



*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*

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**LOOK!**



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DESIGN AND LAYOUT

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