

VERY POPULAR
6:00 a.m.

We are currently running in Palm Beach. One route has us running along the ocean up to the Inlet and then back along Lake Trail.

It is about a 10 ½ mile run

Water/Gatorade hydration stations are set up at the Palm Beach Post Office, Golf Course (ocean side), Inlet & the Split (Lake Trail)

You can run any distance from 2-24 miles at any pace. Walkers are welcome

Note: If it is dark out you will be required to wear a "flashing warning light."

Everyone welcome!

Bob Anderson
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