

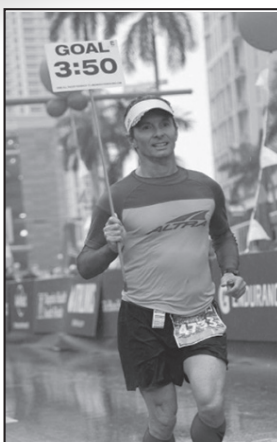


President's Message

There are plenty of events to look forward to as our summer turns to autumn. Here are a few PBRR happenings ...

- **Rogue Runs** - These are informal meetup runs for all paces and abilities. We continue to attract more participants each time we announce a Rogue Run, keep tabs on the PBRR website and Facebook page for the next one. We usually give a few days' advance notice, a time, place, and approximate distance. And stay after the run for the camaraderie and laughs!
- **Heart Walk** - Saturday, Sept 23rd is the WPB American Heart Association Heart Walk. There are no timing chips or finish lines for this event, it's where we walk and raise money for an important cause that unfortunately, still affects many families. Walk with us as we give back as a PBRR Team. Learn more about this on Facebook and the PBRR Website.
- **Racing** - The local racing scene swings back into a busy calendar full of events. We have information on the PBRR website for our races and we'll be adding other area events as the season progresses. Local high school runners have already begun their cross country (CC) season. If you want to connect with and see many exciting young runners from our area, I suggest going to a CC meet. They are usually held in the late afternoon on weekdays. These are fun to watch, plus you're almost certain to meet other PBRR members and parents, too!
- **Training** - Large fall marathons and the return of the Palm Beaches Marathon weekend will have many local runners hitting the streets. Our Group Runs website section highlights the when and where for solid training events. Try a track session, challenge your legs and lungs on a hill run, we've got something for every runner. Your chances of race day success hinge greatly on the "homework" you do long before the "test." But you knew that! We can help...

Finally, I hope many of you got some inspiration in watching the Track and Field World Championships, held this summer in London. In non-Olympic years, these events are where the best runners keep their skills at peak levels. For the rest of us fans, the options for viewing big meets like the World Championships are many. NBC Sports, live streaming to your mobile devices, and the new Olympic Channel bring the action home like never before. Watch, marvel in the talent, learn and repeat. And we will see you out on the roads!



Dave Masterson
President

WEEKLY SCHEDULE GROUP RUNS & WORKOUTS

SUNDAYS - MORNING

NEW TIME 6:30 AM – Jupiter High School Track - Coached session of intervals
Address: 500 Military Trail, Jupiter, FL 33458 (Just south of Indiantown Road)
All levels from beginners and first timers to experienced athletes.
Be a part of a coached workout designed to help all runners learn about and experience the benefits of doing workouts on the track. Different workout every week.
Bring water, group size variable.
Contact: Coach Todd Clements 561-602-0390
rtclem22@yahoo.com

MONDAYS - MORNING

5:30 AM – 7:00AM – Jupiter High School Track
500 Military Trail, Jupiter, FL 33458 (Just South of Indiantown Road)
Open to the public for workouts and run training
Bring water, group size variable.
(Not open on Holidays)

EVENING

6:15 PM – Dyer Park
7301 Haverhill Rd, West Palm Beach, FL 33412
Hills, paved running paths - meet by soccer field at base of hill.
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.
Address: 127-199 N Clematis St, West Palm Beach, FL 33401
Contact: Gary Walk, 561-820-0314
All levels welcome.

6:00 PM – Run & Roll Power Walk (3-4 miles)
Meet at Run & Roll
Address: 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
Address: 14200 US-1, Juno Beach, FL 33408
Contact: Coach Hamed Kian, 561-406-3538
All levels welcome.

6:30 PM – Fit 2 Run Fun Run
The Mall at Wellington Green
Address: 10300 W Forest Hill Blvd #287, Wellington, FL 33414
Contact: Brenda at Fit 2 Run, 561-753-9343
All levels welcome.

WEDNESDAY - MORNING

5:30 AM – 7:00AM – Jupiter High School Track
Address: 500 Military Trail, Jupiter, FL 33458 (Just

south of Indiantown Road)
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
Address: 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)
All levels welcome - 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
Address: 330 Clematis Street, WPB.
Contact: runalotpatti@bellsouth.net
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
Address: 14200 US-1, Juno Beach, FL 33408
Contact: Coach Hamed Kian, 561-406-3538
All levels welcome.

6:30 PM – Fit 2 Run Fun Run

The Mall at Wellington Green
Address: 10300 W Forest Hill Blvd #287, Wellington, FL 33414
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
Address: 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 – PBRR North County Saturday Group Run

(5 up to 12 miles, options for more miles for marathon and ultra runners)
Meet at Dunkin Donuts, Plaza La Mer, Juno Beach
Address: 803 Donald Ross Rd, Juno Beach, FL 33408
Contact: Dave Masterson, 561-818-3567 dave@palmbeachroadrunners.com
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!)
Group long run - distances from 5-20+ miles. All levels welcome. Very popular (50-100 runners).
Meet friends, group long run, increase endurance and have fun. Water and sports drink on-course (3 stops). Popular runner gathering at DD afterward!

PRESIDENT
Dave Masterson

VICE PRESIDENT
Patti Kadis

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Frans De Calonne

SCHOLARSHIP
Rose Hawley



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

FASTSIGNS
Lake Worth
561-439-4700