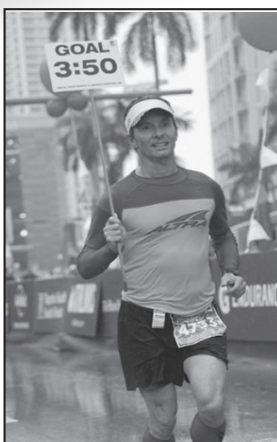




NOVEMBER 2017 ■ Palm Beach Roadrunners

## President's Message

*Here we grow forward! Our race season is here. To make our events possible, a hardy group of volunteers is necessary. This year, we have a new website that allows individuals and groups to register for volunteer opportunities at our races. Have a look, pick a timeslot and please join us.*



*Dave Masterson*  
President

*There are tasks and duties that happen before each race - packet stuffing, packet pick-up, food prep, help with the course, and more. Maybe you'd prefer being involved on race day, sure, that works! Volunteering is good for everyone. Local students need community service hours and struggle to find something positive to do - how about helping at a water stop or by placing finisher's medals around the heads of happy runners? Athletes in "taper" or post-race mode can still be a part of the events they love but in a different capacity. Injured, but still want to be around your friends and the scene? We need you! I strongly encourage all of our members to volunteer for at least one event per year. To see race production and management from the "other side" brings awareness and appreciation the next time you wear a bib. Visit our website or Facebook page for the volunteer site link. The first event we have scheduled is Run 4 The Pies. Classics By The Sea volunteer slots will be posted soon.*

## WEEKLY SCHEDULE

### GROUP RUNS & WORKOUTS

#### SUNDAYS - MORNING

**NEW TIME 6:30 AM – Jupiter High School Track - Coached session of intervals**  
Address: 500 Military Trail, Jupiter, FL 33458 (Just south of Indiantown Road)  
All levels from beginners and first timers to experienced athletes.  
Be a part of a coached workout designed to help all runners learn about and experience the benefits of doing workouts on the track. Different workout every week.  
Bring water, group size variable.  
Contact: Coach Todd Clements 561-602-0390  
rtclem22@yahoo.com

#### MONDAYS - MORNING

**5:30 AM – 7:00AM – Jupiter High School Track**  
500 Military Trail, Jupiter, FL 33458 (Just South of Indiantown Road)  
Open to the public for workouts and run training  
Bring water, group size variable.  
(Not open on Holidays)

#### EVENING

**6:15 PM – Dyer Park**  
7301 Haverhill Rd, West Palm Beach, FL 33412  
Hills, paved running paths - meet by soccer field at base of hill.  
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.  
Address: 127-199 N Clematis St, West Palm Beach, FL 33401  
Contact: Gary Walk, 561-820-0314  
All levels welcome.

#### 6:00 PM – Run & Roll Power Walk (3-4 miles)

Meet at Run & Roll  
Address: 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  
Address: 14200 US-1, Juno Beach, FL 33408  
Contact: Coach Hamed Kian, 561-406-3538  
All levels welcome.

#### 6:30 PM – Fit 2 Run Fun Run

The Mall at Wellington Green  
Address: 10300 W Forest Hill Blvd #287, Wellington, FL 33414  
Contact: Brenda at Fit 2 Run, 561-753-9343  
All levels welcome.

#### WEDNESDAY - MORNING

**5:30 AM – 7:00AM – Jupiter High School Track**  
Address: 500 Military Trail, Jupiter, FL 33458 (Just

south of Indiantown Road)  
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  
Address: 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)  
All levels welcome - 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  
Address: 330 Clematis Street, WPB.  
Contact: runalotpatti@bellsouth.net  
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  
Address: 14200 US-1, Juno Beach, FL 33408  
Contact: Coach Hamed Kian, 561-406-3538  
All levels welcome.

#### 6:30 PM – Fit 2 Run Fun Run

The Mall at Wellington Green  
Address: 10300 W Forest Hill Blvd #287, Wellington, FL 33414  
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  
Address: 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 – PBRR North County Saturday Group Run

(5 up to 12 miles, options for more miles for marathon and ultra runners)  
Meet at Dunkin Donuts, Plaza La Mer, Juno Beach  
Address: 803 Donald Ross Rd, Juno Beach, FL 33408  
Contact: Dave Masterson, 561-818-3567 dave@palmbeachroadrunners.com  
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!)  
Group long run - distances from 5-20+ miles. All levels welcome. Very popular (50-100 runners).  
Meet friends, group long run, increase endurance and have fun. Water and sports drink on-course (3 stops). Popular runner gathering at DD afterward!

PRESIDENT  
Dave Masterson

VICE PRESIDENT  
Patti Kadis

TREASURER  
Dianne Lavado

SECRETARY  
Ken Baxter

MEMBERSHIP  
Frans De Calonne

SCHOLARSHIP  
Rose Hawley



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

JOIN US ONLINE AT [palmbeachroadrunners.com](http://palmbeachroadrunners.com) **facebook**

**palm beach**

PRODUCTION COORDINATOR  
**KEN BAXTER**

DESIGN AND  
LAYOUT

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