



SEPTEMBER 2014 ■ Palm Beach Road Runners

## Presidents Message

The summer months in Florida mean the Warrior Running Camp, a few races, training for fall marathons and planning for the upcoming fall running season.

The club sponsored 27 students who participated in the Warrior Running Camp in July.

Mary Sarah Monks won her age group, and Steve Monks came in 4th in his age group in the grueling Bix Race in Iowa. Word has it that Meb also showed up.

Krissi Neville and Pam Zeugin are planning our next social on September 4 at World of Beer in West Palm Beach.

Chris Papa and Chris Seay are close to kicking off a new track workout at Dwyer High School on Thursday evenings.

Registration for the Run for the Pies is now open. The race will feature a scenic, flat and fast course that goes over the river for the first time.

We are planning 20 mile training runs from Run 'n Roll on September 20 and November 9.

Enjoy the rest of your summer, and see you on the roads, bridges, tracks and watering holes of Palm Beach County!

*Gary Walk*  
President



PRESIDENT  
Gary Walk

VICE PRESIDENT  
Iva Grady

MEMBERSHIP CHAIRPERSONS  
Nereyda Aquino  
and  
Patti Kadis

SECRETARY  
Ken Baxter

TREASURER  
Dianne Lavado

SOCIAL CHAIRPERSON  
Krissi Neville

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  
KEN BAXTER

DESIGN AND  
LAYOUT

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