

CompuScore Newsletter



February, 2019

Redesigned Website

New for 2019, we have redesigned our website. You can still find us at www.CompuScore.com. Looking for a fresh face and more flexibility in the way we bring you our events and results, we switched our website over to be integrated with RunSignup, our registration platform partner. We realize this means change and the things that are most important to you, our results, are slightly different to get to. Moving forward, there will be 2 sets of results uploaded for each event. The first is uploaded as soon as an individual finisher crosses the finish line (Live Results). The 2nd, will be done shortly after the race is over and has all of the information you are used to seeing from us including the age grading, masters, age groups, and special categories. Below is a view of where to find these different results sets with in a race.

You may also be wondering where our old results went. There is now a menu item called **Legacy Results**. When you click on this, you will be redirected to the old website calendar. Navigate to the month and year you are looking for and you will find the results.

The screenshot shows the 'Pre-Game 5K' event page for Sun February 3, 2019, in Morristown, NJ. The page features a 'Results' section with filters for Year (2019), Result (5K Results), and Age Group/Division (All Results). A search bar is present, and there are options for 'Participant Lookup & Tracking' and '2019 Official Results'. Two callouts explain the results sets: one for 'Live Results' (available immediately) and one for 'Official Results' (available shortly after the race).

PRE-GAME 5K RUN

Pre-Game 5K
Sun February 3, 2019
Morristown, NJ US 07960

Results
Timing Services provided by CompuScore

Year: 2019
Result: 5K Results
Age Group/Div: All Results

Search by name: 5K Results

Participant Lookup & Tracking

2019 Official Results

Callout 1: This results set will be available immediately after you finish.

Callout 2: This results set is the one you are used to seeing from us and has all of your division, age grading, and special category results in it. This will be available shortly after the last finisher.

JAG-ONE Physical Therapy

We are happy to announce that JAG-ONE has again decided to partner up with us this year. Not only will they be providing us with great wellness tips like the one included in this Newsletter, but they plan on coming out to some races for demonstrations and to answer any questions. Here are some tips on running in the cold weather brought to you by JAG-ONE.

COLD WEATHER EXERCISE

As the temperatures continue to drop outside we find ourselves cooped up indoors, whether that be at home, at work or at the gym hiding from the painfully cold, wet weather. As the itch kicks in to get outdoors and get some fresh air, follow the tips below for soothing those “cold, wet weather” aches and pains during the long winter months.

Improper Warm-up vs. Proper Warm-up

Let's compare our bodies to that of a car on a cold, wintery day. Many of us allow the car to warm up for at least 10 minutes before we jump in and drive off; although whether this benefits the car or the person more is yet to be determined. Regardless, if we allow our cars to warm up, why don't we allow our bodies to warm up before exercising out in the cold? Asking the human—or car—body to perform at a high level when cold, or improperly warmed up, will only lead to issues and injuries down the road. An active warm up where we break a sweat and get our heart rate up—e.g., high knees, butt kicks, side shuffles— and blood flowing to the muscles, will warm the muscles that are about to be worked and prepare the body for the stressors that will be placed on it during the training session. This warm up will lead to fewer sprain and strain type injuries due to increased flexibility and muscle preparedness.

Rain & Snow vs. Aches & Pains

While the scientific proof behind the achy or painful joints before a rain or snowstorm is limited; it is still experienced by many! Barometric pressure, or the weight of the air, fluctuates due to temperature and weather (wet vs. dry). A decrease in barometric pressure, which occurs when the weather changes from dry to wet, can cause the tissues around the joints to swell leading to nerve irritation and to feelings of muscle stiffness and joint pain.

If you are one of those people who can predict the weather based on old injuries, don't let it stop you from lacing up and getting in your daily workout. Sore, achy joints can be soothed by placing heat on the affected area and then performing a light stretch after. Getting up and performing an exercise that increases one's heart rate—e.g., jogging and cycling— may also help soothe the pain as blood will rush to the muscles, in turn, warming the body up internally. If the pain persists, and if approved by your physician, use of NSAIDs (Non-steroidal anti-inflammatory drugs) will also aid in reducing the pain.

Cool it Down, While You're Warm

A cool down following a training session- especially a cold weather training session- should be gradual and is as important as a proper warm up. When coming to the end of a workout, slow down your pace or intensity for a 3-5 minute period, allowing your heart rate and blood pressure to gradually decrease at a more natural pace to minimize the risk of a fainting episode. Head inside for the static stretching portion of your cool down, so you are not exposed to the colder temperatures while the body is cooling off. Stretching following exercise while your muscles are still warm will help reduce the build-up of lactic acid, which leads to muscle cramping and stiffness.

Don't let the fear of cold, wet weather and achy joints interfere with everyday activities and exercise regimens. Following the simple tips above will help keep your body warm and injury free while you are waiting for the first signs of warm weather to come!

Social Media

Please make sure to follow us on our social media platforms ([Instagram/Facebook](#)) also. Our goal at every race is to try and take some photographs and video to highlight the race. We also post during the week reminders of our upcoming races, and some inspirational meme's to help you get through your day.



Upcoming Races

3/3/19- [March Fourth 5k and Family Fitness Day](#)-Livingston, NJ

3/9/19- [Fight for Air Climb](#)-Baltimore, MD

3/9/19- [42nd Annual NYPD vs FDNY 5 Mile Run](#)- NY, NY

3/16/19- [Blaze of Glory 5K](#)- Doylestown, PA

3/16/19- [Columbia Cougars St. Patrick's Day 5K](#)- Maplewood, NJ

3/16/19- [McEnroe Agency St. Paddy's Day 5K](#)- Morristown, NJ

3/16/19- [The CEA Spring Training 5K](#)- Bridgewater, NJ

3/23/19- [Fight for Air Climb](#)- Newark, NJ

3/24/19- [Middle Earth's Run From Winter 10K](#)- Bridgewater, NJ

3/24/19- [Race to bRUNch](#)- Montclair, NJ

3/30/19- [Fight for Air Climb](#)- Philadelphia, PA

3/30/19- [Mayor's Inaugural Health and Wellness 5K](#)- Old Bridge, NJ

3/30/19- [Bookin' for Lookin' 5K](#)- Newtown, PA

3/31/19- [Garden State 10](#)- Somerset, NJ

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