



## Presidents Message

The Club manned a tent at the Women for Women Race. Volunteers included Diego Castro, Leo Cubillos, Juan Orellana, Annie Allmark, Lena Allmark and Steve Steinberger. Annie Allmark, who just finished third in the Florida State finals, talked to people about our scholarship and the Warrior running camp. Molly Ragsdale won the Masters in the 5K. Ulrike Vernacchio and Madeleine Lenke won first place in their age groups in the 10K. Paula Herron and Iva Grady put on a nice event and a race with a new course through Lake Worth.

The Club is trying to arrange a VIP bus trip to the Key Biscayne Half on October 4th. More information about it will follow in the next issue.

We love to hear from our members. Please send in pictures from races or training runs to [media@palmbeachroadrunners.com](mailto:media@palmbeachroadrunners.com).



*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-around.

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.



PRESIDENT  
Gary Walk

VICE PRESIDENT  
Patti Kadis

TREASURER  
Dianne Lavado

SECRETARY  
Ken Baxter

YOUTH DEVELOPMENT

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!

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**palm beach**

PRODUCTION COORDINATOR  
KEN BAXTER

DESIGN AND  
LAYOUT

**FASTSIGNS**  
Lake Worth  
561-439-4700