



## President's Message

April is an exciting month for Palm Beach Roadrunners. We began on the 1st of the month volunteering and lending club support to the Marsh Pointe Elementary School 5k race. In its 5th year, the students, their siblings, and parents ran to raise money for four charities: Marsh Pointe Elementary Running Club; Autism Speaks; Jupiter Medical Center's Margaret Neidland Breast Center; and Tour de Force, a bicycle ride that benefits fallen law enforcement officers.



Dave Masterson  
President

We realize the future growth of our club will involve these kids. Together with PBRR member Alicia Schultz and the Marsh Pointe teachers and coaches, we gave them a professional experience at the race, from a real DJ and announcer to having a student sing the National Anthem and even drone video coverage of the event. This kind of positive attention allows them to grow their enthusiasm for our great sport. We have more "kid-centric" plans for 2017 - keep a close watch!

Notching up a few years, we have our middle and high school aged runners. Local athletes aged 12-17 have already begun submitting applications for scholarships to the Warrior Run Camp this summer. An annual goal of our club is to raise money through our races and membership dues to make this possible. We routinely send 20 or so runners from track and cross country to sharpen their skills, learn from great collegiate coaches and runners, and of course to enjoy the fun that is summer camp! Last year, we created a nice ceremony to award the scholarships to the students. When we announce the date and location for this event this year, please make the effort to join us and celebrate our scholarship winners. A sizeable crowd of supportive fans makes a difference to these promising runners!

What else? We have a redesigned website - mobile friendly and easy to navigate! Have a look at the News, the Group Run section, and featured stories from our blog - it came out very nice. New features ahead are a local Run Calendar and a "Club Running Records" section. Who has the fastest 5k so far in 2017? What club member has the best marathon time in the age group you're heading into? I am excited to open this new section up to stoke good fun and better performances from our speedy folks!

If you're looking to become more involved in what we do - our monthly club board meetings are open to all members. We need help coordinating volunteers, a liaison to work with our sponsors, someone who loves photography... there are plenty of rewarding roles in our growing ranks. We invite you to join us! My contact info is below...

## WEEKLY SCHEDULE GROUP RUNS & WORKOUTS

### MONDAYS - MORNING

5:30 AM - 7:00AM - **Jupiter High School Track**  
Military Trail and Toney Penna Drive  
Open to the public for workouts and run training  
Bring water, group size variable.  
(Not open on Holidays)

### EVENING

5:30 PM - **Blue Heron Bridge**  
Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.  
Hill repeats  
Parking and restrooms at Phil Foster Park  
All levels welcome.  
Contact: Ulrike "Gabby" Vernachio -  
ulrikerun@bellsouth.net

### TUESDAYS - MORNING

5:00 AM/5:20 AM start - **Blue Heron Bridge**  
Blue Heron Blvd., Meet at NE parking lot, Phil Foster Park.  
Hill repeats  
Contact: Gary Walk, 561-820-0314  
Parking and restrooms at Phil Foster Park  
All levels welcome.

### EVENING

6:00 PM - **Flagler Drive Mile Repeats**  
Meet at the Fountains Narcissus/Clematis Street, WPB.  
Contact: Gary Walk, 561-820-0314  
All levels welcome.

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  
All levels welcome.

6:30 PM - **Fun Runners** - Speed Workout (for all ability levels)  
Meet at Loggerhead Park, US-1 Juno Beach  
Contact: Coach Hamed Kian, 561-406-3538  
All levels 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 - MORNING

5:30 AM - 7:00AM - **Jupiter High School Track**  
Military Trail and Toney Penna Drive  
Open to the public for workouts and run training  
Bring water, group size variable.  
(Not open on Holidays)

### EVENING

6:30 PM - **Run & Roll Beer Run/Pub Crawl** (2nd Weds of each month)  
Meet at Run & Roll, 330 Clematis Street, WPB.  
Contact: Patti Kadis, Run & Roll, 561-650-1200  
All levels welcome.

### THURSDAY - MORNING

5:30 AM - **Benjamin H.S. Track - coached workout**

Jupiter (Central Blvd. South of Donald Ross Road), Coached Interval Workout.  
Contact: Gary Walk, 561-820-0314  
\*\*\* The running track was damaged by a tornado - we will meet at the front gate to Benjamin High School on Grandiflora Rd. for this workout. We will run intervals on well-lit Grandiflora Rd in the new Alton neighborhood. Park on the street near the gate or in the small parking lot at the front of the school. The repairs should be completed by end of March, 2017.

All levels welcome. Seriously ~ This is NOT a competitive track meet, come and run intervals with all ages and abilities! Great training for races and general fitness.

### EVENING

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 - **Fun Runners** - Tempo Workout  
Meet at Loggerhead Park, US-1 Juno Beach  
Contact: Coach Hamed Kian, 561-406-3538  
All levels welcome.

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, fraternize with runners and beverages!

### SATURDAY - MORNING

6:00 AM - **Run & Roll Store Run** (4-24 miles)

Meet at Run & Roll, 330 Clematis Street, WPB. GroupRunPostoffice  
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 - **PBRR North County Saturday Group Run**

(5 up to 12 miles, options for more for marathon and ultra runners)  
Meet at Dunkin Donuts, Plaza La Mer, Juno Beach  
NW Corner of US 1 and Donald Ross Rd. We park in the large parking lot west of Dunkin Donuts, leaving the spots in front of Dunkin clear for their many weekend customers. (Thank you!)  
Contact: Dave Masterson, 561-818-3567  
dave@palmbeachroadrunners.com  
Group long run - distances from 5-20+ miles. All levels welcome. Very popular (50-

PRESIDENT  
Dave Masterson

VICE PRESIDENT  
Patti Kadis

TREASURER  
Dianne Lavado

SECRETARY  
Ken Baxter

MEMBERSHIP  
Frans De Calonne

SCHOLARSHIP  
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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

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