

## 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**

**RRCA**  
 CHAMPIONSHIP EVENT  
 Florida State  
 Championship 10K

**Sunday, November 20<sup>th</sup>**  
**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**

### Changing up your running shoes, *continued*

Begin with running just a few miles once or twice a week on easy or recovery runs and then increase the distance very slowly from there over many weeks. At the same time, incorporating minimalist running and running specific lower leg/foot strength exercises can be very helpful.

It will be normal to have some soreness that you haven't experienced before after runs in a new style of shoe that you are not accustomed to over the first few runs. Don't mistake this as pain or injury unless the signs of injury are present during your run. Changing your shoes truly does engage different muscles.

Eventually, find the best rotation in your training that works for you. Most runners will likely find that a more supportive shoe will be their main choice for long runs and about half of their efforts, while a more minimalist type and/or lighter shoe will be their choice for racing, track workouts or tempo runs.

Remember to be open-minded and brand agnostic when shopping for shoes and find what works best for you!

*If you have any ideas or suggestions for future topics or local runners of interest, please contact Spencer West at [sdwest1102@yahoo.com](mailto:sdwest1102@yahoo.com) or message him 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 (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 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!***