



President's Message

In the fall the tri season comes to an end and the running season shifts into high gear.

Alicia Shultz and Karen Paxton represented the Club at Kona, Mike Sheehan, Rick Mongeau, Brian Smith and Bill Ketchum represented the Club in Maryland, and the following Club members participated in the Bill Bone Triathlon.

Carl Zeilman: 5th Male 50 - 54: 1:15:30
 Steven Hoher: 6th Male 50 - 54: 1:17:15
 Frans De Calonne: 7th Male 50 - 54: 1:19:34
 Larry Aft: 8th Male 55 - 59 : 1:29:23
 David Garfield: 1st Male 60 - 64: 1:11:26
 Chuck Tobey: 4th Male 60 - 64: 1:14:37
 Jerry Mandello: 2nd Male 65 - 69: 1:19:55
 Peter Holahan: 3rd Male 65 - 69: 1:25:42
 Eitan Rosen: 2nd Male 70 - 74: 1:40:25
 John Schoen: 3rd Male 70 - 74: 2:15:45
 Scott Ford: 1st Male Clydesdale 40 and over: 1:26:32
 Carol Hassell: 2nd Female Overall: 1:13:41
 Jennifer Rapaport: 3rd Female Overall: 1:14:28
 Lisa Smith: 1st Female 45 - 49: 1:17:34
 Krissi Neville: 4th Female 45 - 49: 1:23:27
 Suzanne Senzatimore: 1st Female 50 - 54: 1:21:34
 Julie Bishop: 2nd Female 55 - 59: 1:21:16
 Suzanne Schoen: 7th Female 55 - 59: 1:46:07
 Marcy Mandello: 2nd Female 65 - 69: 1:52:40
 Phyllis Frydman: 1st Female 75 - 79: 1:50:36
 Cory Metzler: 3rd Female Athena 40 and over: 2:04:53
 Nancy Munro: 4th Female Athena 40 and over: 2:10:10
 Max Mulvihill: 3rd Male High School: 1:16:35
 Charlie Richardson: 1st Mixed Team Relay: 1:06:21

The Club fall social was postponed due to Hurricane Matthew. It will be at the Burger Bar from 5:30 to 7:30 on October 19.

The Juno Beach long run has moved from Tri Running Sports to Dunkin Donuts in the Plaza la Mer. Our volunteers, Diane Lavado and Dave Masterson, have been putting up water, and Kevin Spina and Richard Kaplan are sponsoring the water and Gatorade.

The November board meeting is the annual meeting, when we elect officers and directors and appoint committees. We need more board and committee members and new officers. Come to the meeting at the offices of Ciklin Lubitz @ O'Connell, 515 N. Flagler Drive, 20th Floor, West Palm Beach at 6:30 p.m. on November 14 and join the board or a committee or run for an office! Many of you are training for fall marathons or our signature races, the Run 4 the Pies on November 24 and the Classics by the Sea on December 10. Good luck to all, and enjoy the cooler weather.



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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DESIGN AND
LAYOUT

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