

# CompuScore Newsletter

July, 2019

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## News Since Our Last Newsletter

In June, we timed 48 various events, all of them amazing. In July, we will have the pleasure of timing 21 events. We will be timing fourteen 5K races, one 10K, one 4 Mile Run, four Triathlons of various lengths, and two 1 Mile Ocean Swims. These events are not only on Saturdays and Sundays as we have races on weekdays also. Checkout a list of our July races at the bottom of the Newsletter or click the link below to see our full list on our website:

[Upcoming Races](#)

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## Warm Weather Training Tips

As we enter July, the weather gets very HOT! We reached out to our partners at [JAG-ONE](#) to provide us with some summer weather training tips. We would like to thank them for helping us out with our Newsletter, and also for being a big supporter of the running community. Click on the Link to find a facility near you ( [Locations](#) ).

### Warm Weather Workout

When the outdoor temperature begins to steadily increase, we start finding any reason to get out and get moving. There are many added benefits to an outdoor workout to include production of vitamin D3 when the sunlight hits one's skin, which is important to bone health and metabolic function, decreased depression, anger, and tension due to enjoying ones workout outside, and saving money on those monthly gym memberships. On the other hand it is important to remember that exercising in the heat, if you are not prepared, can be dangerous. Below are some tips to remember to ensure a safe workout when exercising outside this summer.

**PREHYDATE, HYDRATE AND REHYDRATE-** Our bodies crave water! This becomes especially true during periods of high intensity activity or extended heat exposure. Water consumption should begin 72 hours before activity by drinking six to eight, 8-ounce glasses of water per day. During activity, one should drink six ounces of fluid (preferably water) every 15 minutes and should then rehydrate following activity with 32 ounces of liquid per 1 pound of fluid loss.

**WARM UP:** Just because it is warm outside does not mean that your body is 'warmed up' and ready to go. Complete a proper warm up for the type of exercise program that you will be following that day. Readyng the body, or increasing blood flow to the muscle, in the form of dynamic stretches as well as plyometrics, will "warm up" the body's musculature and in turn decrease the chances of sustaining a sidelining injury (i.e. strains and sprains).

**COOL DOWN:** A cool down following a training session should be gradual and is as important as

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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. Static 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.

**START OUT SLOW:** We all know the popular saying that “Rome wasn’t built in a day” and we need to remember to apply that same thought process to our bodies as well. Physiologically, it takes the body six weeks to gain any type of increase in muscle endurance and strength no matter how many hours you spent working out or how many pounds you lifted in one day. If you are a beginner, begin training with shortened sessions and lower weights and gradually progress and if you are returning to your exercise program after a long absence don’t jump back in where you left off; scale back your workout and apply the same gradual progression as that of a beginner.

**CROSS-TRAIN:** Most people continuously do the same type of workout with the same repetitions, resistance and rate because they are comfortable with it. As we have learned from research over the years, the body needs to be placed under differentiating demands to prevent the dreaded plateau and to reach advanced physiological levels. It is my recommendation to cross-train, or switch up your workout routines, aerobically with different cardiovascular formats such as cycling, running and swimming and anaerobically, with resistive training utilizing different body movements, repetitions and weights. Switching from aerobic to anaerobic type exercises every other day and incorporating your rest days will be your key to success!

**USE SUNSCREEN-** Although the sun has great benefits, it can be dangerous if we don’t apply sunscreen. Understanding the sun protection factor, or SPF, is crucial to ensure correct application. The SPF rating is a measure of the fraction of sunburn-producing UV rays that will reach the skin. For example, SPF 30 means that 1/30 th of the burning radiation will reach the skin. To determine the effectiveness of sunscreen multiply the SPF factor by the length of time it takes for an individual to burn without sunscreen. It is also important to remember that the higher the number on the sunscreen doesn’t mean that it will remain on the skin any longer than the SPF with a lower number and it must be continually applied as directed.

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CLOTHING CHOICE- One should wear loose fitted, lightweight and light colored clothing when exercising in the sun. The light color will help reflect the sun, the light weight material will aid in quick evaporation of sweat and the loose fit will allow for air to circulate between the skin and the material.

TIME OF DAY- If possible, complete all strenuous exercise in the morning or the evening. The sun is strongest from 11 a.m. until about 3 p.m., so unless you are training for an event that will take place during the mid-afternoon heat, avoid training during those times.

Exercising outside can be great, but not if we ignore what our bodies are telling us. Great benefits and success can be seen in warm weather workouts as long as you listen to your body and follow the above tips!

## Social Media

If you are not following us on social media, you are missing out. We highlight our upcoming races for the week, and try to have at least a few pictures or videos after the events are done. We also love following you to see your wonderful accomplishments. Follow us on [Facebook](#) and [Instagram](#)

## Questions/Comments

We would love to hear from you. If you have any positive feedback, questions or comments about how we can improve, or what you would love to see, please feel free to contact us at [info@compuscore.com](mailto:info@compuscore.com)

Tue, Jul 2 2019	<a href="#"><u>Morris County Striders Summer Series Race 2</u></a> <a href="#"><u>Race Info</u></a>	Boonton Township, NJ
Thu, Jul 4 2019	<a href="#"><u>12th Annual Run Through Maplewood</u></a> <a href="#"><u>Race Info</u></a>	Maplewood, NJ
Thu, Jul 4 2019	<a href="#"><u>Revolutionary Run</u></a> <a href="#"><u>Race Info</u></a>	Washington Crossing, PA
Sat, Jul 6 2019	<a href="#"><u>Lake Lenape Sprint Triathlon, Duathlon and Aquabike</u></a> <a href="#"><u>Race Info</u></a>	Mays Landing, NJ
Tue, Jul 9 2019	<a href="#"><u>RVRR XC Summer Series Race 3</u></a> <a href="#"><u>Race Info</u></a>	Highland Park,, NJ
Wed, Jul 10 2019	<a href="#"><u>Woodbridge 4 Mile &amp; Pizza Extravaganza!</u></a> <a href="#"><u>Race Info</u></a>	Sewaren, NJ
Thu, Jul 11 2019	<a href="#"><u>Bedminster 5K 7 Race Summer Series Race 3</u></a> <a href="#"><u>Race Info</u></a>	Bedminster, NJ
Tue, Jul 16 2019	<a href="#"><u>Morris County Striders Summer Series Race 3</u></a> <a href="#"><u>Race Info</u></a>	Boonton Township, NJ
Tue, Jul 16 2019	<a href="#"><u>Party With Purpose - Hoboken 5K</u></a> <a href="#"><u>Race Info</u></a>	Hoboken, NJ
Sat, Jul 20 2019	<a href="#"><u>Sea Isle City Beach Patrol 1 Mile Ocean Swim</u></a> <a href="#"><u>Race Info</u></a>	Sea Isle City, NJ
Sat, Jul 20 2019	<a href="#"><u>Teterboro Airport 5K</u></a> <a href="#"><u>Race Info</u></a>	Teterboro, NJ
Sun, Jul 21 2019	<a href="#"><u>Denville Sprint Triathlon</u></a> <a href="#"><u>Race Info</u></a>	Denville, NJ

Sun, Jul 21 2019	<a href="#">Stone Harbor Triathlon</a> <a href="#">Race Info</a>	Stone Harbor, NJ
Tue, Jul 23 2019	<a href="#">RVRR XC Summer Series Race 4</a> <a href="#">Race Info</a>	Highland Park,, NJ
Wed, Jul 24 2019	<a href="#">18th Annual Downtown Westfield 5K &amp; Pizza Extravaganza</a> <a href="#">Race Info</a>	Westfield,, NJ
Thu, Jul 25 2019	<a href="#">Bedminster 5K 7 Race Summer Series Race 4</a> <a href="#">Race Info</a>	Bedminster, NJ
Sat, Jul 27 2019	<a href="#">Eleventh Annual Barnegat Light Ocean Mile Swim</a> <a href="#">Race Info</a>	Barnegat Light, NJ
Sat, Jul 27 2019	<a href="#">Pass It Along Sprint &amp; Olympic Triathlons</a> <a href="#">Race Info</a>	Sparta, NJ
Sun, Jul 28 2019	<a href="#">Annual Benefit 5K Run/Walk Supporting Veterans and Their Needs</a> <a href="#">Race Info</a>	East Brunswick, NJ
Sun, Jul 28 2019	<a href="#">JFK Medical Center Miles For Minds 5K</a> <a href="#">Race Info</a>	Edison, NJ
Tue, Jul 30 2019	<a href="#">Morris County Striders Summer Series Race 4</a> <a href="#">Race Info</a>	Boonton Township, NJ

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Event Scoring and Timing-Fast, Accurate Results