



DECEMBER 2015 ■ Palm Beach Road Runners

Presidents Message

The Club held its annual meeting, and the following were elected officers and directors:

President-Gary Walk
 Vice President-Patti Kadis
 Treasurer-Dianne Lavado
 Secretary-Ken Baxter
 Membership Chairs-Patti Kadis and Frans de Calonne
 Social Committee Chair-Dave Masterson and Mary Dixon
 Youth Involvement Committee-Mary Dixon
 Marketing Committee-Madeleine Lenke and Dave Masterson
 Website-Madeleine Lenke
 Community Outreach-Nancy Munro

Club members did well at recent races, including the Wellington 10 Miler, where Adam Schiff was first overall, Janine Virano was third overall, Eileen Turenne won the masters award and Atilla Kardas and I came in second in our age groups. Mary Dixon came in first in her age group in the half marathon at the Southern Most Marathon. Aldo Virano had a great run at the Chicago Marathon, and Maggie Maguire and I ran the New York Marathon. The Club was well represented at the Florida Ironman by Krissi Neville, Lisa and Brian Smith, Carl Zeilman, Lisa Reiss, Shelly Flowers, Crystal Lewis, Larry Aft and Steve Hoher.

The Club is working on preparations for the Run 4 the Pies on Thanksgiving Day and the Classics by the Sea on December 12. Sign up if you haven't already done so!

The Social Committee is working on socials in December and January. Look for details on our website.



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
Patti Kadis

TREASURER
Dianne Lavado

SECRETARY
Ken Baxter



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!

JOIN US ONLINE AT palmbeachroadrunners.com facebook

palm beach

PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND
LAYOUT

FASTSIGNS
Lake Worth
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