event is being timed by Split Second Timing. Runners wear a race bib with an attached ChronoTrack B-Tag; walkers aren't timed with the ChronoTrack system.

Registration

For more information on how to register, call 954-262-7301 or go to www.rec.nova.edu/ or www.SouthFloridaStriders.com/.

Prizes for Community Participants and Campus Staff (Runners and Walkers)

Enter a drawing for prizes, including free American Airlines round-trip tickets to anywhere in North America! Must be present to win.

Strider Smarts

presented by Coach Bob

Getting Back to Zero

Getting back to '0' is a term used in sports to stay even in your emotions, not getting too high or too low.

In football, if you have a great play where you perform well, of course you can celebrate briefly, but need to refocus quickly for the next play. A good example of this is immediately after a touchdown; the linemen must line up quickly for the extra point and execute it properly, something they would have difficulty with, if they were too excited.



Bob Dozoretz

Even the pregame speech can be too emotional and result in too much arousal for the players, and this can occur at any level of competition. This concept holds true in any sport, as in basketball, where scoring is frequent and fast, the need to refocus is imperative or the players risk being out-played. The same holds true for hockey and soccer, where scoring is limited.

In running we all experience good runs and workouts. However, when we have a great race, many of us don't want or don't know how to get back to '0'.

I have seen many runners claim a PR on a short course, which can easily occur when the turnaround is placed in the wrong place, even on a certified course. Sometimes they knock 30 seconds off their usual time and yes, it may have been the perfect race for them, but in reality, probably not. The problem occurs when these runners try to duplicate that time at the next race, usually by going out too fast and quickly realizing they are just not at that level. Now they need to find that '0' again and race according to their ability.

The day I turned 50, I raced a 5K, and my watch malfunctioned, so I did not know my mile splits. I ran on perceived effort and ran a PR by 25 seconds, after racing consistently at a slower pace for years. The course was the same as years past, so yes, I ran a PR. Only after I bettered that time the next week, did I raise my expectations for future races, or raise my '0' point. Turns out I took a new asthma medication that worked, as opposed to a new, double secret training formula.

The same concept holds true for poor races. Remember, a good football player needs to refocus quickly after a loss, preparing for the next game by finding and correcting any mistakes and reinforcing good habits. All of us have had bad runs and races, and there are many reasons for them, even excuses. What we need to do is analyze the run and see if it is something as simple as diet, fatigue, weather, stress or something else we can identify. Then we need to get back to '0'.

Sometimes when we cannot reach '0' again, it's a sign we need to search further for the cause, even seeking medical attention. I have seen many runners so attuned to themselves, that they have discovered medical abnormalities early simply because they couldn't reach '0'. Twice while running long with a female friend, something we did every week, she could not keep up. Turned out she was pregnant both times!

I Am A Runner

Coach Bob

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TRI NEWS

On August 10, 2013, the ITU Duathlon World Championship was held. For just the second time in its 24 year history, Canada played host. The start was just steps from Parliament Hill at the Canadian War Museum and traveled along the Ottawa River coastline. Spectacular views of downtown Ottawa and Gatineau provided the backdrop, as participants raced along this world class route. Our Strider member Tim Nicholls was there.

Tim Nicholls wrote: Had the race of my life, 5th overall, 3 seconds out of 4th and 27 seconds out of out of 3rd.

Rolling hills, 70 degrees, and no humidity at all, but 20 mph side winds the entire race.

26 countries participated, had the 3rd fastest bike split and 7th fastest first run then 4th fastest 2nd run. No photos, camera died.

Congratulations Tim!

Tri and Tri again, Christina Weisberg

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