



AUGUST 2012 ■ Palm Beach Road Runners



*From the Office of the President,
Dr. Chris Fox*

Record high temperatures are reported across the United States, including some areas of the North East where thermometers climbed above 100 degrees! Many of our members began marathon training last week for fall races, despite the heat wave.

The activity of running is considered high-intensity exertion, causing the body's core temperature to rise dramatically. Research studies have proven that the ideal temperature for running is approximately 55 degrees (F).

For every 5 degree increase in temperature, runner's sacrifice about 2% in performance. Extreme heat and humidity causes your body's blood to rush to the skin to release heat, sacrificing blood flow and essential fluids that feed your muscles, especially legs, during the run. Training in South Florida's heat and humidity is challenging. Dehydration and heat related illnesses can occur quickly if one doesn't plan and prepare properly. Do not wear cotton shirts that hold moisture; opt for "technical" apparel that dry wicks moisture away from your body and dries quickly. Before you run, drink ice-cold water to feed your body's cells and prepare you for exercise. During the run, drink small amounts of water and take walking breaks, as needed, as well as consuming sports drinks to replace vital electrolytes

Early signs of dehydration are muscle cramps, nausea and dizziness. Stop running if you do not feel well, find shade and rest. Always carry a cell phone and practice the buddy system, when available, to stay safe, healthy and well during the summer training months.

In other news, PBRR has updated the website found at palmbeachroadrunners.com. The main webpage is linked to the PBRR Facebook page as well. Please visit to stay current about group runs, track speed training and PBRR socials.

I am very pleased to announce the Member Spotlight selection for the month of June. Congratulations to PBRR member Suzanne Senzatimore! Suzanne is a long-time member of the PBRR Executive Board, as well as a local racing legend with many races titles and Boston Qualifications under her belt.

Congratulations, Suzanne!

As always, none of these accomplishments are possible without you, our PBRR membership. Thank you for your continued support and we'll see you next month!

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: A1A 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



" Please come to the August Board meeting and meet Richard Garza, our guest speaking. He is a Masters Swim Coach at Aqua Crest and personally I can tell you what an improvement I personally have made. After training with Richard I went from swimming a 1 mile swim in 1 hour to doing a 5K swim in 1.33 time. He has the patience of a saint if he can put up with my learning curve. He will be talking about the benefits of using swimming as a cross training tool for runners"

*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