



DECEMBER 2012 ■ Palm Beach Road Runners

## From the Office of the Vice President, Ken Baxter

I hope this article finds you in good running form to take advantage of all the great races currently being offered.

This month we elected our new 2013 Board of Directors and Committee Members. Several long standing members have had to step down for other obligations but a new group of committed Palm Beach Runners have stepped up to help lead this group in our four signature races as well as in support of local running groups to help us all stay fit. I want to thank all of the past 2012 Board Members for all of their devoted time in planning and participation in this club and it's events. You have all been tireless in your time in all of these committees as well as before and after our races. Many runners have benefitted from your kind efforts. I know we will see you at the races and socials.

As for the new PBRR members and Board members we invite you to be involved in the many committees and come attended the socials to meet other runners. Hopefully you can find new running friends to meet and attend races.

For those of you that will be involved or run in the revamped Palm Beach marathon we invite you to join us before and after the race at the Palm Beach road Runner tent by the Finish Line to meet other runners and share your story.

Let's all enjoy the great cool weather and get out on the road.

*Ken Baxter*  
Vice President

## WEEKLY SCHEDULE

### GROUP RUNS & WORKOUTS

#### MONDAYS - EVENING

7:00 PM - Lululemon Athletica Store  
PBG Gardens Mall, All inclusive  
Tiffany Moe (561) 691-3782

#### TUESDAYS - MORNING

5:30 AM - Blue Heron Bridge Run  
Blue Heron Blvd., (NE. parking lot; Phil Foster Park)  
Gary Walk (561) 820-0314

#### EVENING

5:30 PM - Blue Heron Bridge Run  
Blue Heron Blvd., (NE. parking lot; Phil Foster Park)  
Bob Anderson (561) 313-6099

6:00 PM - Benjamin H.S. Track  
Jupiter (Central Blvd), Interval Workout  
Linda Robb (561) 694-8125

6:00 PM - Lake Worth Bridge Run  
Lake Worth, (Bryant Park, West end parking lot)  
Jason Maki (561) 541-9762  
Maura Hennessey

6:30 - 7:30 PM - Dyer Park  
(off Haverhill, just south of B-Line Highway)  
Speed work and strength work outs

#### WEDNESDAY - EVENING

6:00 PM - Egoscue Clinic  
2401 PGA Blvd #134, PB Gardens  
Jess Taker (561) 202-6741

We have the runners perform some pre-run exercises that help get their body's into a better postural position before the run. The run is 3 miles long. All levels welcome. After the run we have water available for the runners.

#### THURSDAY - MORNING

5:30 AM - Benjamin H.S. Track  
Jupiter (Central Blvd), Interval Workout  
Gary Walk (561) 820-0314

#### EVENING

6:30 PM - Clematis by Night: CitiFit Run  
West Palm Beach, (Meet at the Fountains)  
Bob Anderson (561) 313-6099

#### SATURDAY - MORNING

6:00 AM - Running Sports: A1A Long Run  
Juno Beach, (Donald Ross Rd, W of US1)  
George Robb (561) 694-8125

6am - Run & Roll: 477 S. Rosemary Ave  
West Palm Beach (City Place)  
4-24 mile run into Palm Beach. All levels, all paces.  
Ideal for the long 20 mile training run.  
Water/Gatorade provided on the course. Store  
opens at 5am.  
Bob Anderson 561-313-6099

#### SUNDAY - MORNING

7:00 AM - WPB Long Run  
West Palm Beach, (Meet at the Fountains)  
Bob Anderson (561) 313-6099



*" Thank you runners for sharing your stories and your pictures , I have enjoyed my time working on your Running Forum. Keep up Racing and striving to achieve new challenges. Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.*

*Barack Obama "*

See you on the road,  
*Maura*

and

**Wednesday Night 6pm Fun Run!**  
4-6 miles along beautiful Flager Drive...all paces...walkers too  
Enjoy a free draught beer after the run...at Bar Louie  
Run & Roll, 330, Clematis St., Ste. 118  
For more information call 561.650.1200  
Where the fun never stops.....Free.....Bring your friends

PRESIDENT  
**Dr. Chris Fox**  
chris@drchrisfox.com



VICE PRESIDENT  
**Ken Baxter**  
ken.baxter@fastsigns.com

SECRETARY  
**Paula Herron**  
phj63run@aol.com

TREASURER  
**Dianne Lavado**  
dlavado@bellsouth.net

MEMBERSHIP COORDINATOR - **NICOLE RICE** - nicolerice@yahoo.com

LOOK!



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

JOIN US ONLINE AT [palmbeachroadrunners.com](http://palmbeachroadrunners.com) OR ON **facebook** palm beach roadrunners

PRODUCTION COORDINATOR  
**MAURA HENNESSEY**

DESIGN AND  
LAYOUT

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