



Member Spotlight

Name: Madeleine Lenke

Palm Beach Roadrunners will now periodically provide a runner spotlight to help us all see other fellow runners and why they run and what helps them run.

This month we focus on one of our new board members whom has been strong in the running community and brings a wealth of experience and assistance to our board.

Introducing

Madeleine Lenke.

How often or how many miles per week do you run?:

I run 5-6 days per week with long runs of 12-20 miles on Saturdays.

When and why did you start running?:

It has been a life-long dream to one day run a marathon. In October of 2011 I decided that it was time to

go after that dream. I started slow with a Couch-to-5K program and moved on to a 26-week marathon training program in December that year. In June 2012, I finished my first marathon in less than 4 hours. I have now run 7 marathons in 6 different countries.

To start running is one of the best decisions I've ever made. Running has given me so much

Currently training for:

I like the idea of setting a goal and train for a particular race. Right now, my goal is the Stockholm Marathon in late May. It's a very special feeling to run in your home town on streets you recognize and family cheering you on along the way.

Do you prefer to run alone or in a group? Explain:

Without my running buddies, I would never get up to run 20 miles at 4:15 am on a Saturday morning. The camaraderie in this group is just awesome. I also enjoy running alone. There is something very meditative about being alone without any distractions and just the sound of your feet hitting the ground.

Favorite race, run or distance: (e.g. a particular race or distance, interval training, run in the rain, etc.)

My favorite race distance is the half marathon. I find that the half is intense and long enough to be both physically and mentally challenging, but doesn't require the type of commitment as a marathon. My favorite run is along the Lake Trail on Palm Beach on an early Saturday morning.

Most memorable race or run? Explain:

My most memorable run was my first marathon with 34 degrees Fahrenheit, gale force winds and pouring rain. Despite the awful weather, hypothermia and the realization that the first 20 miles were a breeze



Irish Music
Food
Fun
Awards!

Saturday, March 15, 2014
John Prince Park, Lake Worth

PRESENTED BY
PALM BEACH ROADRUNNERS

Fun For The Whole Family!

- Long Sleeve Tech Shirt To The First 1,400 To Register
- Personalized Bibs If Registered By March 1st
- Custom Finisher Medals (10 Miler)
- Prize For Best Irish Running Outfits!

Everyone who contributes \$5 or more to the Gulfstream Goodwill Adult Day Training Program will be entered into a drawing for a new Apple Ipad Mini.

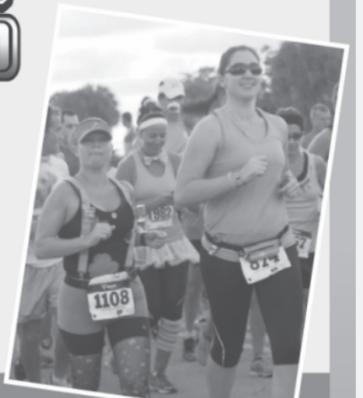
The training program is for adults who have developmental and/or disabilities such as Cerebral Palsy and Down Syndrome.

**MARCH
15**

10 Miler Race starts at 7:30am
5K Race starts at 7:45 am
Kids Dash starts at 9:30am

John Prince Park, Lake Worth

Register Online:
www.PalmBeachRoadRunners.com



compared to the last 6, I enjoyed every single mile.

Favorite quote:

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

-Fred Lebow, New York City Marathon co-founder

Anything else you would like to add:

Highlight of running or biggest accomplishment:

Dream run, race or accomplishment:

Favorite thing about running:

Who/what inspires you?

SEND YOUR ANSWERS TO madeleine377@hotmail.com. PLEASE INCLUDE A PHOTO OF YOURSELF (we'd love to see a photo of you before, after or during a race or run)

THANK YOU!