



APRIL 2014 ■ Palm Beach Road Runners

Presidents Message

February is the end of the winter running season in South Florida. John Reback developed multiple overuse injuries from racing almost every weekend, Rick Luise abandoned Kylan Coblitz so he can bike instead of run, and Lanae Barnes started the grueling Seabury training routine for Boston.

February and early March brought a lot of hardware to club members. Despite injuries so severe they kept him from the track and the bridge, John Reback won the masters' division at the A1A Half Marathon and first overall at the Riverbend and Run for the Arts 5K races. (Maybe we all should stop training!) Dave Masterson PR'd and took second place in his age division at the A1A Marathon, I won second place in my age division in the half marathon, although I couldn't stay with Richard Kaplan, who ran with me for much of the race, and Dale Ruth won first in his age division in the half. Perry Feyk won the grandmaster's division at the Everglades Ultra, and Eileen Turenne won second place overall, and Dave Stone won the masters' division at the Martin County Half Marathon. On March 5 the Club held a very successful social at Rooney's Pub in Jupiter. A big "thank you" to Krissi Neville and the Social Committee for making it happen.

We are making a big appeal to past members to renew. There are many benefits to membership, including discounted race entry, discounts on merchandise at the local running store, e-mails about upcoming events, great socials, and supporting the services that we provide. Without your membership, we could not do what we do. If you haven't already done so, please go to palmbeachroadrunners.com and renew your membership!

Gary Walk
President



PRESIDENT
Gary Walk

VICE PRESIDENT
Iva Grady

MEMBERSHIP CHAIRPERSONS
Nereyda Aquino
and
Patti Kadis

SECRETARY
Ken Baxter

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Dianne Lavado

SOCIAL CHAIRPERSON
Krissi Neville

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