



## Presidents Message

The running season is in full swing. The Run 4 the Pies was the biggest ever, with about 2,100 runners. CBS Channel 12 had a live news crew out there for the race, including reporter Ric Blackwell, who interviewed Erica Lazarus and me. John Reback won the men's division and April Flynn won the women's division. Much age group hardware, and many apple pies were won by club members.

The Marathon of the Palm Beaches was windy, but dry, despite the weather forecast for rain. April Flynn and Lilia Drew came in fourth and fifth in the marathon, Erica Lazarus was the fourth woman in the half marathon, John Reback and Adam Schiff were second and fifth, respectively, in the half marathon overall, and Atilla Kardas was second in the 5K. Club members won a lot of age group hardware in the races as well.

The Classics by the Sea, the second event sponsored by the Club in the season, is December 12, and Dianne Lavado and her crew are working hard to get everything in place. By the time you read this, it will be history.

The Club's third social of the season will be held at Frigates on December 16. A big thank you to Dave Masterson for his great work planning the party.

Many Club members are training for winter marathons, at Disney, Celebration, Jacksonville and elsewhere. Good luck to all!

If you haven't attended a Club board meeting, we'd love to see you. The time and place of the meetings are posted on our website, [www.palmbeachroadrunners.com](http://www.palmbeachroadrunners.com).

Warmest wishes to all of our members for a glorious holiday and running season. See you on the road!



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

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Dianne Lavado

SECRETARY  
Ken Baxter

MEMBERSHIP  
Patti Kadis,  
Frans De Calonne

SOCIAL COMMITTEE  
Dave Masterson

WEBSITE / MARKETING  
Madeleine Lenke

LOOK!



Use your phone's QR Code Reader  
to link directly to our website!

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**palm beach**

PRODUCTION COORDINATOR  
KEN BAXTER

DESIGN AND  
LAYOUT

**FASTSIGNS**  
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