

BC Running Hits the Track for Will Glover's S&M Track Attack

"If you want to come back, you're doing it wrong!" - Coach Glover



All Photos: Frank Fender - BC Running

The BC has added a weekly track workout on Wednesdays at 5:30pm. It's a lot of fun and hosted by Ultra Runner Will Glover. All are welcome to join us at the 10th Street Community Park in Stuart for this free, volunteer club activity. Will Glover, while not an official coach, is also training for his own race goals and encourages others to join in on the speed workouts he arranges. If you want to get faster, you need to add a weekly speed workout to your training schedule and this fits the bill perfectly. For more information, check out www.facebook.com/BCRunning.

24th Annual Run for the Pineapple 5K - Memorial Day (Monday, May 25)

Join the running clubs on the Treasure Coast for the Memorial Day 24th Annual Run for the Pineapple 5K. The race will once again be held on the scenic course in Sewall's Point. This is always both a fun, family event, and a fast, competitive race. Great prizes, chip timing, awesome post-race refreshments, finisher medals for all participants. Hi-tech running shirts for the first 360 registrants. Overall, Masters, Grandmasters & Age Group Awards. Race proceeds benefit a local charity and high school scholarships. Presentation of awards to the 2014-2015 Sailfish Striders Race Series winners.

The endurance community typically uses this race as the opener for the marathon training season. Most endurance training programs require a current 5K race time to establish a baseline for an initial training pace, and this a a great race for that. An added bonus is that BC Running will take the results of this race and line up training groups for the Fall and Spring Half and Full Marathons. Hope to see you there.

Register Now While Supplies Last -- <http://bit.ly/Pineapple5K2015>

