

## Good Timing, *continued*

He continued to yell at me until I actually took his advice and stopped looking at my watch every few seconds. He talked to me after the race, and explained to me that I was hurting my racing performance with my constant glances at my watch, and losing precious seconds within the race. 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 on a race number. If it isn't your day then so be it, but leave it at that and save your excuses.

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 or suggestions for future topics or local runners of interest, please contact me at [spencerrunner@gmail.com](mailto:spencerrunner@gmail.com) or message me on Facebook.*



11<sup>th</sup> Annual

5K Run & Fitness Walk

**Sunday, February 7, 2016  
7:00AM**

**Central Park, Plantation**

**FINISHER MEDALS**

**Long-Sleeve Tech Tees to the first 600  
registered participants**

**Trophies & Police Awards**



**All proceeds are donated to:  
Concerns of Police Survivors  
C.O.P.S.**

## Join us for a Group Run with your Friends!



**So many fun workouts to choose from  
all across Broward county!**

**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 (142<sup>nd</sup> 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 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!***