



Member Spotlight

Palm Beach Roadrunner and board member Lovely Sheridan started running in September 2013. She enjoys running because she loves how she feels after every run.

Last Sunday, she participated in the A1A Half Marathon in Ft Lauderdale. It was her first half marathon. She was extremely nervous about it, and was not sure what to expect since the most miles she has ever ran is ten, but with the encouragement of her friend and veteran runner Iva Grady, she decided to give it a try.

Her goal was to simply cross the finish line, since she thought it would be very difficult without training, but once she started running, she was really enjoying the race and realized it was attainable.

"It was a beautiful morning and a great day for running. The weather was just perfect and the race course was very scenic and vibrant, so it really kept the momentum going. I also loved the diversity of the crowd, which included women, men and children of all ages. The best part was hearing the sounds of music playing while running and people cheering us on," said Lovely.

Although she admits it got very challenging after mile ten, and questioned if she would be able to finish, she pressed on and crossed the finish line.

We asked how she felt when she approached the finish line. Lovely



explains, "I literally cried while crossing the finish line, it was such an amazing feeling. One of those precious moments I know I will always remember."

"I can't wait for my next half! I'm definitely hooked now!"

Keep us posted Lovely! We wish you all the best.



Warrior Running Camp

Palm Beach Roadrunner are now accepting applications on our website for the 2014 Warrior Running Camp.

The Camp is held July 27th to August 2nd at Webber International University in Babson Park, Florida.

Please review Running camp information on our website and apply soon for our PBRR Sponsorship for Middle or High School students only.



The Palm Beach Roadrunners

Thanks everyone for attending the social last week at

Rooney's Gastropub

Over 40 people came out to visit with running friends



CONGRATULATIONS
go out to our raffle winners:

Charlie Davis
Jeraine Ketchem
Elyse Sitomer
David Stone
Melissa Wurtenberger

All winners won free race entries to a race of their choice