



Presidents Message

Several of the members of the Palm Beach Roadrunners were recently in attendance at the 2013 Boston Marathon as were many others family and friends. We are very proud of these runners that qualified as they often do and show up proudly to run in this historic and grand event. We all know just to qualify is a remarkable accomplishment.

In retrospect what has been remembered by these runners the most is the formidable response by the families and first responders of Boston. Runners along the course were supported and comforted as events occurred. The community enacted a truly deep commitment to these runners and the strength and tradition of this event. It became evident it is more than just a race for 26.2 miles. What is equally as honorable and exceptional is that resoundingly these same runners have committed to return to run the 2014 Boston Marathon. The 2013 race may have been sadly affected as are the many lives that have been damaged by this ugly event but the best response Boston can have is to continue the tradition that is owned by Boston.

Runners and families still can help provide badly needed financial resources to families that were affected at the Boston Marathon. Contact Run and Roll and Fit to Run for the most current contacts to make a donation to Boston families.

Run because you can!



Ken Baxter

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
6:00PM - Run and Roll - 330 Clematis Street
Power Walk

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

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

6:30 PM - 3-5 Mile group run
Fit 2 Run at Wellington Square Mall

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.

6:00 PM - Run and Roll - 3-5 Mile run and social hour
at Bar Louie
330 Clematis Street

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

6:30 PM - 3-5 Mile group run
Fit 2 Run at Wellington Square Mall

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: 330 Clematis Street
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

6:00 AM - WPB Long Run
West Palm Beach, (Meet at the Fountains)
Bob Anderson (561) 313-6099



PRESIDENT
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LOOK!



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

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palm beach

PRODUCTION COORDINATOR
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DESIGN AND
LAYOUT

FASTSIGNS
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