

Endurance Training Kicks In!

As summers comes to a close, although still quite warm and humid on the Treasure Coast, the Fall marathons are right around the corner. There are groups training for the Chicago Marathon in early October and the Marine Corps Marathon in late October, as well as the Treasure Coast Halloween 13.1 Half Marathon. With only a few weeks of training left, mileage is starting to stack up for TC Runners all around the Treasure Coast. In addition, the 2017 Marathon of the Treasure Coast, scheduled for March 5, is starting to take shape and seeking volunteers. Race Director Jeanne Brower kicked off the year with the annual Treasure for Charities event at Oceanside Physical to celebrate over \$23,000 of funds the TC Marathon enabled last year and to start the philanthropic effort for 2017.



Photo: Run John Run



Photo: Fort Pierce PD



Photo: Fort Pierce PD



Photo: Fort Pierce PD



Photo: Galloway Run/Walk of Stuart



Photo: Wildcat 100



Photo: Beverly Jones

Pictured clockwise from upper left: 1. Julie Young Zaldivar, Kathryn Neu and the TCR-We-Run finish out a Friday night at Big Apple Pizza Gatlin & PSL Blvd. 2. Male winners of the Travis Manion 9/11 Heroes Run 5K, John McDonald (18:38.5), 1st Place Overall, and Steve Cortes (19:32.8), Male Masters Winner, show their bling. 3. Mike Peregrine at the Wildcat 100 Ultramarathon in Pensacola, FL on his way to winning 1st Place Overall in 22:00:26. 4. Galloway Run/Walk of Stuart is in full swing on Saturday mornings at 6am coordinated by Cathy and Jennifer Lieber to train for the Halloween Half and Marathon of the Treasure Coast. The team had very special visitors on subsequent weekends; Jeff Galloway, and Al & Susan Hastings all came out to show their support and run with the group. 5. The Marathon of the Treasure Coast held its annual Treasure for Charities event at Oceanside Physical Therapy to kick-off the 2017 marathon philanthropy drive and celebrate the outstanding charity work enabled by the TC Marathon. In 2016, the Marathon of the Treasure coast enabled \$23,852 of charitable giving for 12 local causes, bringing its grand total for three years to \$65,557. Recipients included Epilepsy Foundation, Florida Oceanographic Society, JDRF, Gulfstream Goodwill, Bart's Blue Star Foundation, Elev8 Hope, Voices for Children of Okeechobee, Suncoast Mental Health Centers, Alzheimer's Association, Care Net, M.E.'s Team, and Luekemia & Lymphoma Society. 6. Linda Taylor says "We can do it!" and shows her patriotism at the Travis Manion 9/11 Heroes Run. 7. Brian Mast, American hero and Republican candidate for Congress from the Treasure Coast, an avid runner who attends many of our local races, finishes the 9/11 Heroes run with his son, Magnum.

Treasure Coast Halloween 13.1 - Sunday, October 30th

Join Treasure Coast Running for the TC Halloween 13.1 Half Marathon on October 30, 2016, the year hosted by **Oceanside Physical Therapy**. Run like there's a ghou! 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