



President's Message

Where do the gains come from?

In any form of athletics or competition, there is a seemingly endless search for improvement. If we were to list the many resources available to us as runners, we'd have S.F. Running Forum article material for the entire year. If you have a running goal of distance, time, or perhaps to beat that one person in your age group, there are almost too many ways to improve.

Let's look at a few that deliver results for our members. An obvious choice would be to read. Maybe not the first thing you'd think of, I agree. This publication is a terrific source of information, featuring upcoming events, photographs and stories filled with motivation. You can find much more by subscribing to running magazines either mailed or online. Social media provides a great stream of positive runner and training advice. Books in-print and for e-readers cover every subject you could imagine for running. If you have the time and ambition to improve, reading more about your passion can deliver solid results

Another big push for runners is your nutrition. There are many ideas and philosophies that can drive dietary improvement. These range from regulating sugar intake, having protein right after your workouts, to wide-reaching lifestyle changes. Many runners say they'd rather add "x" more miles per week vs. giving up their coveted treats or eating habits. All good, but the facts are irrefutable - healthier eating yields better performances.

Your run group peers can provide worthwhile assistance and information, but like anything, consider the source. Choose those that can (or have) performed well to be in your "circle of influence." This is important! Take it further, like Jupiter's Kristen De Simone. She recruited local Master's speedster and fellow member Jennifer Sober to help her reach a new 10k milestone. How'd that go, you ask? By trusting her friend, Kristen came home with a new PR and a time more than a full minute better than she had hoped for! More proof? New member Andres Chipoco ran his debut full marathon in Miami. He elected to run with a pace group, rare for a first-timer. He ran strong for most of the race. Although the weather conditions deteriorated quickly, he put together a good performance and more notable, learned what he will and won't do next time. Gains!

Personally, one of my favorites is to go where faster people run. Over 15 years ago, I wanted to know where the guys that win our local races train. I wanted to see, on a repeated basis, how someone could dissect my 5k time by 60- 90 per mile. And I got my answer! I went to track workouts. I went to local hill training runs. And I showed up to run "long" on my weekends. For someone to be 100 meters ahead of me on just one 400 meter lap, that was amazing! I saw the truth - increased intensity and chasing those guys builds speed. Mentally, it made me want to train differently. Sometimes, the improvement happens between our ears. More gains!

I invite all of our members to lean on these resources, especially using the knowledge of our fellow PBRR members. So many in our club are willing to help answer questions, to give tips, and to offer support. You can reach your goals by learning from the experiences of others. Show up at our Group Runs (see our website for updated listing), visit our Facebook Page and come run or volunteer at our events. Your biggest gains are likely still ahead of you!



Dave Masterson
President

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!