

TCR Holiday Running

TC Running Races Through the Holidays in Style



Photo: TC Running

With the holiday season on the Treasure Coast comes several races that are always popular with TC Runners. *Pictured clockwise from upper left:* 1. Jamie Spooner and Mark Sparrow Swart took home significant hardware from the Palm City Turkey Trot 5K on Thanksgiving morning. Spooner was the Overall Female Winner and 18th Overall in 21:05. The Sparrow was the Male Masters Champion and 2nd Place Overall in 18:45. 2. Addie Green and Mike Peragine celebrate their finish at the Space Coast Marathon running together they finished in 3:32:19 and at 75th & 76th place overall. 3. Jerry Baldochino (25:38), Jorge Costero (25:59), Ernie Ojito (28:30) pulled off the top three positions in their age group category at the Carson's Tavern Beach 2 Bar 5K+ in Stuart. 4. Dan & Christine Newman, and Joe & Lisa Miller celebrate at the starting line of the Space Coast Half Marathon in Melbourne. 5. Lots of TC bling at the end of the Space Coast Marathon for *Back Row:* Diana Fohrman, Jamie Spooner, Jill Davis, Rankin Holloway, *Front Row:* Stephen Curet, Rex Noble, Anna Quesada, Darrell Fiske, Gina Maria, and Agnes Rahman. 6. The winners of the Beach 2 Bar 5K+: Mia Rodriguez, Age 11, 1st Place Female and 9th Place overall in 24:00, with Luke Walker, 1st Place Overall in 20:26. 7. At the start of the JLMC Reindeer Dash 5K in Sewall's Point with Steve Day (189), Debra Daley (188), and Randi Garvey (703). Daley ended up winning the Female Masters category in 22:51 and placing 15th overall. Day placed 1st in his age group, 13th overall in 22:35, and Garvey placed 1st in her age group, 28th overall in 25:18 in a field of 291. 8. Kaitlyn Matteson, Hilda Fernandez-Greene, Jennifer Kessler, and Bill Hester, part of the TCR-WOTB training team, enjoy the cooler weather as they run the Ernest Lyons Bridge on a Saturday. 10. Jean Williams-Binns, Jennifer Desmangles, Jurmain Mitchell and Jennifer Oro ventured to Negril for the Jamaica Reggae Half Marathon. Mitchell raced a 1:37:11, good enough for 30th overall in a field of 787.



Photo: Addie Green - via Facebook



Photo: TC Running



Photo: Lisa Miller - via Facebook



Photo: Hilda Greene - via Facebook



Photo: Jean Binns - via Facebook



Photo: Jill Davis - via Facebook



Photo: Lauren Pittman - Junior League (JLMC)



Photo: TC Running

TCR Endurance Training Options



It's time to run, TCR!! All paces of runners and walkers are always welcome. Check Facebook, then just show up and run.

- **TCR-Stuart Downtown** – 5am T&TH at the Shell station just North of Roosevelt Bridge or 4:45am from City Hall.
- **TCR-545 Run/Walk** – 5:45am T&TH at the Shell station just North of Roosevelt Bridge.
- **TCR-Stuart Southside** – 4:45am T&TH on Cove Road (Peace Presbyterian Church).
- **TCR-Tradition Square** – 5am T&TH at the fountains in Tradition.
- **TCR-Palm City** – 5am T&TH at the Palm City Publix. 4:45am for 12-min pace group with intervals at PC Walgreens.
- **TCR-Crosstown** – 6pm Wednesdays (or 5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL.
- **TCR-Skyline Hills** – 6:30pm Wednesdays at the church on Skyline in Jensen Beach.
- **TCR-Fort Pierce** – 7am Sundays at the Inlet Jetty.
- **Will Glover's S&M TCR Track Attack** – 6pm Tuesdays at 10th Street Community Park, Stuart (<http://bit.ly/10thStreetTrackMap>).

Just show up and run! Want to know more? Find TC Running on Facebook Groups!