PALM BEACH ROADRUNNERS

Presidents Message

Even though it's hot and humid, Palm Beach Roadrunners continue to race. On Memorial Day, we ran the Run for the Pineapple, the next weekend, the new Garden of Life 5K, which brought in fast runners from across the country to claim big cash awards, and the Singer Island Triathlon the weekend after that. Stephen England, Bryan Sandala and Ulrike Vernacchio placed in their age groups at the Garden of Life 5K. Our own Aldo Virano won a 5K overall!
We are calling our scholarship award recipients to confirm their acceptance of their scholarships. The recipients will be announced later.
Club members had a great time at our "Spring Fling" social in May. Pictures from the social appear on these pages. Our social committee is planning a social toward the end of June. We will send out an e-mail notification.

Gary Walk
President

Stay hydrated when you run in the summer heat. Before long fall marathons will be upon us!

PALM BEACH ROADRUNNERS

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!

JOIN US ONLINE AT palmbeachroadrunners.com facebook palm beach

PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND LAYOUT

FASTSIGNS
Lake Worth
561-439-4700

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.