



Presidents Message

January was a busy month for the Roadrunners.

Many of us ran the Sunshine State half marathon, the Miami marathon or half marathon and the Race for the Cure. Dave Masterson was a pacer at the Miami Marathon. Club members won a lot of hardware at the Race for the Cure, including the following:

Erica Lazarus placed 2nd overall in 19 minutes, 59.07 seconds. Annie Allmark, a past scholarship winner, was women's overall 3rd with 20:48:7.

Bernadette Ray placed 1st in 35- 39 with 23:34:22.

Madeleine Lenke placed 3rd in 40-44 with 23:14:51.

Carol Hassell placed 1st in 60-64 with 25:24:66 and Nancy Grabow 3rd with 28:15:60.

Phyllis Frydman came in 2nd in 70-74 with 32:03:68.

Ilio Sanchez, a scholarship winner in 2015, placed 2nd overall with a time of 17:18.76.

Adam Schiff placed 3rd overall men's with 17:26:67.

John Reback was masters winner with 17:46.79.

Jake Reeves came in 1st in 11-14 with 19:32:29 and Ryan Kushner with 20:29:33

Richard Wandoff came in 1st in 45-49 age group with 19:12:81.

Matthew Triggs came in 1st in 50-54 with 19:58:94.

Christopher McKnight 1st in 60-64 with 20:48:63 and Gary Walk 2nd with 23:23:07.

Wayne Boynton came in 1st in 70-74 with 24:56:98 and Eitan Rosen 2nd with 27:54:03.

Dale Ruth 1st in 75-79 with 30:44:34 and David Wright 3rd with 33:12:92.

Many of us are registered for the A1A marathon or half marathon.

Dave is working on a private screening of a movie for Club members. Stay tuned for details.

If you haven't renewed your membership, please do so. It's easy to renew on our website, www.palmbeachroadrunners.com.



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!



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

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PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND
LAYOUT

FASTSIGNS
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