



DECEMBER 2013 ■ Palm Beach Road Runners

Presidents Message

Dear Palm Beach Roadrunners,
I've been running for 40+ years now and just over ten years ago while I was running the 2003 New York City Marathon I came up with this crazy idea to create the Palm Beaches Marathon. I returned to West Palm Beach and spoke with Mayor Lois Frankel and she encouraged me to do it. First I had to find someone to own the race, so I spoke to the President and CEO of the Chamber of Commerce of the Palm Beaches (who by the way is my husband Dennis Grady) and sold him and the Chamber Board of Directors on what a great event this would be and the economic impact of a marathon to Palm Beach County.

Believe me I had no idea of what a huge endeavor this would be. Luckily we hired Dave McGillivray as our race director who had all the experience and knowledge of putting on a marathon. Oh, did I mention Dave is also the race director for the Boston Marathon. Dave quickly ran me through Marathon 101 and the first thing we did was to create a Marathon Committee of about 20 local people. There were doctors, lawyers, event planners and runners; people from all walks of life, but all willing to learn how to put on a Marathon.

The rest is history. This year the Palm Beaches Marathon will be 10 years old and for the first time I plan to participate in the Palm Beaches Half Marathon. I have always been so busy working the race and never had the opportunity to actually run the event that I created. I look forward to seeing all of you at the starting line.

With the recent time change most people training for full or half marathons are running early or late in the dark. The Palm Beach Roadrunners recently distributed safety lights to area running stores to distribute. If you don't already run with a flashing safety light please stop by one of the local running stores and pick one up for free.

Also don't forget to register for the PBRR's Classics by the Sea 5k or 10k race on Saturday, December 14th at Carlin Park.



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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