



Presidents Message

New Year's Day was our best attended New Year's run yet. I had a great time running with Chris McKnight and Steve Monks from Run and Roll, down Clematis Street, over the bridge to Palm Beach, down Worth Avenue, back to the lake trail and over the bridge again to Clematis and Run and Roll for mimosas-one of my favorite events of the year. I can't believe that Steve Monks and Francie Jefferson ran the track workout at Benjamin High School at 5:30 a.m. and then made it over to Run and Roll for the New Year's run, and Steve ran that evening as well!

I just got back from the Disney Marathon weekend, where the Club was well represented. John Reback came in second in his age group in the half marathon and Mitch Guirard came in 9th overall in the full marathon with a time of 2:34:45, Seth Waller ran a 3:14 and Dave Reback ran his 22nd consecutive Disney Marathon. I saw Dave at the Expo smiling and telling me about his injuries and how little he had trained! Nimia Gonzalez, Roy Boulware and Pam Zeugin did the Goofy Challenge: the 1/2 marathon on Saturday followed by the full marathon on Sunday!

The season is in high gear, with races every weekend: the Sunshine State half, the Honda Classic, the Miami Marathon and the Race for the Cure being a few of the highlights. Hope to see you at one of them!

The board is having a Sunday morning retreat this month to come up with ideas for making the Club and running in Palm Beach County even better. I want to thank the board for all of their dedication, and especially Patti Kadis for running meetings when I couldn't and Dianne Lavado, Ken Baxter and Madeleine Lenke for doing so much behind the scenes.



Gary Walk
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



PRESIDENT
Gary Walk

VICE PRESIDENT
Patti Kadis

TREASURER
Dianne Lavado

SECRETARY
Ken Baxter

YOUTH DEVELOPMENT
Shelly Flowers

SOCIAL COMMITTEE
Krissi Neville

WEBSITE / MARKETING
Madeleine Lenke

MEMBERSHIP
Patti Kadis,
Frans De Calonne

LOOK!



Use your phone's QR Code Reader to link directly to our website!

JOIN US ONLINE AT palmbeachroadrunners.com **facebook**

palm beach

PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND
LAYOUT

FASTSIGNS
Lake Worth
561-439-4700