

CompuScore Newsletter

June, 2019



News Since our Last Newsletter

Since our last Newsletter, we have had the pleasure of timing 48 races, met with many of you, and witnessed lots of amazing performances. We also received and used our brand new CompuScore branded inflatable arch (pictured above). Coming up in June, we will be timing 43

racers (listed Below). There is a wide variety of races to choose from, from 5K's to Triathlons, all around the tri-state area.

Update on Hiring

Last newsletter we posted a hiring ad, looking to add some people to our already amazing staff. While we were hoping to get a few applications, we were surprised with the response that we received. It was phenomenal. We can't thank everyone enough that responded. We have added a number of new staff members, and we kept each and everyone of the resumes we received for future review. Again we can't thank everyone enough.

Runderwear

As runners ourselves, we are always on the lookout for new and exciting items to help in our training/races. One night, while browsing the web, looking for the most comfortable underwear to run in, we came upon Runderwear (what a great name). We not only had to try it out, we wanted to reach out to them and find out more. We ended up having a meeting with Runderwear's co-founder Jamie Smalley, and the more we learned about Runderwear, the more we knew we had to try them. We were not disappointed. Below is some information on Runderwear, and their website. We hope to have some exciting news to share in our next newsletter.

RUNDERWEAR arrives in the U.S.

The leading underwear brand for runners 'Runderwear' has launched in the U.S. Having scooped numerous awards, the company now has a designated U.S warehouse and website to ensure great service for U.S based runners.

Runderwear's co-founder Jamie Smalley, a marathon runner himself had suffered chafing at many a marathon. He and his fellow runner from college, Richard Edmonds, set out to end

runners suffering. That was 6 years ago. Since then the Runderwear 'system' has helped thousands of male and female runners improve their comfort and thus performance. The company has expanded rapidly based on endless 5-star reviews from consumers and the media.

Runderwear is based around three key concepts:

- 1) Run Chafe-Free - from its seamless technology
- 2) Great breathability - from their technical fabrics
- 3) Improved comfort - from award winning ergonomic designs

The Range: Men's: Brief, Boxer Brief, Long Shorts

Women's: Brief, Hipster, G-String Thong, Boy Short, Long Short, Crop Top & Support Bra's (cup size specific).

[Read more at their website](#)

Training Tips

For this Newsletter we decided to reach out to a friend, and fellow Greek, Nick Joannidis, for some expert running advice. Nick has been running for over 35 years, completing more than 250 road races, including 23 marathons (4X Boston qualifier). He is also a running coach (www.runcoachnick.com).

REST DAYS

A runner likes to run almost to the point that, especially if you include those that have long streaks of not missing a day, it becomes an addiction. Obviously it is a healthier addiction than what most

can be, but it becomes one nonetheless. Planning your rest is just as important as planning your next race or your next track workout. The rest I am talking about below is the seasonal rest or the

'long' rest, not just the weekly built-in rest in your normal schedule.

Know Yourself First.....

You can generally build your running up to a point that you are feeling great, running many miles and running a lot of races. This is all relative to your previous self. If you once ran 12 miles/week and now are at 20 miles/week, that is a big change for you. If you once were running an average pace of 9:45/mile and now it is 8:30/mile, that is a big change for you. Only you know that. You know how you feel after every long run and every week. You know your bumps and bruises. You know your sleep patterns and your daily life activities and how you feel at the end of the day.

Signs of Breaking Down.....

We all cycle during our running careers. There are 'up' times and there are 'down' times. These don't only need to be when we are injured or not. If you know yourself, and you be honest with yourself, you will know when it is time to rest. Your body will be extra sore and you can't **foam roll** out of it. You are getting sick more often than usual. You aren't getting that 'runner's high' while you are running – your runs feel 'bleh' and you are going through the motions. You start feeling that nagging

plantars or whatever it is that always bothers you. Perhaps you start getting less sleep. Please take note of these signs as they relate to you and listen to them.

Your Body Says Stop.....

Your body tells you when to slow down or stop. You need to pick up on it and that comes with experience. While I try to take off a week every 18 weeks, sometimes that does not happen. My body gives me all the signs and then I have to realize that it is time. This rest is different than my shorter runs during the week or the occasional day off. I need a week, 10 days, etc. For me that is what I need and I try to time it as best as I can for the end of a season, long race or training cycle. Sometimes I need it at a different time.

Please listen to your body. A body that does not have time to rest will not recover enough to peak at a later time. A body that does not rest is more prone to injury and sickness.

For **most** of us non-Olympians, you will have another race or more days to run – let your body recover to peak later.

Trials of Miles

Coach Nick

Social Media

Don't forget to follow us on Facebook ([CompuScore](#)) 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.

Upcoming Races

[Saturday, June 1st- Challenge 5K-Chalfont, PA](#)

[Saturday, June 1st- Hillsborough YMCA Hop 5K-Hillsborough, NJ](#)

[Saturday, June 1st- North Jersey Pride Run 5K- South Orange, NJ](#)

[Saturday, June 1st- Scott Coffee Moorestown 8K- Moorestown, NJ](#)

[Sunday, June 2nd- Matt Fenton Memorial 5K- Little Ferry, NJ](#)

[Sunday, June 2nd- P.G. Chambers School Walk.Run.Fun 5K- Morristown, NJ](#)

[Sunday, June 2nd- TEF Tenafly 5K Run and Dog Walk- Tenafly, NJ](#)

[Sunday, June 2nd- The Montclair Run 10K- Montclair, NJ](#)

Night Race: [Monday, June 3rd- Roxbury Community Benefit 5K- Succasunna, NJ](#)

[Saturday, June 8th-10th Annual Q & A Scholarship 5K Race and 1 Mile Fitness Walk- Robbinsville, NJ](#)

[Saturday, June 8th-8th Annual Building Bridges 5K and Family Fun Run- West Orange, NJ](#)

[Saturday, June 8th- Chatham Jaycees Fishawack 4 Mile Run- Chatham, NJ](#)

[Saturday, June 8th- Lap The Lake .5/1/2 Mile Race- Franklin Lakes, NJ](#)



[Saturday, June 8th- Pink SOCS 5K Run/Walk- South Plainfield, NJ](#)

[Sunday, June 9th- Bad Prom 5K- Convent Station, NJ](#)

Night Race: [Sunday, June 9th- Battle of the Sexes 5k- Fair Lawn, NJ](#)

[Sunday, June 9th- Fueled by Doughnuts 5K Doughnut Run- Newark, NJ](#)

[Sunday, June 9th- Miles for Matheny- Far Hills, NJ](#)

[Sunday, June 9th- Portugal Day Races- Newark, NJ](#)

[Sunday, June 9th- The Pequannock Valley Rotary Foundation 5K Race Walk- Pequannock, NJ](#)

[Sunday, June 9th- Woodcliff Lake Educational Foundation Run for Education 10K/5K- Woodcliff Lake, NJ](#)

Night Race: [Tuesday, June 11th- RVRX XC Summer Series 5K Race 1- Highland Park, NJ](#)

Night Race: [Thursday, June 13th- Bedminster 5K 7 Race Summer Series Race 1- Bedminster, NJ](#)

[Saturday, June 15th- New Milford Fire Dept 5K- New Milford, NJ](#)

[Saturday, June 15th- Wyckoff/Franklin Lakes Triathlon- Franklin Lakes, NJ](#)

[Sunday, June 16th- BREAK-Fast 5K & 10K, Doylestown, PA](#)

[Sunday, June 16th- FUCE 5K- Metuchen, NJ](#)

[Sunday, June 16th- KOLOR RUN 5K- Piscataway, NJ](#)

[Sunday, June 16th- Run For Dad 5K- Princeton Junction, NJ](#)

[Sunday, June 16th- Westwood Dad's Dash 5K and Family Walk- Westwood, NJ](#)

Night Race: [Tuesday, June 18th- Morris County Striders Summer Series Race 1- Boonton Township, NJ](#)

[Saturday, June 22nd- Franklin Lakes/Wyckoff Splash N Dash Youth Biathlon- Franklin Lakes, NJ](#)

Night Race: [Sunday, June 23rd- Fitzgerald's Lager Run 5K & Nipper Mile- Glen Ridge, NJ](#)

[Sunday, June 23rd- Katie's Run 5K- New Hyde Park, NY](#)

[Sunday, June 23rd- Lincoln Park Triathlon- Lincoln Park, NJ](#)

[Sunday, June 23rd- Ocean Running Club's Pine Beach 5k- Pine Beach, NJ](#)

[Sunday, June 23rd- Summer Kickoff 5K Benefitting Breaking the Chain Through Education- Bloomfield, NJ](#)

Night Race: [Tuesday, June 25th- YWCA Princeton ETS Firecracker 5K- Princeton, NJ](#)

Night Race: [Tuesday, June 25th-RVRR XC Summer Series 5K Race 2- Highland Park, NJ](#)

Night Race: [Thursday, June 27th- Bedminster 5K 7 Race Summer Series Race 2- Bedminster, NJ](#)

Night Race: [Thursday, June 27th- Tom Fleming Sunset Classic- Bloomfield, NJ](#)

[Sunday, June 30th- Lady Liberty SharkFest Swim- New York, NY](#)

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Event Scoring and Timing-Fast, Accurate Results

