

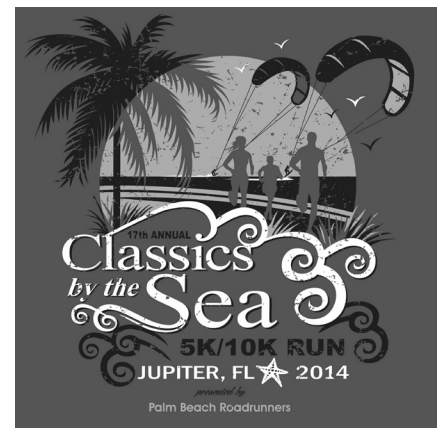


**SIGN UP NOW FOR PALM BEACH ROADRUNNERS
2014 SIGNATURE RACES**



Introducing our new course. More space, more beautiful personalized bibs, finisher medals, t-shirts & delicious pies for first 1400 runners. Sign up at www.PalmBeachRoadrunners.com

ALSO SIGN UP FOR



DECEMBER 2014

THANKSGIVING DAY, NOVEMBER 27TH 2014. RACE STARTS AT 8:00AM, KIDS AT 7:30AM

Over 40 Area Runners Attend Lecture on Running Ultra Races

Bob Becker elite ultra marathon runner and race organizer for Keys 100, Palm 100, Everglades Ultra and Power Man Duathlon recently spoke at the PALM BEACH

ROADRUNNERS BOARD MEETING on September 8th at the Chamber of Commerce of the Palm Beaches. The event was attended by over 40 area runners that run Ultra



Bob Becker and Canadian Elite Runner Natasha Yaremczuk. Bob Becker received a check for \$500 from Gary Walk President PBRR and Dianne Lavado Treasurer.



Dianne Lavado - Treasurer PBRR, Gary Walk - President PBRR & Bob Becker



Sabbah Bobby
Ken Baxter
Board Member
Jen Quellhorst
Recent winner of the DownToRun 50 mile Ultra in Jupiter in April.

runner or were interested in how to train on running an Ultra. Bob has been a member of PBRR for many years and lives in Fort Lauderdale. The PBRR Club donated a check to Bob for \$500 in support of his selected charitable organization The Multiple Sclerosis Society.

Bob recently ran the Badwater 135 in July and placed 50 out of 100. He has received over \$12,000 in donations as a result which he has donated to Multiple Sclerosis Society.



Madeleine Lenke & Cousin Viktor in Stockholm August 16th participated in the "Midnight Run", the largest 10k race in Europe with over 41,500 registered runners.