



Presidents Message

Dear Palm Beach Roadrunners,
I completed my first sprint triathlon a few years ago in Riviera Beach. I'm an athletic person, so I guess I'm drawn to multi-event sports. To say I was a bit underprepared for this triathlon would be a gross misstatement. I'm a decent swimmer, having swam competitively in high school. However, the pool is a much different experience than the ocean. The ocean is filled with waves, currents, fish and salt water, not to mention hundreds of other swimmers beating you up. I don't have much experience on the bike, so I borrowed a Schwinn mountain bike from a friend. It had three gears. Two were broken. My forte was running which allowed me to complete the race with dignity and earn a third place medal in my age group. Triathlons are a great diversion for summer sports in South Florida. During the dog days of summer you can cross train, join a masters swim program or get involved with a training team. Don't be afraid to get out there and try something new. You'll be glad you did.



Iva Grady
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
6:00PM - 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



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LOOK!



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

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palm beach

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DESIGN AND
LAYOUT

FASTSIGNS
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