

Run, Rest, Repeat...

The TC Running Season Starts Up Again

Boston is behind us and was a fulfilling experience for all TC Runners who made the trip... and so now we begin again. The 26th Run for the Pineapple 5K in Sewall's Point this week marks the start of the 2017-2018 endurance season on the Treasure Coast. Using the Pineapple 5K result as a baseline, TC Runners will start grouping up, setting up training schedules, and begin shaping up for their target Fall and Winter races. It will be Run, Rest, Repeat with our favorite running partners while we search for shade through the summer months. Lace up your kicks and meet us for a run. Also, now would be a great time to set your goals for a solid time at the TC Halloween Half Marathon coming up on October 29th, at Memorial Park in Stuart. For Halloween Half registration and race details, visit www.TChalloweenHalf.com.



Photo: Kashka Tarka



Photo: Janice Little



Photo: Ginny Johnston

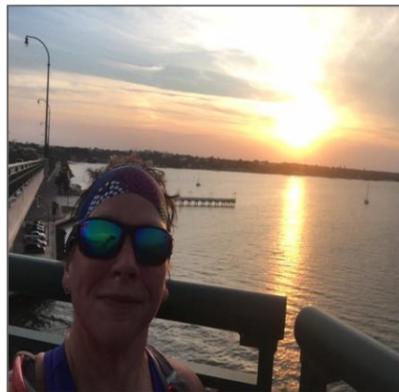


Photo: Emme Scheible-Traband



Photo: Julie Zaldivar

Pictured clockwise from upper left: 1. Kashka Tarka and Marilyn Harris tested their capabilities against the Catcher Car and joined over 85,000 runners simultaneously around the globe on May 7th for the Wings for Life World Run. 2. Fort Peirce TC Runners Brian Little, Tom Perona, Janice Little, Jevin Eyman, and Kathleen Perona take time out to capture the scene at the USA Beach Running Championship in Cocoa Beach on April 30th. 3. Julie Zaldivar takes a much-needed rest after finishing the 50k distance at the Palm Bluff Trail Rage in Osteen, FL on April 30th. Awesome work Julie! Congrats! 4. Emme Scheible-Traband met the sunrise on a typical Saturday morning long run and provides a glimpse of why we love running the Treasure Coast. 5. Ginny Johnston and Tanya Redding celebrate after placing 3rd and 1st in their age groups, respectively at the Lake Minneola Sunset 5k in Clearmont on April 22^d.

Treasure Coast Halloween Half - Sunday, October 29th

Join Treasure Coast Running for the TC Halloween 13.1 Half Marathon on October 29, 2017. 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 TC Halloween Half... run for you life!!



Register While You Still Can -- www.TChalloweenHalf.com