



Presidents Message

"The holidays are a whirlwind for most South Floridians, but especially for Palm Beach Roadrunners.

The Club had a wonderful holiday social at Frigates, thanks to Dave Masterson, our extraordinary party planner.

The Classics by the Sea, one of the Club's signature events, went off without a hitch, thanks to Dianne Lavado, Chris McKnight, and our emcee, Dave Masterson. Club members won much hardware. Steven Fried was the overall male winner in the 5K, Courteney Zboyan, the overall female 5K winner, Dave Stone, the 5K male masters winner, April Flynn, the 5K female masters winner, Steve England, the 5K male grandmasters winner, and Ulrike Vernachio, the 5K female grandmasters winner. John Reback was the 10K overall male winner, Jennifer Nicholson, the 10K overall female winner, Aldo Virano, the 10K male masters winner, Jennifer Sobel, the 10K female masters winner, Steve Morrell, the 10K male grandmasters winner, and Molly Ragsdale, the 10K female grandmasters winner. Kids 1 Mile winners were Noah Saywack and Drew Lotz.

Kara Weber organized the annual Christmas Day run, and Patti Kadis provided the venue and the refreshments for the annual New Year's Day run at Run and Roll.

I just got back from the Disney Marathon, where I was greeted at the finish line by Page Pressley and by Roy Boulware, who beat me by 9 seconds in the marathon after running the half marathon the day before. I don't mind being beaten by someone younger than I, but it's a little humbling to be beaten by someone who ran a half marathon the day before! And my family thinks I overdo it! Dave Reback kept his perfect Disney Marathon streak going at 23 consecutive years, and John Reback won his age group in the half marathon, but we kind of expected the Reback brothers would do that.

The social committee is planning a special social event in February...stay tuned for details.

If you haven't already renewed your membership, renew in time get your discount entry to the Shamrock Race!"



Gary Walk to
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
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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