



Presidents Message

Our annual Shamrock 10 miler and 5K took place on March 14. Our race director, Bob Anderson, submitted the following report.

On March 14th, a warm and humid morning, the gun went off for the running of the Palm Beach Roadrunners, 39th Annual Shamrock 10 Miler and 5K in John Prince Park.

The first race on the agenda was the 10 Miler that had 398 runners in it. The first runner to hit the finish line was Sam Starbuck, breaking the tape in 57:33 and was able to maintain an average pace of 5:45 min/mile. Sam was all alone at the finish line as the next runner was about a minute and forty seconds behind. The Male Master winner was Cobi Morales. Cobi missed breaking the 1 hour mark by a mere .04 seconds finishing in a fine 100:04. The top Grandmaster was Rex Noble from Palm City who turned in a 1:11:23.

247 females hit the road for the 10 Miler and Stephanie Stevens was the overall winner with a time of 1:10:17 which translates to a 7:01 pace. Master winner was Kimberly Goozh with a 1:11:46 and the Grandmaster female winner was Jennifer Rapaport.

15 minutes after the start of 10 Miler, 608 runners started the 5k. It is an interesting fact that there were 390 females to 218 male in the race. Jim Carpenter from North Palm Beach hit the tape first as the overall male winner in 17:34 or a 5:40 pace. Jim had a 54 second lead on the next finisher, 54 year old Harrie Olsthoorn, who just happened to be the top Master winner. Harrie finished in 18:28. The Grandmaster winner was John McNally running a 21:29.

The top overall female winner from Deerfield Beach, breaking the 20 minute mark by 17 seconds was Marlene Persson. The Master winner was Ann Brolley with a time of 21:00 and the Grandmaster winner from West Palm Beach was Carol Hassell.

Congratulations to all. It is an interesting to note that on a warm and humid day, all of the 1006 runners that started the races...everyone finished.

I'm delighted to report that the Women for Women 5K, scheduled for May 9, has selected the Club's scholarship fund as the charity for this year's race. Please support the event.

The Boston Marathon will be April 20 this year. Dave Garfield, Ulrike Vernacchio and I will be among the Club members at the start at Hopkinton and hopefully at the finish on Boylston Street this year.

Enjoy what's left of the cool weather in April!



Gary Walk
President

WEEKLY SCHEDULE

GROUP RUNS & WORKOUTS

MONDAYS - EVENING

5:45 PM - Dyer Park
Meet at parking lot by soccer fields.
Contact: BobAnderson34@gmail.com
Hill training and speed workouts in Dyer Park. All levels welcome.
Water/Gatorade provided.

TUESDAYS - MORNING

5:20 AM - Blue Heron Bridge Training
Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.
Contact: Gary Walk, 561-820-0314

EVENING

6:00 PM - Runners Group Run (3-5 miles)
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
Run Leader: Coach Hamed Kian
Speedwork, Thursday = tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.
6:00 PM - Flagler Drive Mile Repeats
Meet at the Fountains Narcissus/Clematis Street, WPB.
Contact: Gary Walk, 561-820-0314

6:00 PM - Run & Roll Power Walk (3-4 miles)
Meet at Run & Roll, 330 Clematis Street, WPB.
Contact: Patti Kadis, Run & Roll, 561-650-1200
Everyone is welcome.

6:30 PM - Fit 2 Run Fun Run
The Mall at Wellington Green
Contact: Brenda at Fit 2 Run, 561-753-9343
All levels welcome.

WEDNESDAY - EVENING

6:00 PM - Run & Roll Easy Run (3-4 miles)
Meet at Run & Roll, 330 Clematis Street, WPB.
Contact: Patti Kadis, Run & Roll, 561-650-1200
Everyone is welcome.

THURSDAY - MORNING

5:30 AM - Benjamin H.S. Track
Jupiter (Central Blvd.) Interval Workout.
Contact: Gary Walk, 561-820-0314

EVENING

6:00 PM - Fun Runners Group Run (3-5 miles)
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
Run Leader: Coach Hamed Kian
Tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.

6:30 PM - Clematis by Night Run (4.2 miles)
Meet at the Fountains Narcissus/Clematis Street, WPB.
Contact: BobAnderson34@gmail.com
The run is in conjunction with the Thursday Night on Clematis. Music, beer & food. Run along beautiful Flagler Dr. 4.2 miles. All levels, kids, dogs. Water/Gatorade at the turn-a-round.

6:30 PM - Fit 2 Run Fun Run
The Mall at Wellington Green
Contact: Brenda, Fit 2 Run, 561-753-9343
All levels welcome. After the run, we head to World of Beer in Wellington (proper I.D. required)

SATURDAY - MORNING

6:00 AM - Run & Roll Store Run (4-24 miles)
Meet at Run & Roll, 330 Clematis Street, WPB.
Contact: BobAnderson34@gmail.com
Group runs from 4-24 miles. Water/Gatorade provided on the course. For your convenience, store opens at 5:30 am. The run will take you into Palm Beach along the ocean up to the Palm Beach Inlet and back along Lake Trail.

6:00 AM - Tri Bike Run Saturday Group Run (up to 12 miles)
Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
Contact: Linda Neary Robb, 561-694-8125
Group long run up to 12 miles. All levels welcome. Very popular (100+ runners). Meet friends, group long run, increase endurance and have fun! Water on course (3 stops), water and sports drink at start/finish at store. Refreshments once a month (bagels, coffee, fruit). Timed 10 mile run every month.



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LOOK!



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

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PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND LAYOUT

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