



SEPTEMBER 2016 ■ Palm Beach Road Runners

Presidents Message

The 31st annual Loggerhead Triathlon was run on August 6, 2016.

The following club members participated:

Coral Brockman 1st place Female 15 -19. Total time 1:20:53
 Michael Munsell 9th place Male 25 - 29. Total time 1:23:13
 Aldo Gonzalez 16th place Male 30 - 34. Total time 1:26:42
 Adam Schiff 8th place Male 35 - 39. Total time 1:08:24
 Chris Lino 17th place Male 35 -39. Total time 1:21:38
 Krissi Neville 5th place Female 45 - 49. Total time 1:23:44
 Rick Mongeau 3rd place Male 45 - 49. Total time 1:06:12
 Richard Wandoff 7th place Male 45 - 49. Total time 1:09:07
 Molly Ragsdale 3rd place Female 50 - 54. Total time 1:20:12
 Suzanne Senzatimore 4th place Female 50 - 54. Total time 1:22:43
 Carl Zeilman 10th place Male 50 - 54. Total time 1:16:45
 David Wiley 13th place Male 50 - 54. Total time 1:18:09
 Frans de Calonne 21st place Male 50 - 54. Total time 1:23:19
 Julie Bishop 2nd place Female 55 - 59. Total time 1:25:41
 Diane Gray 13th place Female 55 - 59. Total time 1:39:04
 Rex Noble 9th place Male 55 - 59. Total time 1:17:38
 Matthew Van Marter 18th place Male 55 -59. Total time 1:32:10
 David Garfield 5th place Male 60 - 64. Total time 1:21:17
 F Mitchell Dutton 6th place Male 60 - 64. Total time 1:22:07
 Randy Wood 15th place Male 60 - 64. Total time 1:37:23
 Eitan Rosen 2nd place Male 70 - 74. Total time 1:39:55
 Paul Reback 2nd place Male 75 - 79. Total time 1:46:20
 Dale Ruth 3rd place Male 75 - 79. Total time 1:51:22
 Phyllis Frydman 1st place Female 75 - 79. Total time 1:43:19
 Scott Ford 4th place Clydesdale 40 - 79. Total time 1:31:19
 Kimberly Bozetarnik 3rd place Athena 40 - 79. Total time 1:44:30
 Taylor St Clair 21st place Female 1st Timer 10 - 69. Total time 1:55:12

Congratulations to all club members who participated.

The club held Olympic marathon watching socials on August 14 for the women's marathon and August 21 for the men's marathon.

If you have not already renewed your membership, please do so. Members get discounts at local running stores, reduced price entry to Club races, and invitations to our social events, and support running in the Palm Beaches.



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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