



**AUGUST 2013 ■ Palm Beach Road Runners**

## Presidents Message

Dear Palm Beach Roadrunners,  
 Many runners will begin training for fall marathons and half marathons in August and September when the weather is still hot and humid. It takes about two weeks for your body to acclimate to running more efficiently in the warmer weather, and even then it can still be a challenge. Invest the first two weeks of the warm-weather season to running at an easy effort to allow your body time to acclimate and cool itself more easily. Be sure to hydrate. Hydrate too little and you risk dehydration and heat cramps. Listen to your body and be aware of the signs of heat-related illnesses. Also try and run in the cooler times of the day - either earlier in the morning or later in the day. It is also a good idea to try and run with a friend. When you finish your training run try a refreshing beverage or even a cool dip in the ocean. Consider these hot weather running tips to keep your cool and optimize your summer training runs.



See you on the road and stay healthy,

*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



PRESIDENT  
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LOOK!



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

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**palm beach**

PRODUCTION COORDINATOR  
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DESIGN AND  
 LAYOUT

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