



Presidents Message

Your club was well represented at the Women for Women race, at which the club was the designated charity. The following members placed in the 5k:

- Leigha Renee Degnen: 2nd overall, 21:25.2
- Janine Virano: 3rd overall, 21:28.5
- Ulrike Vernachio: Female Masters Winner, 22:17.8
- Madeleine Lenke: 1st Female 40 to 44, 22:59.5
- Jennifer Mauro: 3rd Female 45 to 49, 26:19.8
- Annette Johnson: 2nd Female 50 to 54, 25:41.8
- Marcy Mandello: 2nd Female 65 to 69, 31:24.4

The following members placed in the 10k:

- Molly Ragsdale: 1st Female 50 to 54, 45:46.1
- Carol Hassell: 1st Female 60 to 64, 50:51.3
- Nancy Grabow: 2nd Female 60 to 64, 57:38.0
- Phyllis Frydman; 1st Female 65 and over, 1:07:33.5

Dave Masterson and Frans de Calonne manned the club tent.

The club was also well represented at the Turtle Trot on the same day, where the following club members placed:

- Jennifer Rapaport: 2nd Overall Female, 20:10
- Nathan Smith: 2nd Male 15 - 19, 19:22
- Lisa Smith: 3rd Female 45 - 49, 26:10
- Richard Wandoff: 1st Male 45 - 49, 18:51
- Matt Triggs: 1st Male 50 - 54, 19:56
- Stephen England: 2nd Male 50 - 54, 20:11
- Julie Bishop: 2nd Female 55 - 59, 24:16
- Tim Fischer: 1st Male 70 - 74, 27:46
- Dale Ruth: 2nd Male 75 - 79, 31:00

We have scheduled a "Spring Fling" social from 6:00 to 8:00 p.m. on May 19 at the Palm Beach Alehouse. Come and celebrate with your fellow club members!

The club is also selecting student scholarship recipients for the Warrior Running Camp this summer. We are planning an award event in June to recognize the scholarship winners.

If you haven't renewed your membership, please do so; by renewing you support our races, our scholarship programs and our socials and other events, and you get discounts on merchandise at local running stores.

Go to www.palmbeachroadrunners.com and renew!



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
561-439-4700