



## Presidents Message

The Shamrock was a great success. There were 1250 registrations and 1050 finishers. Top finishers among club members were the following:

10 Miler

Molly Ragsdale - Female Top Grand Master - 1:17:26  
 Brooke Borden - 1st Female 20-24 - 1:18:02  
 Madeleine Lenke - 1st Female 40-44 - 1:18:03  
 Nancy Grabow - 1st Female 60-64 - 1:44:00

Adam Schiff - 3rd Male 35-39 - 1:02:46  
 Rick Mongeau - 2nd Male 45-49 - 1:04:35  
 Richard Wandoff - 3rd Male 45-49 - 1:06:06  
 Matt Triggs - 1st Male 50-54 - 1:12:23  
 Dave Ragsdale - 2nd Male 55-59 - 1:14:57  
 David Garfield - 2nd Male 60-64 - 1:14:47  
 Tim Fischer - 1st Male 70-74 - 1:51:20  
 Dale Ruth - 1st Male 75-79 - 1:44:13

5k  
 Nimia Gonzales - 1st Female 45-49 - 23:51  
 Ulrike Vernachio - 1st Female 50-54 - 23:07  
 Annette Johnson - 3rd Female 50-54 - 25:40  
 Leslie Schiller - 1st Female 55-59 - 26:46  
 Mary Wallace - 2nd Female 65-69 - 31:51  
 Ilene Weinstein - 3rd Female 65-69 - 33:16  
 Phyllis Frydman - 2nd Female 70-74 - 31:44

Stephen England - Male Top Grand Master - 19:52  
 Andrew Kushner - 3rd Male 45-49 - 25:27  
 Christopher McKnight - 2nd Male 60-64 - 21:09  
 Joseph Genovese - 2nd Male 70-74 - 27:04  
 David Wright - 2nd Male 75-79 - 34:19



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  
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**  
Lake Worth  
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