

# Spring Running

## In the Happiest Seaside Town in America



You read that correctly. This month, Coastal Living magazine ranked Stuart FL the #1 "Happiest Seaside Town in America" for 2016. We've known that all along, but we thought perhaps it was just the endorphins talking. If Coastal Living also believes it there must be more to it than just a great place to run year-round. Certainly Treasure Coast runners have been ecstatic with the great cool running temps that have extended well into April making for great Spring training runs and races.



Photo: Dave Young



Photo: Fleet Feet Stuart



Photo: TC Running



Photo: TC Running



Photo: Amy Eversole

Pictured clockwise from upper left: 1. Amy Eversole celebrates her finish with Cindy Cooper at the Brianna Cooper Heavenly Smiles 10K. 2. Coach Michael Fronsoe leads Monday night track training for Fleet Feet Stuart at the 10<sup>th</sup> Street Track in Stuart. 3. TC Runners stretch after the 10.7-mile Hutchinson Island loop on Saturday morning at the end of Jensen Beach Blvd prior to heading across the street to Jan's Restaurant for recovery breakfast. 4. Jeanne Brower receives the ceremonial slap bracelet from Frank Fender signifying the transition to her new responsibility as Race Director for the 2017 Marathon of the Treasure Coast scheduled for March 5<sup>th</sup> of next year. 5. Jena Welleiver and Amy Eversole show off their bling after the Brianna Cooper Heavenly Smiles 10K.

### Run for the Pineapple 5K - Monday, May 30<sup>th</sup>

Join us for the 25<sup>th</sup> ANNIVERSARY Run for the Pineapple 5K in beautiful Sewall's Point, FL. That's a quarter century of racing the Treasure Coast... or 77.5 miles if you raced them all... or roughly 23,250 person-miles. For the past several seasons TC Running has used the Pineapple 5K as the opening race to establish appropriate training paces for the rest of the endurance season and to build training groups for the longer races in the Fall and Winter. Ask the club about family and multi-party registration discounts. There is a medal for all finishers and a cool 25<sup>th</sup> Anniversary commemorative tech shirt. Be sure to register before April 30 to save \$5 and guarantee your shirt. This race is capped at 500 runners.

Register Now -- <http://bit.ly/Pineapple5k2016>

