

Raising the Bar with PowerBar

From training to finish line, PowerBar—the official Bar & Gel Sponsor of the 2017 New Balance Bronx 10 Mile—aims to be with you every step of the way. **Visit the PowerBar website** to learn more about how we're bringing you the best taste and nutrition to help you power on and savor every moment.

Running Fun in Your Local Park

Train for the main event in your local park by joining us for NYRR Open Run, our program that offers free weekly runs/walks in neighborhood parks across the five boroughs. We're active in three Bronx locations—St. Mary's Park, Crotona Park, and Soundview Park—and 13 parks total, all over NYC. Check out Open Run, and bring your friends, family, babies, and dogs—everyone is welcome. Visit openrun.nyrr.org for full details and schedules.

What's Your Story?

Why are you running the New Balance Bronx 10 Mile? Every runner has a story, and we'd love to hear yours. **Share your inspiring tale** for possible inclusion on our website and across our social channels. You might inspire a few people to lace up and get moving this summer.