



SEPTEMBER 2013 ■ Palm Beach Road Runners

Presidents Message

Dear Palm Beach Roadrunners,
It was 20 years ago that I started training for my first marathon (Disney) with my good friend, Dr. David Feld. Feld (as we endearingly call him) was a friend of a friend who started running with the group and stubbornly hasn't left the pack. People join the group and then leave when they come to a fork in the road. Through the years our lives have changed; we experienced great accomplishment and some unplanned bumps in the road. The only thing that remained consistent in our lives has been running.

Feld has been a good friend to me. We travelled to run several marathons and other races throughout the country. We have had countless pre-race dinners, after race breakfasts and the always inevitable laughs along the way, not to mention all the memories.. We have been running friends longer than most marriages last. I've owned three houses and countless cars in the last 20 years but my passion has always been running and Feld has been there every step of the way.

Feld and I hope to see you on the road on those long Saturday morning runs along Juno Beach.



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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LOOK!



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

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palm beach

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DESIGN AND
LAYOUT

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