



Presidents Message

Last weekend was my first return to the "store run" after a string of races well attended by Club members. There was the Sunshine State half marathon and 5K, where Steve Monks and Ricky Montez ran together at the head of the pack and Page Pressley won the 5K. Next weekend I ran into Madeleine Lenke after the finish of the Miami half, and April Flynn ran a great marathon. The following weekend was the Race for the Cure, where Mitch Guirard and Erica Lazarus won overall and John Reback and Janine Peart won the masters division, and Madeleine Lenke won her age group. Annie Allmark, one of our Warrior Running Camp alumnae, came in third overall. The weekend after that was the Ragnar Relay from Miami to the Keys, and Frans De Colonne, Luz Munoz, Franci Jefferson and Brian Sandala were there. Next weekend is the A1A Marathon and Half, and I expect to see many Club members there, too. The Shamrock 5K and 10K, one of our Club's featured races, is coming up March 14th at the traditional John Prince Park in Lake Worth.

This month, we had a special board meeting to discuss mission and goals of the Club. We came up with a great list: having more fun, helping others get more from running, outreach to underserved populations, providing more information about running events, and education about running. Shelly Flowers has taken on the job of providing more running opportunities for young runners, and Nadine Maltz agreed to be our volunteer coordinator, an important role that has not been filled for a while.

Come join us at any of the training runs posted on our website, www.palmbeachroadrunners.com, and stay tuned for upcoming socials.



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

VOLUNTEER COORDINATOR
Nadine Maltz

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Frans De Calonne**

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Krissi Neville

WEBSITE / MARKETING
Madeleine Lenke

LOOK!



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

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palm beach

PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND LAYOUT

FASTSIGNS
Lake Worth
561-439-4700