



JULY 2012 ■ Palm Beach Road Runners



Greetings fellow Roadrunners:

Hello Fellow Palm Beach Road Runners,

Summer is approaching, which translates to marathon training for many of our PBRR members who plan to participate in races this fall. As temperatures and humidity rise, please remember to train smart, hydrate, and begin early to ensure a safe and healthy season.

I am pleased to announce new and exciting news for our PBRR membership. The PBRR Board has selected 22 scholarship recipients for this year's Warrior

Running Camp! The scholarship winners are:

- | | | |
|--------------------|--------------------|---------------------|
| •Charles Bengtson | •Salvador Medrano | •Felicia Williams |
| •Tim Small | •Sam Geiman | •Courtney Knoblauch |
| •Trevor Sununu | •Nicholas Leonardi | •Joan Fyfe |
| •William Samuelson | •Ivan Piccioni | •Anna Mahoney |
| •Daniel Camarillo | •Stephen Harding | •Michelle Howell |
| •Travis Smith | •Brian Press | •Courtney Zboyan |
| •Evan Emerson | •Andrew Floering | |
| •Matthew Press | •John Masterson | |

CONGRATULATIONS TO EACH SCHOLARSHIP RECIPIENT!

The PBRR membership continues to evolve and grow each year. In response, we have enhanced our website and added a new PBRR Facebook fan page. Please visit us and "Like" our page to receive updates and race information. We have also resumed our monthly Member Spotlight, which profiles a different PBRR member each month. I am pleased to announce that this month's Member Spotlight profiles our own PBRR Board Member, Gary Walk! Gary is an inspiration to us all and we applaud his achievements on and off the course. Congratulations, Gary!

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



"So the dog days of summer are upon us. Our only hope in this heat is that we get rained on during a long run. Are you training for your first marathon? Your 50th marathon? What to talk about it? Send your article and stories to LWrunners@gmail.com"

*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 OR ON **facebook** [palm beach roadrunners](https://www.facebook.com/palm-beach-roadrunners)

PRODUCTION COORDINATOR
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DESIGN AND LAYOUT