



BOSTON MARATHON 2015

My name is Ulrike Vernachio and I am a Palm Beach Road runner. I train and run every day. I love running and being an athlete. My job as a Physical Education teacher in Palm Beach County is perfect for me as I share my love for sports and running with my students. On Monday, April 20 I ran the Boston Marathon again. It was my fourth time in Boston and my 17th marathon and here is my story:

As I sat in the big plastic tent in the athlete's village in Hopkinton, staring out through raindrop drenches plastic walls across the bleak scene of cold and wet runners. I found myself wishing I was back in the hot and humid Florida. I would have given anything for a bit of sun right then..hahaha

It was a Stockholm, Sweden kind of start that I hadn't quite anticipated and my hands turned to bricks of ice while we waited out the two hours before the start. I was getting a little worried about the race. Then I remembered that I'm Swedish and ice cold rain and 40 degree cold is what we do, right?! Of course, training in warm Florida and its humidity is not going to help us Florida runners in Boston today, born in Sweden or not.

By the time I moved to my corral, I was getting excited to run Boston Marathon again. From the very start, it started to rain and it didn't stop until we got to Boston. I was soaked to the bone and cold. Despite wearing gloves, my hands got



numb and ice-cold. The battle to get the gel/gu out of my pocket became a struggle.

Did you know that Boston is a battle against ups and downs? Despite all the training we do on "pretend" hills and bridges in Florida, the hills will attack your legs. It's a start of the rollercoaster that will last all the way to Boston. Of course, you have to conquer the Heartbreak hill and as I closed in on this infamous climb, another four hills hit me, one felt steeper than the other. By the time I started to ascend Heartbreak hill, I started to spot the first casualties. The first walkers came into vision and Boston began to claim its first victims. On the other hand, all the "hill" training I had done at Dyer Park paid off and I made it to the top.

After Heartbreak Hill, it's all-downhill from there and if you are lucky to have any

energy left in your legs, you can cruise all the way to Boston. I pushed forward and as I turned onto Boylston street and the iconic blue and yellow finish line, the people of Boston made every runner feel like a winner screaming and cheering you on. For a few minutes, you feel like a Kenyan winning Boston Marathon. As I crossed the Finish line, Cold and wet, I cried tears of happiness! I had done it again! I had conquered Boston Marathon and I felt being Boston Strong again!

Happy Training
Ulrike

WOMEN FOR WOMEN RACE 2015

The race was once again a great success in Lake Worth on Mothers Day weekend.

Over 1100 runners ran the new course starting in Bryant Park in Lake Worth and ran over the bridge to beachfront and back through downtown Lake Worth.

The race was offered by the Chamber of Commerce of the Palm Beaches and directed by Iva Grady. Paula Herron

returned from Maine to be the MC. Paula was the originator of the event making it extra special having her come back to make all the runners and sponsors and volunteers feel extra special.

Here are a few pictures of the excellent hula guy volunteers whom helped with the race.



VISIT US ON THE WEB AT WWW.PALMBEACHROADRUNNERS.COM