

# Kicking Into Summer

## School Is Out So TC Runners Travel & Run

With the 26<sup>th</sup> Annual Run for the Pineapple 5K in the books and the official end of the school year complete, runners on the Treasure Coast start to notice that marathon training season has officially started and, magically, the humidity and temperatures start to creep up to ensure that our training plan is working hard for us. It's time to start ramping back up. And what better way to kick off the season than to enjoy some summer travel for destination races and interesting remote training runs to spice up the schedule. The local ultra runners headed north to Michigan to participate in the June 10<sup>th</sup> inaugural Lighthouse 100-miler as many TC Runners took advantage of family vacations to log a few adventure miles. Check out the card insert in this copy of SFRF... now would be a great time to set your goals for a solid time at the TC Halloween Half Marathon coming up on October 29<sup>th</sup>, at Memorial Park in Stuart. For Halloween Half registration and race details, visit [www.TChalloweenHalf.com](http://www.TChalloweenHalf.com).



Photo: Dave Young



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Photo: Stephanie O'Neill



Photo: Emme Scheible-Traband

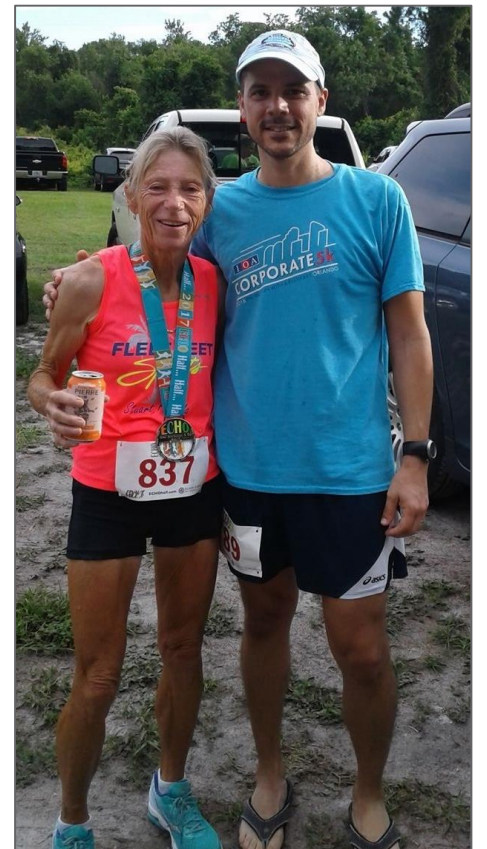


Photo: Brenda Wilson



Photo: Dave Young



Photo: Chene Jackson



Photo: Jeff Frohlich

Pictured clockwise from upper left: 1. Tanya Redding (TCR-Crosstown) and Michael Johnston (Bagel & Bean Company Race Sponsor) celebrate at the finish line of the 26<sup>th</sup> Run for the Pineapple 5K in Sewall's Point. 2. Katrina Wynne, Overall Female Winner of the 26<sup>th</sup> Run for the Pineapple 5K, and Bobby Hensley, Overall Winner, receive their pineapples, award mugs, and secure their memorialized names on the coveted Run for the Pineapple trophy. 3. Stephanie O'Neill made an early summer jaunt up to Reading, Pennsylvania to run in cooler weather with friends Michael Stanislaw, Yves Pado, Linda Wolford, and Barry Schlouch. 4. Brenda Wilson, Overall Female Winner of the Echo Half Marathon in DeBary, FL on June 4<sup>th</sup>, bumped in to our long lost TC Running pal Cairo Vanegas after the race. 5. Emmie and Jennifer show off their bling after finishing the Hickory Charity Chase Half Marathon in Hickory, NC on June 4<sup>th</sup>. 6. Shelley Giallanzo, Sybil Cobb, Debbie Hammond and Susan Taubler celebrate with their finisher medals on Memorial Day at the end of the 26<sup>th</sup> Run for the Pineapple 5K in Sewall's Point. 7. Jeff Frohlich pulled off the longest distance adventure training run this month by taking a jaunt in the cool temps of Juneau, Alaska. Nice. 8. The TCR-Southside crew, Wayne Powell, Brenda Wilson, Chene Jackson, and Dennis Marshall take time out from running to enjoy a littlesocial time in Port Salerno on the water.

## Treasure Coast Halloween Half - Sunday, October 29<sup>th</sup>

Join Treasure Coast Running for the TC Halloween 13.1 Half Marathon on October 29, 2017. Run like there's a ghoulish 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](http://www.TChalloweenHalf.com)**

