



President's Message

"Don't miss a step" would be considered good advice for all runners, agree? Have a look, we are zipping through the beginning of the year with plenty to report! New Year's Day saw a great group of runners at our first social of 2017. A three-mile run/walk to Palm Beach's Worth Avenue was followed by great food and beverages at Run and Roll. Judging from the beer, wine and mimosa consumption, I can gather that our runners prefer morning libations to midnight celebrating!

Distance racing in our cooler months is well underway. We had members participate in the Jacksonville Marathon, which had unseasonably warm weather for late December. Disney's series of races was attended by a good number of our PBRR faithful, as usual. And Miami Marathon will round out January's local half and full distance events. Stay on those training plans, folks!

We started something new last month, we call it "Roadrunner of the Day." We select a PBRR member, provide entry at a local race for them to participate in, and document it all for our online and print publications. Amy Green from Juno Beach was our first runner to participate in this initiative, Amy ran the YLS 5k on January 7th, placing second overall female. Regardless of speed or pace, it's a wonderful feeling to be appreciated while doing what you love. Keep an eye on our Facebook page to see more fellow Roadrunners featured at South Florida events.

A big WOW! There's a movie about the 2013 Boston Marathon, starring Mark Wahlberg. It's called "Patriot's Day." I was fortunate enough to view an early screening of the film. As someone with a personal connection to that race and the unimaginable events associated with it, I can report that this film is very well done. Based on a fictional character in the Boston Police Dept., it accurately depicts the race, the finish line area happenings, and the week of chaotic police work that ultimately ends in the capture of the surviving brother responsible for the plot. It is an accurate telling of the story. It has some actual event footage mixed with some of Hollywood's magic that was filmed one year later on location at the 2014 race. It is powerful and graphic in its delivery, so I would not recommend it for children. It was fitting that the end of the movie paid tribute to the victims, their families, the city of Boston, and those in law enforcement that acted so bravely and rapidly. I recommend the film, it is time well spent.

Our club is enjoying a rise in membership, we have some good events and ideas taking shape for the rest of the first quarter, so I encourage you to be involved. Commit to training for a winter race. Buddy-up and join us at one of our group runs (see the PBRR website for details). If you're not racing or wrapped in training, volunteer at a local event. It is tremendously valuable for event managers to have experienced runners volunteer to help races run smoothly. It's a great feeling to give back and see running from the other side. And if you're not in the race, why not watch and cheer for your friends while serving as a volunteer? That's one sure way to never miss a step.



Dave Masterson
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.



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palm beach

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LOOK!



Use your phone's QR Code Reader to link directly to our website!