



MAY 2013 ■ Palm Beach Road Runners

## From the Office of the President, Iva Grady

Have you ever noticed that life has become a once-monthly recount of race report? You can probably get an idea about what's going on with my life based on the race I'm about to run or the city I'm going to visit. Last month I ran the seven mile bridge run in Marathon Key. I traveled with my husband and made arrangements to make a fun weekend out of a little run.

I still think about PR's and race strategies even though I'm nursing an injury. To quite my mind, I set goals and count the runs and miles leading up to the race. My interests are many, but my passion is running and I will always want to watch the sun rise, smell the ocean's mist and run, run, run...

I hope you continue to do what makes you happy.

*Iva Grady*  
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  
6:00PM - Run and Roll - 330 Clematis Street  
Power Walk

6:00 PM - Benjamin H.S. Track  
Jupiter (Central Blvd), Interval Workout  
Linda Robb (561) 694-8125

6:30 - 7:30 PM - Dyer Park  
(off Haverhill, just south of B-Line Highway)  
Speed work and strength work outs

6:30 PM - 3-5 Mile group run  
Fit 2 Run at Wellington Square Mall

#### 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.*

6:00 PM - Run and Roll - 3-5 Mile run and social hour  
at Bar Louie  
330 Clematis Street

#### 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

6:30 PM - 3-5 Mile group run  
Fit 2 Run at Wellington Square Mall

#### 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: 330 Clematis Street  
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

6:00 AM - WPB Long Run  
West Palm Beach, (Meet at the Fountains)  
Bob Anderson (561) 313-6099



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PRODUCTION COORDINATOR  
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DESIGN AND  
LAYOUT

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