



President's Message

See Things on a Different Level

By now in your life, you must have good examples of being able to "see" or experience things from a new perspective. As runners, we have some unique ways of doing this. We run and race over many distances. Maybe your first race was a 5k. That was a challenge. Now that you've done a half marathon, how does the 5k feel different to you? Perhaps you started as an obstacle course runner and have graduated to longer distances? So, trails are different than city streets? We can draw plenty from these experiences. Some of this growth helps our running. Some of this growth positions us to help others.

I have two recent examples of this. I was a spectator at this year's Boston Marathon. I surrounded myself with a city full of our sport's biggest stars. From young Jordan Hasay in her first marathon to Meb, competing in his last. Everyone wearing a bib that Monday was one of the best runners from their neighborhood! The start waves are organized in qualify-time order. Wave #1's red bib runners all were exceptional marathoners. Each is better and faster than I've ever run. I stood at mile 25 and watched them work through the pain and happiness of their race on the world's most famous course. I moved around the city and watched runners from different vantage points, looking for friends and cheering for strangers. It was inspiring! From the fastest pack of elite men to the later waves of charity runners, many had worked for years for this opportunity. Guess what? We are all on a "running journey." Is Boston on your list? Or may it be finishing a 10k? 50 races in 50 states? Our sport and passion allows us each to chase those goals and dreams. Respect what's happening while we are healthy enough to enjoy our time on two feet. It is so special!

I volunteered at the Garden of Life 5k, a local race with a nice prize purse. I met one of the athletes that flew in for the race, he was asking me questions about the course. He said, "There may be someone who can take me out in the 5k, it's not my best distance." The conversation continued and I discovered he raced in the Rio Olympics for his country, Zambia. His preferred distance was the marathon, his PR is 2:11-something. Wow! I think about my races, too. The course and the distances. Here is one of the world's elite runners concerned about who may show up to race against him? It wasn't a worthwhile concern, his 14:26 5k was enough for first place. I stopped and thought afterwards - How similar are we all about our "trials" and our moments in the sun!

I invite you to change your view of things this summer. Try a new distance, volunteer for a race, become more involved in our club's activities. There is so much happening, you wouldn't want a great running opportunity to "outpace" you, right? Click the mouse, register for something and start training! See you on the road...



Dave Masterson
President

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 Run and Roll / Clematis Street, WPB.
Contact: Patti Kadis, 561-650-1200.
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 (50-100 runners). Meet friends, group long run,

PRESIDENT
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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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