



From the Office of the President, Dr. Chris Fox

Dear Fellow Palm Beach Road Runners,

Every four years the world competes for the coveted gold medal during the Olympic games. Countries rise together and cheer on their own. I love the Olympics. Not only do I feel patriotic but I'm inspired by the athletes and their stories. No matter the sport they compete in, they are the best of the best and have earned the right to represent the United States of America or their home country. I hope you watched and were inspired by these great athletes and their stories of overcoming hardships or injury just so they can compete.

There is not a better time to set a new goal for yourself or tweak a goal that you already have. Or, even inspire someone to start running that might need that extra push to get off the couch. It is August, and it is ridiculously hot here in South Florida and many are starting marathon training, but now is your time to shine. Have faith in yourself and your mental toughness and go for it. Go for your own gold medal!

Chris
President

WEEKLY SCHEDULE
GROUP RUNS & WORKOUTS

MONDAYS - EVENING

7:00 PM - Lululemon Athletica Store
PBG Gardens Mall, All inclusive
Tiffany Moe (561) 691-3782

TUESDAYS - MORNING

5:30 AM - Blue Heron Bridge Run
Blue Heron Blvd., (NE. parking lot; Phil Foster Park)
Gary Walk (561) 820-0314

EVENING

5:30 PM - Blue Heron Bridge Run
Blue Heron Blvd., (NE. parking lot; Phil Foster Park)
Bob Anderson (561) 313-6099

6:00 PM - Benjamin H.S. Track
Jupiter (Central Blvd), Interval Workout
Linda Robb (561) 694-8125

6:00 PM - Lake Worth Bridge Run
Lake Worth, (Bryant Park, West end parking lot)
Jason Maki (561) 541-9762
Maura Hennessey

6:30 - 7:30 PM - Dyer Park
(off Haverhill, just south of B-Line Highway)
Speed work and strength work outs

WEDNESDAY - EVENING

6:00 PM - Egoscue Clinic
2401 PGA Blvd #134, PB Gardens
Jess Taker (561) 202-6741

We have the runners perform some pre-run exercises that help get their body's into a better postural position before the run. The run is 3 miles long. All levels welcome. After the run we have water available for the runners.

THURSDAY - MORNING

5:30 AM - Benjamin H.S. Track
Jupiter (Central Blvd), Interval Workout
Gary Walk (561) 820-0314

EVENING

6:30 PM - Clematis by Night: CitiFit Run
West Palm Beach, (Meet at the Fountains)
Bob Anderson (561) 313-6099

SATURDAY - MORNING

6:00 AM - Running Sports: ATA Long Run
Juno Beach, (Donald Ross Rd, W of US1)
George Robb (561) 694-8125

6am - Run & Roll: 477 S. Rosemary Ave
West Palm Beach (City Place)
4-24 mile run into Palm Beach. All levels, all paces.
Ideal for the long 20 mile training run.
Water/Gatorade provided on the course. Store opens at 5am.
Bob Anderson 561-313-6099

SUNDAY - MORNING

7:00 AM - WPB Long Run
West Palm Beach, (Meet at the Fountains)
Bob Anderson (561) 313-6099



"The Olympics has inspired me and I'm sure many of you to get out there and do what we love, running is our happy place. The heat can hold you back but don't let it, use the support of your PBRR running groups."

*See you on the road,
Maura*



PRESIDENT
Dr. Chris Fox
chris@drchrisfox.com

VICE PRESIDENT
Ken Baxter
ken.baxter@fastsigns.com

SECRETARY
Paula Herron
phj63run@aol.com

TREASURER
Dianne Lavado
dlavado@bellsouth.net

MEMBERSHIP COORDINATOR - **NICOLE RICE** - nicolerice@yahoo.com

LOOK!



Use your phone's QR Code Reader to link directly to our website!

JOIN US ONLINE AT palmbeachroadrunners.com OR ON **facebook** palm beach roadrunners

PRODUCTION COORDINATOR
MAURA HENNESSEY

DESIGN AND LAYOUT

FASTSIGNS
Lake Worth
561-439-4700