

## A few running tips, *Continued*

Stretching and massages and knowing your own body will do more to help avoid injury or identify an injury coming on than anything else. Time off is sometimes needed to heal, but it shouldn't be something taken lightly as it will make the comeback that much more difficult.

**Surround yourself with likeminded runners:** I've trained with countless runners in the past 9 years. What I look for in a training partner is someone who will help bring out the best in me, will push me to the next level and who has a positive outlook on running. I am not looking for excuses or a woe is me attitude that can easily rub off on those around a runner with those qualities. Don't be afraid to train alone, but also don't be afraid to train with others. There is a power in numbers and the right training partners can help propel you to the next level or at least allow you the best chance at maintaining your current level of fitness and speed.

Bottom line is that there is no magic bullet. Long term consistency is key and the only quality I look at when rating athletes in any sport. Doing something well for a short period of time doesn't impress me as much as someone who is able to consistently perform at a high level for a long period of time. Keep striving for the best in yourself!

*If you have any ideas for future articles or athletes of interest, please email me at [spencerrunner@gmail.com](mailto: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 (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  
**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  
presented by **Runner's DEPOT**  
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 19<sup>th</sup>**  
**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](http://Flanigansrockinribrun10k.com)**