



Madeline Lenke, Leslie Schiller at 2014 Chicago Marathon. Congratulations to both ladies who qualified at Chicago for Boston Marathon 2015.



Palm Beach Roadrunners Luz Munoz completed Ft. Myers Marathon November 10th and finished 2nd in her age group. Congratulations!



Pam Zeugin, Palm Beach Roadrunners and friends from Iceland just completed the DREI-Laender Marathon. The 26.3 miler took runners through Germany, Austria and Switzerland a three country race.

ULTRA ATHLETE - JEN QUELLHORST



Introducing Jen Quellhorst a recent attendee to the PBRR presentation by Bob Becker on Ultra Marathons. In discussion with Jen it became apparent she is one of those exceptionally driven people that is seeking to challenge herself. It all started as a cross country runner in middle and high school and then in college she ran her first marathon, The Nike in San Francisco. As Jen became more exuberant in increasing her challenges she entered and ran Pikes Peak 13.4 mile Summit Race. She then was the first female runner to finish the 50k Ultra in Jonathan Dickinson Park in April. Not allowing these amazing achievements to be her pinnacle she has trained and she will run the Wild Sebastian 100 mile Ultra on November 15th. She will then follow with a 70.3 Triathlon in March 2015. An avid participant in the Tue-Thurs Group Bridge runs, weekend (Saturday and Sunday) 10+ mile runs and mixed Martial Arts training for core fitness Jen represents a great example of the power of positive thought, setting goals and constant training. Her philosophy is that fitness can change your life. Set a goal and stick with it. Most of the time it will be with a smile on her face!