

# All-Comers Track Meet

Coach Mike Fronsoe's concept for an old-school open track meet for all ages and paces was realized this month on the Treasure Coast with the Fleet Feet All-Comers Track Meet at Martin County High School on July 11. With the support of Fleet Feet Stuart and Coaches Bonnie Galdys and Ray Raparelli, events were staged with electronic timing in a wide range of age groups from kids to seniors in heats of 100m, 200m, 400m, 800m, and 1600m. It was great to see participation from such a broad spectrum of the running community and a great time was had by all.



Photo: TC Running



Photo: TC Running



Photo: TC Running



Photo: TC Running



Photo: Edgar Perkins



Photo: TC Running

*Pictured clockwise from upper left:* 1. Claudia Dickens and Donnian Scalzo join Caroline Lawless at the new T&TH TCR-Team Fit training runs from the Team Fitness gym on Ocean Blvd in Stuart at 5:30am. 2. Stiff competition among the men's 100m at the Fleet Feet All-Comers Track Meet. 3. Stephen Leighton celebrates his strong showing at the All-Comers Track Meet at Martin County High School. 4. Hannah Schwab, far right, lines up with Tricia Kukuvka and the women's field at the start of the female 400m heat at the All-Comers Track Meet. 5. Nicole Hightower takes her mark at the start of the women's 400m heat at the All-Comers Track Meet. 6. Will Glover and Frank Fender on the Stuart Boardwalk following a warm July Tuesday morning training run.

## Treasure Coast Halloween 13.1 - Sunday, October 30<sup>th</sup>

Join Treasure Coast Running for the TC Halloween 13.1 Half Marathon on October 30, 2016. Run like there's a ghoul chasing you on Halloween Eve and experience the Treasure coast on a scenic, competitive course with stunning views in this iconic village by the sea! Awesome medal for all finishers. Tech running shirt guaranteed for everyone registered by September 15. Competitive race starts at 6:30am at Stuart Memorial Park and includes overall and age group awards. Walkers welcome. Chip timing! Refreshments! Virtual Race! Costume Contest! Race proceeds benefit a local charity and high school scholarships. Ask the club about family and multi-party registration discounts. Hope to see you there. It's the Halloween 13.1... run for you life!!



**Register While You Still Can -- [www.TChalloweenHalf.com](http://www.TChalloweenHalf.com)**