

# Sweating Spring

## As TC Runners are Racing into Summer

As the warmer summer training season approaches, Treasure Coast Runners are making the most of the comfortably cool running days remaining. With the TC Marathon behind us, April is host to a solid list of local races including the Chimpathon 10-miler, Brianna Cooper Heavenly Smiles 5K/10K, the DTR Endurance Challenge Trail Half Marathon, and several smaller philanthropic events. Much of the TC Running activity is also fueled by the excitement, and final training activity, for the looming Boston Marathon on the Monday after Easter weekend, where a significant TC crowd will be racing to represent the 772. Lace up your kicks and meet us for a run before the summer hits. Also, now would be a great time to start training to set your sights on a solid time at the 26<sup>th</sup> Run for the Pineapple 5K coming up on May 29<sup>th</sup>, Memorial Day, in Sewall's Point. See the information at the bottom of this page for registration and race details.



Photo: TC Running



Photo: Hilda Greene



Photo: TC Running



Photo: Steven Martine



Photo: Julie Zaldivar

Pictured clockwise from upper left: 1. Part of the Pacer Team for the Chimpathon, (from left) Stephanie Wilhelm, Frank Fender, KimmiLynn Gates, Terry Taynton, Joan Bauman, Ashleigh Hawkins, and Janet Napolitano, took time out for a quick pic before the race on Sunday morning, April 9<sup>th</sup>. The TCR-WOTB team celebrate their finish at the Down To Run Endurance Challenge at Jonathan Dickenson State Park on Saturday, April 8<sup>th</sup>. 3. Dennis "The Milkman" Marshall hooks up TC Runners with some much-needed protein following a regular Saturday morning long training run from the old Longneck's location. In the background, Clark Glover, Ashleigh Hawkins, and Denise Brodie cool down and socialize. 4. Julie Zaldivar carries the flame at the Law Enforcement Torch Run for the Special Olympics on Friday, April 7<sup>th</sup> in Port St. Lucie. 5. Jamie Spooner, Overall Female Winner at the Brianna Cooper Heavenly Smiles 5K, runs into some unexpected competition as she races for the finish line.

### 26<sup>th</sup> Run for the Pineapple 5K - Monday, May 29<sup>th</sup>

Join us for the 26th Run for the Pineapple 5K in beautiful Sewall's Point, FL. That's a quarter-century of racing the Treasure Coast... or 80.6 miles if you raced them all. 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 high-tech commemorative running shirt for the first 450 registered. 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/Pineapple5k2017>

26<sup>th</sup> Annual  
Run  
for the  
Pineapple 5k  
May 29, 2017  
Sewall's Point

