



AUGUST 2015 ■ Palm Beach Road Runners

## Presidents Message

There's no shortage of races in Palm Beach County in the summer; they're just shorter, wetter and messier. We've had the Muddy Bunny (won by Seth Kaufman), the Marine Life 4 Miler (won by John Reback, who almost signed up too late to get a number), the Tim Cook Memorial Triathlon (also won by John Reback), and a small off-road 5K (also won by John Reback). Nancy Munro found the wettest race of all-the Current Event Summer Ocean Mile Swim in Juno Beach. Some of us found races out of town-Perry Feyk found a 10K in Pittsburgh, and Madeleine Lenke, a 10K in Sweden! Pictures from Juno Beach and Sweden can be found on these pages. Meanwhile, for those of us who prefer longer distances, like Aldo Virano, who's training for Chicago, and me, training for New York, it's been painful. 16 miles in July feels like 20 miles in October. Somehow, Jen Quellhorst ran a 100K race; I don't know how, or why! The Club has given birth to a trivia team, the Sweaty Runners, who unwind after a Tuesday night tempo run in Palm Beach by playing trivia at Duffy's on Clematis Street. The Sweaty Runners, who include Dave Stone, Kara Weber, Greg McCampbell, Caroline Mantiel, Frans De Calonne, Juan Tejada and me, won the Clematis Street Duffy's trivia championship, and qualified for regionals at Duffy's in Plantation later in July, and according to Kara, nationals in Las Vegas in August! Maybe we'll do our tempo run on the strip instead of Worth Avenue that week. Summer is also the time for the Warrior Running Camp, for which the Club sponsored scholarships for 20 high school students. They are Annie Allmark, Amanda Carr, Jacob DeFazio, Bronwyn Eyeington, Lily Giardino, Dillon Helzerman, Tatiana Ingram, Lindsay Kehl, Luis Medina, Nicholas Nunez, Taylor Olesen, Tyler Olesen, Aubrie Parker, Rodrigo Sanchez, Ilio Sanchez, Swochchanda Shrestha, Brendan Van Marter, Herman Vasquez, Julia Volpi and Samuel Weingart. These kids volunteer at our races, and will grow into the Roadrunners and community leaders of the future.



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.



PRESIDENT  
Gary Walk

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Dianne Lavado

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LOOK!



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to link directly to our website!

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**palm beach**

PRODUCTION COORDINATOR  
KEN BAXTER

DESIGN AND  
LAYOUT

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