



CompuScore Newsletter

November, 2019



October Recap

During the month of October we again had a lot of great performances and had the pleasure of timing 8,169 athletes in 38 total events in various distances: 5K, 10K, 6.66 Mi, 12K and Half Marathon. We ran some statistics we found interesting based on time and on PLP for the 5K distances for the month of October.

OCTOBER 2019 5K STATISTICS

5K Overall (M&F)	
All Finishers Count	6000
Avg Time	34:18
Avg PLP	47.50%

5K Open Males	
Male Finishers Count	2928
Fastest Male Time	14:26
Highest Male PLP	89.88%
Male Avg Time	31:14
Male Avg PLP	49.31%

5K Open Females	
Female Finishers Count	3072
Fastest Female Time	18:32
Highest Female PLP	90.76
Female Avg Time	37:14
Female Avg PLP	45.78%

5K Masters (M&F, >=40 years old)	
All Finishers Count	2619
Avg Time	35:40
Avg PLP	47.78%

5K Masters Males	
Masters Male Finishers Count	1307
Fastest Masters Male Time	17:01
Highest Masters Male PLP	83.43%
Masters Male Avg Time	32:17
Masters Male Avg PLP	49.92%

5K Masters Females	
Masters Female Finishers Count	1312
Fastest Masters Female Time	19:02
Highest Masters Female PLP	90.76%
Masters Female Avg Time	39:02
Masters Female Avg PLP	45.65%

5K Distribution of Times	Count
Under 20	136
20 to 30	2262
30 to 40	2221
40 to 50	789
50 to 60	464
Over 60	128

5K Distribution of PLP	Count
90's (World Class Level)	1
80's (National Class Level)	18
70's (Regional Class Level)	168
60's (Local Class Level)	724
50's	1550
40's	1925
30's	1172
20's	436
10's	6

PLP: Performance Level Percentage, an age graded % that shows your level based on your gender and age; Masters is greater than or equal to 40 years old.

Looking Ahead to November

In November we have the pleasure of working with the NYC Marathon assisting in the Elite Women's race as well as timing 12 events, some with multiple distances to choose from. You have a choice of 1mi, 5K, 8K, & 10K. Check out the list of races:

[UPCOMING EVENTS](#)

Cold Weather Exercise Brought to you by



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!

About JAG-ONE Physical Therapy

JAG-ONE Physical Therapy is a comprehensive physical and occupational therapy company with locations throughout Brooklyn, Staten Island, Queens, Westchester, Manhattan, Long Island, Pennsylvania and New Jersey. Our multi-specialty staff has been serving the Tri-State area for over 20 years and has developed a unique, care-first model of rehabilitation delivering high quality clinical outcomes for our patients. To “Get Back the Life You Love,” please contact us through our website at www.jagonept.com or by calling your nearest facility.

Humor Corner

FACEBOOK REACTION EMOJIS EXPLAINED FOR RUNNERS

GONEFORARUN.COM



I LIKE
RUNNING



I LOVE
RUNNING



I'M
RUNNING!



I RAN
FAST



I MISS
RUNNING



I NEED
TO GO
RUNNING



Knock knock...

Who's There?

Eyesore

Eyesore who?

**Eyesore from my long run, can we
take the elevator?**

Skratch Labs

We are continuing to offer you the discount for Skratch Labs. Find their 5 Tips for Better Fueling [Here](#).

Skratch Labs: Help without the Hurt

We use real food, starting from scratch, to create sports nutrition that you actually want to eat. Our products taste better and feel better--because they have no artificial sweeteners, isolates, colors, or preservatives that might cause GI distress--to help you perform better.

Our Story

We were two pros who spent years on the Pro Cycling Tour watching our teammates eat terribly and suffer through bad-tasting sports "nutrition" that ruined their stomachs. So we did something about it. Skratch Labs started as a "secret drink mix" of real sugar, salt, and fruit powder, mixed together in a 5-gallon paint bucket. We wanted to help pro cyclists feel better and ride faster, and we did. Nearly a decade later, our approach is the same: help athletes perform better by solving their nutrition problems, without causing new ones, using real food ingredients. As we've learned in the kitchen and in our careers -- everything is better when you start from scratch.

Our Guarantee: We're Here to Help

We guarantee that our products will help you perform better. If they don't, we'll help you find something else or refund your purchase. It's on us -- no matter where you bought them -- because we're here to help.

Use Coupon Code SKRATCH25 @ skratchlabs.com to get 25% off



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

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