

Palm Beach Roadrunners



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iankulin@gmail.com

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Chris@drchrisfox.com

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runalotpatti@bellsouth.net

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Pjh13run@aol.com

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ana.m.berrios@gmail.com

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Kevin@HollanderRealEstate.com

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gwalk@caseyciklin.com

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igrady@palmbeaches.org

Brian Edwards
BrianEdwards@unitedwaypb.org

Bennie Drain
Sunnyfla68@comcast.net

Scott Maulsby@comcast.net

www.palmbeachroadrunners.com

Michael McAuliffe

This month we are profiling Michael McAuliffe. Not only is he a dedicated runner, but he is also dedicated to Public Service. In case you don't know, Michael is running for State Attorney for Palm Beach County. He has been very busy campaigning the past year and a half, preparing for the Democratic Primary election to be held on August 26, 2008 and then the General election November 4, 2008.

Michael was born in Washington, D.C. and grew up in England, Boston and Texas. He graduated from William & Mary Law School in 1989. He resides in West Palm Beach with his wife Robin and three children; Sydney, Madison and Adin.

PBRR: When did you start running and why?

Michael: "I've been running on and off for the last 30 years-It's a good stress release. 17 years ago while at the Justice Department in Washington, D.C., I used it as a pretext to impress Robin. I knew she was athletic and I used to see her running so I promptly bought some running gear."

PBRR: Do you prefer marathons or shorter distances?

Michael: "I like them both for different reasons. My sense of accomplishment is greater for me doing a marathon at my level (3:45- 4:00). 5K's and 10K's you can run them with your family and friends supporting charities as well as the running community."

PBRR: When and why did you join the Palm Beach Roadrunners?

Michael: "I joined because I love the camaraderie associated with runners. It represents



community based athletic approach that I believe in. It provides a great common meeting place for runners in our community."

PBRR: What is your favorite training run?

Michael: "Sunday morning runs down Flagler or to the tip of Palm Beach with friends. A trip to Starbucks will follow. A close second favorite run is an 8 mile loop on Martha's Vineyard in Edgartown with a stop half way for fresh baked muffins and coffee."

PBRR: What is your favorite race?

Michael: "The Palm Beach Marathon, it was my first marathon and it was at home."

PBRR: Best thing about running:

Michael: "The social aspect of it. I rely on my friends to keep me going. It is similar to running for Office; I need and depend on a support group. I used to be part of a running group in Washington, D.C. that ran together every day- many came to support me when I ran the Marine Corps Marathon last fall. Running is often the fabric that binds people together."

PBRR: Worst thing about running:

Michael: "Injuries. I'm fortunate that I've only had one or two minor setbacks."

PBRR: Do you have any advice for runners?

Michael: "Don't compare yourself to others. Run the best that you can -only compete against yourself."

PBRR: What are your future goals?

Michael: "After the election is over I'll set my sights on a future running goal like the New York Marathon. I would like to run the next Palm Beach Half Marathon under 1:40. I think a sprint triathlon is in my future as well."

It is very impressive to know that Michael also is a mountaineer and in 2005 climbed Aconcagua in South America which is the highest peak in the Western Hemisphere at 22,843 feet. In 2006 he successfully climbed Denali, the highest peak in North America at 20,320 feet. He described Denali as a "more difficult climb, more technical with extreme weather conditions." Training for these climbs involves running, strength training and running up flights of stairs in his office building with 60 lbs of weight in his backpack starting with 15 minute intervals and working up to 1 hour.

In his professional life and quest for State Attorney, Michael believes that he is the man for the job; "We are facing many challenges today in our community. I think I can be part of the answer to these challenges by making our community a better and safer place to live."

Group Runs and Workouts

Tuesday Evening Track Workout

The Benjamin School
6:00 pm
All abilities & ages welcome
Supervised Interval Workout
561-694-8125

Wednesday Night Track Workout

Palm Beach Lakes H.S. Track
(Military & 45th St.)
6:30 pm
Everyone welcome!
561-588-2122

Thursday Night CityFit! Run

Meet at the Fountain by the Library
downtown West Palm Beach
6:30 pm
4 miles down Flagler & back
Refreshments on Course
Free Water/Soda at Clematis by Night
561-822-1515

Friday Night Run from the Store

run and roll - West Palm Beach
South Dixie north of Forest Hill Blvd.
6:30 pm
4 miles around the neighborhood
561-588-2122

Saturday Morning Run from the Store

Running Sports - Juno Beach
Donald Ross Road just west of US 1
6:00 am
3-10 miles all speeds
561-694-8125

Saturday Morning 8 mile Run

From Bradley Park in Palm
Beach, 6:30 start time and contact
Patti Kadis for details.
561-588-2122

Sunday Morning Long Run on Flagler

From Downtown Library -West
Palm Beach, 7:00am
561-313-6099

MEMBERSHIP APPLICATION

Name _____ DOB / /
Address _____
City, State, Zip _____
Phone Number _____
Email _____

Please check interests:

- Running
- Walking
- I'd like to volunteer

Waiver of Liability and Statement of Fitness:

In consideration of my application being accepted, I intend to be legally bound, to hereby, for myself, my heirs and executors, waive release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me against the Palm Beach Roadrunners, its respective officers, agents, representatives, sponsors and successors of any and all damages or injuries sustained by me or my equipment which may occur directly or indirectly from participation in club activities. I attest that I am in proper physical condition to participate in club activities.

Signature _____ Date _____
Signature of Parent or Guardian if Athlete is under 18 years of age _____

Checks payable to **Palm Beach Roadrunners**

Mail to: Palm Beach Roadrunners
729 Dakota Drive
Jupiter FL 33458

Student (18 & under) \$15.00
Individual Membership \$30.00
Family Membership \$35.00

Family Member's Names: _____

-New -Renew



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