



NOVEMBER 2012 ■ Palm Beach Road Runners

From the Office of the Vice President, Ken Baxter

Since the last Forum I have had the opportunity to act as President in the interim before our November elections. During this brief time I have had the opportunity to work more closely with Nicole Rice and Dianne Lavado as our Executive Board and Iva Grady as a past President. It has allowed me the chance to see the level of commitment by these volunteers toward the progress and growth of this special running club. In this period we have reviewed many of our practices and identified key points of growth as we enter a new board and new running year. It is clear we have been very lucky to have had these individuals as well as the current Board volunteering their time to improve races and events in our running community. I am proud to be a member of Palm Beach Road Runners. We look forward to our elections in November as we enter this active running season.

In closing we on the Board wish our past president Dr. Chris Fox a very speedy recovery and return to the great health and fitness that he has always practiced.

Thank you Chris and we look forward to seeing you at the races.

Ken Baxter
Vice 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

"Relief is right around the corner from this oppressive heat and my running has finally started for the Disney Marathon. What races are you training for? Did you do a fall marathon you want to talk about? Send me Stories and pictures to lwrunners@gmail.com. Race for the Pies will sell out, register now for this family fun event. Are your long runs alone or with a group? Do you run to the beat of Jay Z or the beat of your heart? Is Gatorade or GU your fuel supplement? What's your longest long run before a marathon? Send in your details of how you run, why you run, where you run and where you see your running days leading you towards. Sharing your stories of success and perseverance are what Palm Beach Road Runners are all about, looking forward to seeing you in print".

*See you on the road,
Maura*



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LOOK!



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

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DESIGN AND
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