



Presidents Message

August 1 was an eventful day in the Palm Beach running world. The popular Loggerhead Triathlon was run in the morning, and the 10 mile Down to Run trail run followed in the evening. Some of our hardier members, like Frans de Calonne and John Reback, ran both. Frans' experience is chronicled below. The Palm Beach Roadrunners' tent was there; thank you, Nancy Munro!

Our scholarship winners came back from the Warrior Running Camp. They represented most of the high schools in the northern part of the County. We received gratifying thank you notes from Julia Volpe and Annie Allmark, which are printed below.

Some of us are training for fall marathons. We have at least two members training for Berlin, Pam Zeugin and Rob Sendler. Kylan Koblitz ran Berlin last year, and he may have started a trend. Aldo Virano leads our delegation to Chicago, and Lisa Reiss is training some Galloway runners who are heading to the Windy City as well. I'm training for the City that Never Sleeps, and I'm sure I'm not the only one from Palm Beach County going to experience the five boroughs in a way that most people never do.

But before then, there will be many triathlons and 5Ks before the fall begins. The PBRR tent will be at the Dreher Park Dash on August 22!

Club board meetings are held at 6:30 p.m. on the second Monday of every month at the board room at Ciklin Lubitz & O'Connell on the 20th floor at 515 N. Flagler Drive, West Palm Beach, and they are open to all members. We will be holding elections for the board and officers at the meeting on November 9. Come to our meetings, and consider running for the board or an officer position. It's your club!

We are planning socials in September in the northern part of the County and in October in West Palm Beach, and will notify members of the dates and places soon.



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

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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PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND LAYOUT

FASTSIGNS
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