



**JANUARY 2014 ■ Palm Beach Road Runners**



*“The Palm Beaches Marathon was my first full marathon and a rather big deal for me. I was tearing up from mile 25 on just realizing that I had this in the bag. I started running four years ago and couldn’t do a mile without stopping several... times. This was huge for me.*

*My daughter was there and she jumped in and ran across the finish with me. I loved everything about the race. I haven’t been a runner all my life, but now I can’t imagine my life without it.”*

*- Pam Zeugin, Palm Beach Roadrunner*

**Palm Beach Marathon 2013**



**Come Join Us For A Group Run** WE WELCOME NEW MEMBERS

**MONDAYS - EVENING**

5:45 PM - Blue Heron Bridge Training  
Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.  
Contact: BobAnderson34@gmail.com  
A great conditioning and speed workout. All levels welcome. Water/Gatorade provided.

**TUESDAYS - MORNING**

5:30 AM - Blue Heron Bridge Training  
Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.  
Contact: Gary Walk, 561-820-0314

**EVENING**

6:00 PM - Fun Runners Group Run (3-5 miles)  
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)  
Run Leader: Coach Hamed Kian  
Speedwork, Thursday = tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.

6:00 PM - Flagler Drive Mile Repeats  
Meet at the Fountains Narcissus/Clematis Street, WPB.  
Contact: Gary Walk, 561-820-0314

6:00 PM - Run & Roll Power Walk (3-4 miles)  
Meet at Run & Roll, 330 Clematis Street, WPB.  
Contact: Patti Kadis, Run & Roll, 561-650-1200  
Everyone is welcome.

6:30 PM - Fit 2 Run Fun Run  
The Mall at Wellington Green  
Contact: Brenda at Fit 2 Run, 561-753-9343  
All levels welcome.

**WEDNESDAY - EVENING**

6:00 PM - Run & Roll Easy Run (3-4 miles)  
Meet at Run & Roll, 330 Clematis Street, WPB.  
Contact: Patti Kadis, Run & Roll, 561-650-1200  
Everyone is welcome.

**THURSDAY - MORNING**

5:30 AM - Benjamin H.S. Track  
Jupiter (Central Blvd.), Interval Workout.  
Contact: Gary Walk, 561-820-0314

**EVENING**

6:00 PM - Fun Runners Group Run (3-5 miles)  
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)  
Run Leader: Coach Hamed Kian  
Tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.

6:30 PM - Clematis by Night Run (4.2 miles)  
Meet at the Fountains Narcissus/Clematis Street, WPB.  
Contact: BobAnderson34@gmail.com  
The run is in conjunction with the Thursday Night on Clematis. Music, beer & food. Run along beautiful Flagler Dr. 4.2 miles. All levels, kids, dogs. Water/Gatorade at the turn-a-round.

6:30 PM - Fit 2 Run Fun Run  
The Mall at Wellington Green  
Contact: Brenda, Fit 2 Run, 561-753-9343  
All levels welcome. After the run, we head to World of Beer in Wellington (proper I.D. required)

**SATURDAY - MORNING**

6:00 AM - Run & Roll Store Run (4-24 miles)  
Meet at Run & Roll, 330 Clematis Street, WPB.  
Contact: BobAnderson34@gmail.com  
Group runs from 4-24 miles. Water/Gatorade provided on the course. For your convenience, store opens at 5:30 am. The run will take you into Palm Beach along the ocean up to the Palm Beach Inlet and back along Lake Trail.

6:00 AM - Tri Bike Run Saturday Group Run (up to 12 miles)  
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)  
Contact: Linda Neary Robb, 561-694-8125

Group long run up to 12 miles. All levels welcome. Very popular (100+ runners). Meet friends, group long run, increase endurance and have fun! Water on course (3 stops), water and sports drink at start/finish at store. Refreshments once a month (bagels, coffee, fruit). Timed 10 mile run every month.

**VISIT US ON THE WEB AT WWW.PALMBEACHROADRUNNERS.COM**