



NOVEMBER 2013 ■ Palm Beach Road Runners

## Presidents Message

Dear Palm Beach Roadrunners,  
If you would like to serve on the Board of Directors for the Palm Beach Roadrunners please attend the November monthly club meeting:

DATE: Monday, November 11  
PLACE: Chamber of Commerce of the Palm Beaches  
401 North Flagler Drive, West Palm Beach  
TIME: 6:30 pm



Monthly meetings are held the 2nd Monday of each month at the Chamber of Commerce. All meetings start at 6:30 pm. We are looking for some new enthusiastic people with fresh ideas. Please feel free to email me with any questions at [igrady@gulfstreamgoodwill.com](mailto:igrady@gulfstreamgoodwill.com)

Annual memberships are due January 1st, 2014, however if you register now you will get November and December for free. Log on to [www.palmbeachroadrunner.com](http://www.palmbeachroadrunner.com) to register.

*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  
**Iva Grady**

[igrady@gulfstreamgoodwill.com](mailto:igrady@gulfstreamgoodwill.com)

SECRETARY  
**Gary Walk**

[gwalk@caseyciklin.com](mailto:gwalk@caseyciklin.com)

MEMBERSHIP COORDINATOR - EDNA TRIMBLE - [eprimble@gmail.com](mailto:eprimble@gmail.com)

VICE PRESIDENT

**Brenda Browning**

[brendab@fit2run.com](mailto:brendab@fit2run.com)

LOOK!



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

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**palm beach**

PRODUCTION COORDINATOR  
**KEN BAXTER**

DESIGN AND  
LAYOUT

**FASTSIGNS**  
Lake Worth  
561-439-4700