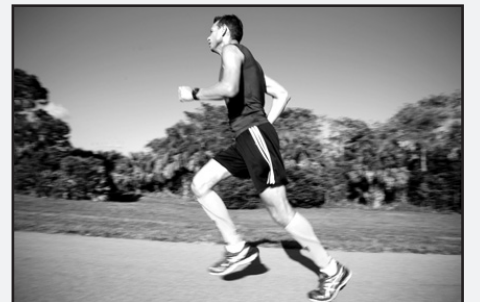




## Dyer Park Training Runs

Join the Palm Beach Road Runners every Monday night at 5:45pm at Dyer Park, 7301 Haverhill Rd North, West Palm Beach.

**All running levels welcome** for great interval / hill workout. Water and Gatorade provided.



## Member Spotlight KRISSI NEVILLE



How many miles per week do you run?

15-25 when I am not training.  
20-45 when (properly) training for a race.

When and why did you start running?

Around 2005. High blood pressure runs in my family and I started having really bad high spikes that would land me in emergency rooms. I had enough of doctors experimenting with me and taking the wrong blood pressure medications and slowly started jogging, then running... then finding Bob Anderson and Palm Beach Marathon Training.

Why do you run?

Mostly to counteract all the food and wine that I love. Also to travel to new place and explore.

Currently training for:

A few Tri's. Just finished Big Sur.

Do you prefer to run alone or in a group?

Both. I need someone for accountability especially on early morning runs but I also like to run by myself especially once I download a new playlist.

Favorite race distance:

My favorite distance is half marathons. I don't need a lot of time to train and I can still have fun and fuel in my tank to pick it up

when needed (well not always).

Most memorable race or run? Explain:

Although just coming back from Big Sur and I agree it is the most scenic beautiful fun run I have ever done. My most memorable run was my very first marathon at the Palm Beach Marathon. Nothing beats the first time you reach the finish line. The overwhelming and emotional sense of accomplishment and pride was so overpowering. Not to mention being there to watch the Hoyt team (Dick Hoyt who has pushed his quadriplegic son while doing many marathons and Ironman's) come in over the finish line, was a plus.

Highlight of running or biggest accomplishment:

Running has afforded me amazing friendships. Running also led me to doing triathlons.

Dream run, race or accomplishment:

Half Ironman/Ironman.

Favorite thing about running:

How it makes me feel.

Who/what inspires you?:

Watching and encouraging a new runner fall in love with the sport.

Favorite quote:

"Nothing is Impossible."

