



President's Message

Now you decide

Humid and hot weather is our South Florida reality. It is most humid just before the sun rises, which is when many of us run. If you're an afternoon or evening runner, the heat that has built up all day stays with us until after the sun drops from the sky. There are less races to compete in during the summer months, therefore it's understandable that one would think it's a good time to ratchet back on training and run intensity. Unless of course, you could see the future...

Your running future isn't years from now, it's merely weeks away. Maybe 10 weeks, 12 weeks, 16 weeks. And here's what it looks like. You'll see everything come back to normal again for you and your runner friends. The weather releases its tight and warm grip on your daily life. There are the big fall marathons in Chicago, Washington DC, New York and Las Vegas. Your local scene becomes filled with familiar 5ks, the Wellington 10 miler, Boca's PAL 1/2 Marathon, the Rib Run 10k in Davie and our "Run 4 the Pies" and "Classics By The Sea" events. Florida's packed schedule of marathons begins in Cocoa Village with the Space Coast Full and Half, which is only a week before the resurgent Palm Beaches Marathon. Busy schedule, right?

Here's where YOU get to decide YOUR running future! Will you show up to events like this ready to make a go of it this year? Are you looking to test a new distance or challenge more competitively in your age group? Even if your goal is to travel with friends and experience different races and venues, the foundation of your fitness is formed in our warm summer months. If you can ask yourself to deliver when conditions are tough, you will be very pleased with what happens in the fall months. Join us on the weekend for long runs, we have that organized in Downtown WPB and in Juno Beach. Training on hills means running the Blue Heron Bridge, we have groups doing that Monday evening and Tuesday mornings. The speed component is added in when you attend a track workout - those are Monday & Wednesday mornings in Jupiter, Wednesday nights in Wellington and Thursday mornings in Palm Beach Gardens. And independently, you should run your neighborhood paths, your tempo runs, or favorite Strava routes. All of this bodes well for your October through December running future. Our website has a Weekly Group Run Schedule and info on who to contact for details on each session. Make the decision to "rock your runs" this fall by leaning into your workouts this summer.



Dave Masterson
President

WEEKLY SCHEDULE

GROUP RUNS & WORKOUTS

MONDAYS - MORNING

5:30 AM - 7:00AM - Jupiter High School Track

Military Trail and Toney Penna Drive
Open to the public for workouts and run training
Bring water, group size variable.
(Not open on Holidays)

EVENING

5:30 PM - Blue Heron Bridge

Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.
Hill repeats
Parking and restrooms at Phil Foster Park
All levels welcome.
Contact: Ulrike "Gabby" Vernachio -
ulrikerun@bellsouth.net

TUESDAYS - MORNING

5:00 AM/5:20 AM start - Blue Heron Bridge

Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.
Hill repeats
Contact: Gary Walk, 561-820-0314
Parking and restrooms at Phil Foster Park
All levels welcome.

EVENING

6:00 PM - Flagler Drive Mile Repeats

Meet at the Fountains Narcissus/Clematis Street, WPB.
Contact: Gary Walk, 561-820-0314
All levels welcome.

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
All levels welcome.

6:30 PM - Fun Runners - Speed Workout (for all ability levels)

Meet at Loggerhead Park, US-1 Juno Beach
Contact: Coach Hamed Kian, 561-406-3538
All levels 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 - MORNING

5:30 AM - 7:00AM - Jupiter High School Track

Military Trail and Toney Penna Drive
Open to the public for workouts and run training
Bring water, group size variable.
(Not open on Holidays)

EVENING

6:30 PM - Run & Roll Beer Run/Pub Crawl (2nd Weds of each month)

Meet at Run & Roll, 330 Clematis Street, WPB.
Contact: Patti Kadis, Run & Roll, 561-650-1200
All levels welcome.

THURSDAY - MORNING

5:30 AM - Benjamin H.S. Track - coached workout

Jupiter (Central Blvd. South of Donald Ross Road), Coached Interval Workout.
Contact: Gary Walk, 561-820-0314
*** The running track was damaged by a tornado - we will meet at the front gate to Benjamin High School on Grandiflora Rd. for this workout. We will run intervals on well-lit Grandiflora Rd in the new Alton neighborhood. Park on the street near the gate or in the small parking lot at the front of the school. The repairs should be completed by end of March, 2017.

All levels welcome. Seriously ~ This is NOT a competitive track meet, come and run intervals with all ages and abilities! Great training for races and general fitness.

EVENING

6:30 PM - Clematis by Night Run (4.2 miles)

Meet at Run and Roll / Clematis Street, WPB.
Contact: Patti Kadis, 561-650-1200.
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 - Fun Runners - Tempo Workout

Meet at Loggerhead Park, US-1 Juno Beach
Contact: Coach Hamed Kian, 561-406-3538
All levels welcome.

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, fraternize with runners and beverages!

SATURDAY - MORNING

6:00 AM - Run & Roll Store Run (4-24 miles)

Meet at Run & Roll, 330 Clematis Street, WPB.
GroupRunPostoffice
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 - PBRR North County Saturday Group Run

(5 up to 12 miles, options for more for marathon and ultra runners)
Meet at Dunkin Donuts, Plaza La Mer, Juno Beach
NW Corner of US 1 and Donald Ross Rd.
We park in the large parking lot west of Dunkin Donuts, leaving the spots in front of Dunkin clear for their many weekend customers. (Thank you!)
Contact: Dave Masterson, 561-818-3567
dave@palmbeachroadrunners.com
Group long run - distances from 5-20+ miles. All levels welcome. Very popular (50-100 runners). Meet friends, group long run,

PRESIDENT
Dave Masterson

VICE PRESIDENT
Patti Kadis

TREASURER
Dianne Lavado

SECRETARY
Ken Baxter

MEMBERSHIP
Frans De Calonne

SCHOLARSHIP
Rose Hawley

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
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