



NOVEMBER 2015 ■ Palm Beach Road Runners

Presidents Message

Fall temperatures and fall races are upon us.

Pam Zeugin showed off her finisher's medal from The Berlin Marathon at the Club social at the Sports Page on October 7.

Lisa Reiss turned in the following report on the Augusta Half Ironman:

"AUGUSTA 70.3

"It is such a blast to travel to an out of town race and have at least 20 of your friends and acquaintances there with you. Augusta was a great race for our Palm Beach Roadrunner friends! Augusta 70.3 is consistently one of the largest Half Ironman races in the world with the registration being around 2700 people. The energy and excitement that exudes from that size crowd is incredible!

"Great conditions for a race day...temps starting out cool, and the sky was overcast and a little misty! Water temps were in the low 70s. The race started out in the Savannah River, and we all swam downstream with the current in our wetsuits for fabulous fast times! A lot of fun for us South Floridian Triathletes! Onto the bike course. The course took athletes from downtown Augusta into the rolling hills of South Carolina for one big loop. Lots of twists and turns and hills. Quite different from what we are used to in South Florida. A bit challenging at times but definitely fun and interesting. The run was awesome! Nice and flat, taking us downtown through the main streets of Augusta. Loved the two and a half loops because we were able to cheer and shout at each other as we passed familiar faces. Flat, fast and relatively cooler temps on the run, topped off the race day with many people feeling they had a successful race. Great day and fun weekend had by all! For many of us, Ironman Florida is up next. After that, we hit Florida half and full marathon season...looking forward to it all!"

The fall is also peak marathon season. Aldo Virano and Jen Quellhorst will be running Chicago, Maggie Maguire, Rick Wandoff and I are running New York, and others will be running Marine Corps, Palm Beach and Jacksonville. Although Boston seems a long way off, a lot of Club members were accepted into the race, including Madeleine Lenke, Leslie Schiller, Rick Wandoff, Dave Garfield, Bill Ketchem, Rick Mongeau, Lee Rosenblum, Brian Smith and me. There are 5K races somewhere in the County almost every weekend, and you can be sure that John Reback will be there, at or near the front of the pack.

The Club's activities have cranked up for the fall. We held great socials at the Burger Bar in September and the Sports Page in October, at which Bob Becker wowed us with his incredible experience running Badwater in both directions, and our Social Committee is working on another social in November. We are working on the Run for the Pies and the Classics by the Sea, two of our signature races. Sign up for them if you haven't already done so. We are also planning our annual meeting at the November board meeting on November 9. Get involved if you aren't already involved!



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.



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Gary Walk

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LOOK!



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