



OCTOBER 2015 ■ Palm Beach Road Runners

Presidents Message

It was very nice to see so many of our Warrior Running Camp scholarship winners at the Dreher Park Dash. One of them was Dillon Helzerman, our youngest scholarship winner, who sent us the following note:

"Dear Palm Beach Roadrunners,

"I can't thank you enough for the scholarship to Warrior Running Camp. I am very thankful because it was the first summer camp that I have ever been too! It was also the best week I have ever had in my running career. I learned a lot of things that I can use to make myself a better runner.

"Since camp, I continue to train daily. Last weekend I ran the Dreher Park Dash 5K. I ran a personal best time of 21:12. This was my last race as a 12 year old. Next weekend I plan on setting another personal record as a 13 year old, when I run the Save The Jaguar 5K.

"Thank you once again for the scholarship. I can't wait to go to camp again next year!

"Sincerely,

"Dillon Helzerman"

In addition to the many young runners, I saw John Reback, who came in third overall, Adam Schiff and Ricky Montez, who won their age groups, Nancy Grabow, who won her age group, Mary Sarah Monks, who won her age group, Franci Jefferson, who came in third in her age group, Chris McKnight, who won my age group and Dave Garfield, who came in second in the age group, ahead of me, coming in third.

The club has a social scheduled for September 16 at 5:30 at the Burger Bar on Donald Ross Road, and another one on October 7 at 5:30 at the Sports Page on 25th Street in West Palm Beach. Bob Becker, the renowned ultra marathoner, is scheduled to speak at 6:15. Bob just completed a Back to Back Badwater race (135 miles each) to celebrate his 70th Birthday. Come find out what he did to complete this feat in which only a handful of Ultra marathoners have completed. Hope to see many of you there!



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
5:30 AM - Track workout. Jupiter H.S.

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

5:30 AM - Bridge Run (Donald Ross Rd. Bridge Run)
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
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LOOK!



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PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND
LAYOUT

FASTSIGNS
Lake Worth
561-439-4700