



MAY 2016 ■ Palm Beach Road Runners

## Presidents Message

The Treasure Coast Marathon and Half Marathon were a little windy and warm, but otherwise glorious. Steve England and Ulrike Vernacchio (Team Sweden) won their age groups in the Marathon, and Adam Schiff won the Half Marathon overall, while Rex Noble came in second in his age group, I came in third in mine, and Gary Selden came in first in his.

Lanae Barnes ran the Paris Marathon in a very respectable 3:43:09.

The Palm Beach Roadrunners will have a very large group at the Boston Marathon this year, including Rex Noble, Dave Garfield, Rick Mongeau, Brian and Lisa Smith, Aldo Virano, Bill and Jeraine Ketcham, Regina Goolsby, Madeleine Lenke, Dianne Lavado and me.

The Palm Beach Roadrunners are the charity of choice for the Women-for-Women Race again this year. The race is May 7 at Bryant Park. Come out and support a great race for a great cause!

*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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PRODUCTION COORDINATOR  
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