



Are you getting that special feeling that says you have talent and want to help us? (I thought so!) PBRR is always looking for local runners that would like to help our club with youth activities, volunteer coordination at our races, photography, and securing sponsorships. Is this you? Contact [dave@palmbeachroadrunners.com](mailto:dave@palmbeachroadrunners.com) for more info!

## **Warrior Running Camp**

Applications and Scholarships for the 2017 Summer Warrior Running Camps have been accepted. By the time this article comes out we will have held our Annual Scholarship Award Recognition Event.

The Palm Beach Roadrunners recognize as a charitable organization our priority is to encourage and support local young developing area runners. Previous students that have attended this camp have developed friendships and training techniques that have carried with them through high school, college and as future recreational runners. Of note this past year, previous Warrior Camp attendees Annie Allmark, Christina Daughtry and several members of the John I Leonard H.S. Track Team have won their age groups in area races. Annie and Christina have also been recognized for academic achievement as well and Annie has recently been awarded a scholarship to run Cross Country for University of South Florida. Congratulations Warrior Camp Runners!

Local Runners do well in area races:

### **Women For Women 5K/10K**

- 5K  
 Annie Allmark - 1st place Women's Overall - 00:23:13.787  
 Ulrike Vernachio - 1st place Women's Masters - 00:23:13.787  
 Madeleine Ely - 1st place Women 40-44 - 00:23:30.847  
 Nancy Grabow - 2nd place Women 60-64 - 00:29:57.493  
 Wendy Murnan - 3rd place Women 60-64 - 00:32:22.253  
 Marcy Mandello - 1st place Women 65-69 - 00:32:42.353

- 10K  
 Christina Daughtry - 1st place Women 15-19 - 00:59:03.983  
 Molly Ragsdale - 1st place Women 50-54 - 00:48:26.413  
 Randi Garvey - 1st place Women 55-59 - 00:55:30.327

### **Live Like Jake 5K**

- Janine Virano - 1st place Women's Masters - 20:28.4  
 Amy Triggs - 1st place Women's Grand Masters - 22:25.7  
 Debbie Molina - 2nd place Women's 50-54 - 24:48.1

- Matt Triggs - 1st place Mens Masters - 19:43.9  
 Bo Triggs - 2nd place Mens 10-14 - 20:57.1  
 Richard Wandoff - 1st place Mens 45-49 - 19:17.3  
 Andres Chipoco - 3rd place Mens 50-54 - 22:42.0  
 Dale Ruth - 3rd place Mens 70+ - 36:11.3



*Dale Ruth long time Palm Beach Roadrunner celebrates his 80th birthday at the Live Like Jake 5K.*



*Chamber of Commerce of the Palm Beaches Awards a check of \$1,000 to Dave Masterson President of Palm Beach Roadrunners for the 2017 Women for Women 5K/10K.*

*1st Summer Rogue Run took place in Singer Island. After an evening 5K group run led by Dave Masterson we all enjoyed fun social at Longboat Johnny's. Look for the next Rogue Run blast.*



*Live Like Jake 5K*