



## President's Message

South Florida Flurries

*We made it through another winter in paradise! I won't say we emerged unscathed, however. Unlike our northern neighbors, who dealt with ice, snow and cold temperatures for their runs, we had to endure beautiful run conditions. And the flurry of races and run activities that comprise our peak season!*

*Locally, our area saw a great surge in 5k races. You can find one every weekend! The mid-winter months bring full and half marathons nearby, like Miami, Ft Lauderdale's A1-A and Stuart's Treasure Coast races. Our members responded so favorably by entering many of these events and achieving new personal goals. I attended many races to either run, announce or volunteer. I saw plenty of PBRR shirts and car stickers, along with long-sleeve shirts from our big races. I really enjoy being approached by folks that just want to say, "Hi!" We have so many members that travel and commit themselves to a healthy lifestyle. As I tell people that ask - Our club is more about the experience of running and social interaction than the time displayed on a satellite-enriched timepiece. The smiles and laughs I encounter are akin to a blizzard of fun for everyone involved.*

*We just completed the 41st Shamrock Run in John Prince Park. Over 1000 runners came to challenge the 5k or 10-mile distances. We are grateful for the support we received from our sponsors, the community of Lake Worth, and our volunteers. Congratulations to those that ran well and earned overall or age group accolades. Conditions were ripe for good performances.*

*The forecast ahead is a good one. Race attendance is up, membership numbers are up, and we have some new things coming. Keep your high school age track and cross country runners alert for our summer sun camp scholarship applications. They will be online very soon. Our updated website is almost complete, it's mobile-friendly and packed with new features. As always, we encourage you to email photos from races near and far - we always have room on the Facebook page and website for members in their club gear. You can send them to me: [dave@palmbeachroadrunners.com](mailto:dave@palmbeachroadrunners.com) Be sure to name all people in the picture and where it was taken, we will do the rest! Pardon me while I go "shovel out" from all the good news...*



**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](mailto: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](mailto: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](mailto: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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**Dave Masterson**

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**Patti Kadis**

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**Ken Baxter**

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**palm beach**

PRODUCTION COORDINATOR  
**KEN BAXTER**

DESIGN AND  
LAYOUT

**FASTSIGNS**  
Lake Worth  
561-439-4700

LOOK!



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