



President's Message

A cornerstone of our PBRR activities each summer season is sending young local athletes to a week-long summer running camp. This year, we are fortunate to send 18 high school cross-country and/or track runners to Warrior Running Camp in Babson Park, FL. These are our 2017 Run Camp Scholarship Winners:

Xavier Pierre, Hailey Smallwood, Joe Lopez, Charles Richardson, Jose Vergara, Julia Volpi, Isaac Nye, Rudolph Adonis, Katherine Bojanowski, Jurni Juergen, Annanya Argawal, Samuel Munera, Sebastian Gamarra, Katie Berndt, Hermano Cherilus, Tina Daughtry, Kurt Taegar, Alicia Cook.



Dave Masterson
President

Again this year, we held a special Awards Ceremony for the Scholarship recipients. Previous PBRR Scholarship winner, Annie Almark, spoke at our event. Annie shared with the group her past experiences at the camp, her love for running, and her future plans as she enters college this Fall. Each Scholarship winner received a PBRR singlet to represent our group among the many runners attending the Warrior Camp. We highlighted each athlete's running career achievements (so far) and spoke with each winner about the camp and their upcoming season. It was a great night to see and experience one of our club's finest endeavors.

Along with presenting three very popular races in our community, hosting social events, providing water stops, this is what our club does each year. It's about enhancing your run experience while building and "giving back" to the local running scene as only a nonprofit organization can. Your annual membership dues support these efforts. For every person that asks, "What do I get?" regarding membership, I think the results are obvious. Our memberships are less than most 5k entry fees and the benefits are many. More impactful, however, is the reality of what you give and make possible. We encourage you to continue to support our efforts by renewing your club membership each year. Invite a friend to a local run, volunteer for a race, offer your expertise and help with our Board Meetings. And smile big when you do!

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
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DESIGN AND
LAYOUT

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