



OCTOBER 2012 ■ Palm Beach Road Runners



From the Office of the President, Dr. Chris Fox

Greetings Palm Beach Roadrunners:

Even though the temperature still shows above 90 degrees here in South Florida, Fall races are upon us and I hope you are healthy for the upcoming race season. Before you know it, it will be Thanksgiving Day and time for The Run for the Pies race. It is a wonderful Roadrunner's family event and it will close out, so don't forget to please sign up early so you can run and get a tech shirt.

It has been a pleasure being President of this great running club and a part of this running community however at this time I have to step down and take care of myself for a little while.

I hope everyone's training is going well and hope to see you on the road sometime soon. Until then, run safe, run hard, and run with a smile (because you can).

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



*"The training for fall marathons are full on , take advantage of your membership and join a group run. The motivation and friendships found are worth the early morning rise. My 1st marathon was the NYC marathon in 2008 and without the PBRR support and friendships that I found by coming out to group runs, that marathon would not have been as spectacular as it was. I hope every member of PBRR gets an opportunity to take advantage of everything your running group has to offer you!"*

See you on the road,  
Maura



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LOOK!



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

JOIN US ONLINE AT [palmbeachroadrunners.com](http://palmbeachroadrunners.com) OR ON **facebook** [palm beach roadrunners](https://www.facebook.com/palmbeachroadrunners)

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DESIGN AND LAYOUT

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