



President's Message

It's A Great Time To Be A Runner!

It's our season! Your club has switched into high-gear as the cooler months arrive. Our Run 4 The Pies event was a huge success, now a fixture in the holiday traditions of many in our area. New to that race were two runner-inspired additions, the "Kid's Pumpkin One Miler" race and a "Virtual Race." The new one miler filled a gap between the 100-yard dash held for smaller tikes and the regular 4 miler. We had 72 entrants between ages 5 and 12. Each child was awarded a finisher medal and a miniature apple pie for their efforts. That's good grooming for future PBRR racers, I say! The idea for a virtual race came from those runners who couldn't make their traditional trip to Tequesta for the Thanksgiving Day event but still wanted to be a part of the family and community that has become this race. In the 4 mile run, some runners were happily surprised to learn that pumpkin pies were now on the finisher's menu, if you were quick enough to earn one. A great thanks to Bob Anderson, Madeleine Ely, Jim Werring and the many volunteers that helped make this special event possible in its 16th year.



Dave Masterson
President

The Classics By The Sea is a perennial favorite that offers a Kid's One Mile race, a 5k and a 10k. This year's attendance topped the previous 18 Classics races with 947 entries! The threat of rain and a breezy run along the beach did not deter our runners, as impressive times were logged in both the 5k and 10k races. Runners from our area shared the road with athletes from Ohio, Pennsylvania, Wisconsin, Georgia and one age group winner from Scotland. Each year this race is produced by PBRR Secretary and Treasurer Dianne Lavado, whose tireless efforts lead to one of the most memorable run events in South Florida. Also notable is our colorful long sleeve race shirt that's worth collecting each and every year. Thanks to all of our race sponsors and volunteers who make our December event a true classic!

We close out 2016 and start up again January 1st with a New Year's 3 Mile Fun Run and Social at Run and Roll in West Palm Beach. We encourage all of our members to join us as we begin another journey around the sun sharing good friends and good adventures in running. As always, we invite interested runners at any level to attend our events to learn about and hopefully join our group. At PBRR, new and experienced runners share their passion through social and athletic endeavors; we provide the events and the enthusiasm!

About the new PBRR President: *Dave is a late bloomer to the run community, starting in his mid-thirties on a "dare" to complete the Komen Race For The Cure among coworkers. He has competed in run events from 5k to 100k, from Europe to Australia and across the USA. Dave has also dabbled in triathlons and adventure racing. He is now commonly seen running marathons as a pace group leader, or as the announcer at various athletic events in South Florida. He is motivated by the social and community aspect that running brings. We welcome Dave's enthusiasm and involvement to the PBRR family and look forward to many exciting club events and happenings in the coming year!*

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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DESIGN AND
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LOOK!



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