



OCTOBER 2016 ■ Palm Beach Roadrunners

President's Message

Submitted by Dave Masterson on behalf of Gary Walk

It's A Great Time To Be A Runner!

Is it just me, or are you feeling more excited about your running? I know "our season" is near, and hopefully some cooler weather is coming with it. Maybe you were inspired by watching the Rio Olympics and the amazing performances on the track and roads. How about South Africa's Van Neikerk, his coach, his story, his world record? The American ladies, Jenny Simpson and Emma Coburn, both medalling in their events, each a "first-ever" victory for US females. Galen Rupp, in his second marathon, striding in for a bronze medal among the world's best! What a wonderful exhibition of our sport on the world stage. Thanks to all that joined us at Johann's Joe and Johnny Longboats for our Olympic Breakfast Social events - too bad it's only every four years. I saw one article online suggesting that the marathon should be switched to the Winter Games to produce even faster times from the elites. Don't hold your breath on that idea...

The "Big race" season is also upon us, those long runs are being checked off for the fall marathons. We have a terrific number of athletes and club members doing events that range from Washington DC's Marine Corps Marathon, Chicago Marathon, NY Marathon as well as Ironman events in Florida, Augusta, Chattanooga, Maryland and even Kona! The effort you put in during these hot months comes back in better times, personal bests and adventures with friends. Keep it going and send us your results and photos to share with the group!

PBRR was well represented at the now very popular Jeff Annas Memorial Firefighter's 5k. Below are some notable results and finishers. This race now has near 900 participants for the 5k. It is a good measuring stick to see where your summer's worth of training has brought you!

The following members placed.

Jennifer Rapaport - 1st Place Female Overall - 00:20:08.140
 Leigha Renee Degnen - 1st Place Female 10-14 - 00:22:26.903
 Isaac Nye - 3rd Place Male 10-14 - 00:22:28.650
 Olivia Zollo - 1st Place Female 15-19 - 00:24:30.290
 Charles Richardson - 1st Place Male 15-19 - 00:18:25.633
 Janine Virano - 1st Place Female 45-49 - 00:22:10.593
 Aldo Virano - 1st Place Male 45-49 - 00:19:48.700
 Ulrike Vernachio - 2nd Place Female 50-54 - 00:22:43.200
 Stephen England - 2nd Place Male 55-59 - 00:20:22.067
 Nancy Grabow - 3rd Place Female 60-64 - 00:30:11.763
 Christopher McKnight - 1st Place Male 60-64 - 00:21:46.943
 Eitan Rosen - 1st Place Male 70-99 - 00:28:27.157

MEMBERSHIP & REWARDS:

In some parts of the country fall foliage will soon appear to be followed by the long, dark and cold days of winter. But luckily not for us in South Florida!

However, it does mean that your 2016 membership to the Palm Beach Roadrunners is coming to an end, so avoid the rush and renew today at www.palmbeachroadrunners.com!

Your annual membership:

- Gives you discounts to Palm Beach Roadrunner races such as the Run for the Pies, Classics by the Sea and the Shamrock 10 Miler
- Gives you an annual subscription to the South Florida Running Forum
- Gives you 10% discount at Fit2Run, Run and Roll, Runner's Edge and Tri Bike Run
- Gives you access to exclusive members-only race day tent at Palm Beach Roadrunners' races and other selected races throughout the running season
- Lets you mingle at Palm Beach Roadrunner socials with other like-minded runners in our community, make friends and have fun
- Supports the water stops at the Juno Beach and West Palm Beach Saturday group runs
- Supports middle and high school students who are residents of Palm Beach County to attend running camp

And much, much more!

If you have any membership questions, please contact us at member@palmbeachroadrunners.com



WEEKLY SCHEDULE

GROUP RUNS & WORKOUTS

MONDAYS - EVENING

5:45 PM - Dyer Park
 Meet at parking lot by soccer fields.
 Contact: BobAnderson34@gmail.com
 Hill training and speed workouts in Dyer Park. All levels welcome.
 Water/Gatorade provided.

TUESDAYS - MORNING

5:20 AM - Blue Heron Bridge Training
 Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.
 Contact: Gary Walk, 561-820-0314
 5:30 AM - Track workout. Jupiter H.S.

EVENING

6:00 PM - Runners Group Run (3-5 miles)
 Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
 Run Leader: Coach Hamed Kian
 Speedwork, Thursday = tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.
 6:00 PM - Flagler Drive Mile Repeats
 Meet at the Fountains Narcissus/Clematis Street, WPB.
 Contact: Gary Walk, 561-820-0314

6:00 PM - Run & Roll Power Walk (3-4 miles)
 Meet at Run & Roll, 330 Clematis Street, WPB.
 Contact: Patti Kadis, Run & Roll, 561-650-1200
 Everyone is welcome.

6:30 PM - Fit 2 Run Fun Run
 The Mall at Wellington Green
 Contact: Brenda at Fit 2 Run, 561-753-9343
 All levels welcome.

WEDNESDAY

5:30 AM - Bridge Run (Donald Ross Rd. Bridge Run)
 6:00 PM - Run & Roll Easy Run (3-4 miles)
 Meet at Run & Roll, 330 Clematis Street, WPB.
 Contact: Patti Kadis, Run & Roll, 561-650-1200
 Everyone is welcome.

THURSDAY - MORNING

5:30 AM - Benjamin H.S. Track
 Jupiter (Central Blvd.) Interval Workout.
 Contact: Gary Walk, 561-820-0314

EVENING

6:00 PM - Fun Runners Group Run (3-5 miles)
 Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
 Run Leader: Coach Hamed Kian
 Tempo. All levels welcome. Great for beginners up to speedsters, coached workout, lots of fun, every workout is different. Bring water.

6:30 PM - Clematis by Night Run (4.2 miles)
 Meet at the Fountains Narcissus/Clematis Street, WPB.
 Contact: BobAnderson34@gmail.com
 The run is in conjunction with the Thursday Night on Clematis. Music, beer & food. Run along beautiful Flagler Dr. 4.2 miles. All levels, kids, dogs. Water/Gatorade at the turn-a-round.

6:30 PM - Fit 2 Run Fun Run
 The Mall at Wellington Green
 Contact: Brenda, Fit 2 Run, 561-753-9343
 All levels welcome. After the run, we head to World of Beer in Wellington (proper I.D. required)

SATURDAY - MORNING

6:00 AM - Run & Roll Store Run (4-24 miles)
 Meet at Run & Roll, 330 Clematis Street, WPB.
 Contact: BobAnderson34@gmail.com
 Group runs from 4-24 miles. Water/Gatorade provided on the course. For your convenience, store opens at 5:30 am. The run will take you into Palm Beach along the ocean up to the Palm Beach Inlet and back along Lake Trail.

6:00 AM - Tri Bike Run Saturday Group Run (up to 12 miles)
 Meet at Tri Bike Run, Juno Beach (Corner of US 1 and Donald Ross Rd.)
 Contact: Linda Neary Robb, 561-694-8125
 Group long run up to 12 miles. All levels welcome. Very popular (100+ runners). Meet friends, group long run, increase endurance and have fun! Water on course (3 stops), water and sports drink at start/finish at store. Refreshments once a month (bagels, coffee, fruit). Timed 10 mile run every month.



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LOOK!



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

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palm beach

PRODUCTION COORDINATOR
KEN BAXTER

DESIGN AND
LAYOUT

FASTSIGNS
Lake Worth
561-439-4700