FEBRUARY 2015 ■ Palm Beach Road Runners

Presidents Message

New Year's Day was our best attended New Year's run yet. I had a great time running with Chris McKnight and Steve Monks from Run and Roll, down Clematis Street, over the bridge to Palm Beach, down Worth Avenue, back to the lake trail and over the bridge again to Clematis and Run and Roll for mimosas-one of my favorite events of the year. I can't believe that Steve Monks and Francie Jefferson ran the track workout at Benjamin High School at 5:30 a.m. and then made it over to Run and Roll for the New Year's run, and Steve ran that evening as well!

I just got back from the Disney Marathon weekend, where the Club was well represented. John Reback came in second in his age group in the half marathon and Mitch Guirard came in 9th overall in the full marathon with a time of 2:34:45, Seth Waller ran a 3:14 and Dave Reback ran his 22nd consecutive Disney Marathon. I saw Dave at the Expo smiling and telling me about his injuries and how little he had trained! Nimia Gonzalez, Roy

Boulware and Pam Zeugin did the Goofy Challenge: the 1/2 marathon on Saturday followed by the full marathon on Sunday!

The season is in high gear, with races every weekend: the Sunshine State half, the Honda Classic, the Miami Marathon and the Race for the Cure being a few of the highlights. Hope to see you at one of them!

The board is having a Sunday morning retreat this month to come up with ideas for making the Club and running in Palm Beach County even better. I want to thank the board for all of their dedication, and especially Patti Kadis for running meetings when I couldn't and Dianne Lavado, Ken Baxter and Madeleine Lenke for doing so much behind the scenes.



PRESIDENT Gary Walk VICE PRESIDENT Patti Kadis

YOUTH DEVELOPMENT TREASURER Shelly Flowers Dianne Lavado

SECRETARY

Ken Baxter

MEMBERSHIP Patti Kadis, Frans De Calonne

SOCIAL COMMITTEE Krissi Neville

WEBSITE / MARKETING Madeleine Lenke



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PRODUCTION COORDINATOR DESIGN AND LAYOUT **KEN BAXTER**

FASTSIGNS. Lake Worth 561-439-4700

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

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

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