

UPCOMING EVENTS



The Runner's Depot
FIRE HERO 5K RUN
 To Benefit the National Fallen Firefighters Foundation
Sunday, September 11th
7:00AM
 Hollywood Beach - Charnow Park

presented by

Runner's DEPOT

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
 10K Run


 Florida State Championship 10K

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

FREE Beer, Wine & Baby Back Ribs • Finisher Medals
Fully-loaded Backpacks!

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

Climate Control, *continued*

you've been working since autumn. The summer, in my opinion, should be used to work on your base building for the plan that you'll be following in a few months. Now that doesn't mean that you should start running 100 mile weeks during the often brutal summer weather, but it also doesn't mean you should shy away from longer runs either. You must be prepared for these runs and not take them lightly, especially the longer ones, focusing on form, running at an even and slower pace, and hydrating (not being afraid to stop for water when needed). While it's fine to do less or even suspend speed-work during the summer months, I would keep or implement hills and long runs.

Runs of 8 miles or longer and hill work will do wonders for your fitness, which you can test out during your summer vacation to a cooler climate if you are so lucky to get away. I would forget about pace and focus on form and time on your feet during this period, while always keeping in mind that the goal for the summer training season is not to wear yourself out or improve your speed, but rather to recharge by not racing or racing less, running slower paces, and most importantly to build a mileage base that you will use throughout the distance training and racing season. Our worse season is actually much better than most regions, as we are not relegated to tread-mills or otherwise stuck indoors during our season. What you do with it is up to you, but I recommend that you take advantage of it.

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

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 (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 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!