



Presidents Message

Peak running season continued in February.

I saw John Reback, Erica Lazarus, Rick Luise and Madeleine Lenke at the A1A Half Marathon. Richard Kaplan, Lisa Smith, Krissi Neville, Dianne Lavado, Iva Grady and Steve Hoher also represented the Club at the race.

Many Club members participated in the Riverbend 5K, including John Reback, Chris McKnight, Steve Hoher, Shelley Flowers, Dave Garfield, Perry Feyk, Chris Ely, Michael Cusmano and Courteney Zboyan, the first female overall, and Annie Allmark, the second female overall. Luz Munoz won her age group at the Race for Faith the same day.

Randi Garvey and Madeleine Lenke won their age groups at the Treasure Coast Half Marathon.

Dianne Lavado, Lisa Smith and Krissi Neville ran the Gasparilla Ultra Challenge, which involved running 30.4 miles over two days.

The Club is preparing for the Shamrock 10 miler and 5K on March 14. The Shamrock is one of the Club's three signature races during the year. We're looking forward to seeing many of you there.

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

MEMBERSHIP
Patti Kadis,
Frans De Calonne

SOCIAL COMMITTEE
Krissi Neville

WEBSITE / MARKETING
Madeleine Lenke

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