

CompuScore Newsletter

March, 2019

March Madness

Its that time of year again, no not college basketball, RACE SEASON. Daylight savings has happened, the weather is warming up and spring and summer are right around the corner. That means you can finally get off your treadmill and get outside. With over 260 races timed a year, you are bound to find one, or ten, that you will want to do. Below are the upcoming April Races.

We are Hiring

Are you looking to make some extra money? They say it is not work if you do something you love. Well if you love running, you will love timing a running race. Below is a short job description. If you are interested, email us at george@compuscore.com to further discuss.

We travel around the state on the weekends (there are some weeknight events too if you are interested and available). The work is seasonal, so April - June; September-November are our busy times, with the summer less so and the winter months are very quiet. The events are very early in the morning (think arrival time at the race usually between 5-7 am) and usually last 4-5 hours, most of the time done by noon.

Most of the work involves lifting equipment from 5 to 30 lbs during setup and breakdown. The rest is computer based with our own software that we would train you on. We need people who are comfortable on a computer. Being a fast typer is a plus. We need people who are service oriented, friendly, reliable and early birds. You will need your own transportation.

Social Media

Don't forget to follow us on Facebook and Instagram. We like to highlight upcoming races, post some videos and pictures from the races, and keep you updated on any fun and interesting happenings in our racing community.

JAG-One How to Prepare for a 5K Run

Congratulations! You've just finished signing up for your local 5K run! With excitement and anticipation flowing through your veins, you just can't wait to put on your best pair of running shoes. Similar to how an athlete must train for the upcoming season, a 5K participant must season their body so they'll be able to complete the event in its entirety without getting hurt. If it's your first time participating in a 5k, or need a little refresher, here's what you'll need to know to prepare for the big race.

Preparing for a 5K

A 5K takes a lot of preparation. It requires the coordination of both your mental and physical capabilities to act in unison so the body is properly conditioned to finish the race. Below will highlight the major points of emphasis to consider for a complete 5K training regimen. Making these steps part of your routine will sufficiently provide you with the end-result you're looking to achieve.

Start Small

Make this phrase your two-word motto during training: pace yourself. This is no, "go big or go home" situation we're dealing with here. 3.1 miles is a lot longer than it looks and it's important to know not to overexert yourself throughout your training. Only increase intensity based on current progress. Understanding how to read your body's capability is vital in order to make an accurate reading of what you can tolerate. Start small, only perform what's comfortable for you, and build from there.

Make a Schedule

Planning out a schedule is another very important preparation measure while training for a 5K. This will help you see what needs to be done every day in order to reach your final goal. Set up a schedule with gradually rising requirements that include: how long you'll run for, how long your intervals of sprinting will be, and how far you should be running, amongst many others. Don't forget to designate a rest day so your muscles will have some time to recover.

Focus on Endurance

Success during long-distance running is highly contingent on a runner's endurance. Building endurance is the strong foundation you'll need to perform a 5K race without tiring out or having muscles cramp up. The best way to achieve this is to strictly abide by your scheduled plan. You'll gradually build a sufficient amount of endurance as you do more running.

Maintain a Well-Balanced Diet

Eating healthy is arguably one of the most important 5K preparation methods. This will help you build the energy you need to excel. Your nutritional intake should consist of complex carbohydrates and a lot of water to nourish the body and maintain high levels of hydration. Healthy eating habits shouldn't stop after your race either! Even when the 5K has come to a close, look into prioritizing your diet to provide the nutrition your body deserves – you'll look good and feel good!

Keep a Positive Mindset

Conditioning your body correctly consists of many different areas of focus including keeping a positive mindset. Training may be hard at first, but getting down on yourself will only make things worse. Don't give up, pull through with your training – you'll be glad you did. Tell yourself you're capable of conquering the world because it just might be possible!

5K Training Tips From the Pros

Consider these tips listed above as necessary pre-requisites for your 5K preparation. JAG-ONE Physical Therapy would be glad to devise a strategy to help you plan a course of action for your long-distance 5K competition. Feel free to contact us by reaching out to any of our facilities for comprehensive support. If you have any additional questions about 5K training, don't hesitate to ask!



Upcoming April Races

4/7/19- [Star of Hope Half Marathon- Robbinsville, NJ - SOLD OUT!](#)

4/7/19- [Essex County Cherry Blossom 10K Run- Newark, NJ](#)

4/7/19- [Tracks for South 5K- Lambertville, NJ](#)

4/13/19- [St. Cassian 5K Run & Kids fun Run- Bloomfield, NJ](#)

4/13/19- [St. Paul School of Princeton Lion's Chase- Princeton Junction, NJ](#)

4/13/19- [The Colonia 5K Classic- Colonia, NJ](#)

4/14/19- [Harriers 4x2 Relay- Rochelle Park, NJ](#)

4/14/19- [Captain Ronald Zinn Memorial Races- Wall Township, NJ](#)

4/27/19- [Clinton Township Country Run- Lebanon, NJ](#)

4/27/19- [Earth Day 5K- Jersey City, NJ](#)

4/27/19- [Mission Voice 5K- Moorestown, NJ](#)

4/27/19- [Susan Zabransky Hughes Memorial 5K Run- Saddle River, NJ](#)

4/28/19- [Patrick's Pals- Bridgewater, NJ](#)

4/28/19- [Radburn PTA 5K and Family Color Run- Fair Lawn, NJ](#)

4/28/19- [Vaisakhi 5K- Woodhaven, NY](#)

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