



DECEMBER 2012 ■ Palm Beach Road Runners

From the Office of the Vice President, Ken Baxter

I hope this article finds you in good running form to take advantage of all the great races currently being offered.

This month we elected our new 2013 Board of Directors and Committee Members. Several long standing members have had to step down for other obligations but a new group of committed Palm Beach Runners have stepped up to help lead this group in our four signature races as well as in support of local running groups to help us all stay fit. I want to thank all of the past 2012 Board Members for all of their devoted time in planning and participation in this club and it's events. You have all been tireless in your time in all of these committees as well as before and after our races. Many runners have benefitted from your kind efforts. I know we will see you at the races and socials.

As for the new PBRR members and Board members we invite you to be involved in the many committees and come attended the socials to meet other runners. Hopefully you can find new running friends to meet and attend races.

For those of you that will be involved or run in the revamped Palm Beach marathon we invite you to join us before and after the race at the Palm Beach road Runner tent by the Finish Line to meet other runners and share your story.

Let's all enjoy the great cool weather and get out on the road.

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: 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



" Thank you runners for sharing your stories and your pictures , I have enjoyed my time working on your Running Forum. Keep up Racing and striving to achieve new challenges. Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

Barack Obama "

See you on the road,
Maura

and

Wednesday Night 6pm Fun Run!
4-6 miles along beautiful Flager Drive...all paces...walkers too
Enjoy a free draught beer after the run...at Bar Louie
Run & Roll, 330, Clematis St., Ste. 118
For more information call 561.650.1200
Where the fun never stops.....Free.....Bring your friends



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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

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DESIGN AND
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