

# Gearing Up For Fall

## As temperatures cool off, TC Runners heat up on the Treasure Coast

Cooler Treasure Coast weather ushers in our prime training months and endurance season has kicked into full swing. In addition to the regular Tuesday/Thursday/Saturday training runs and Tuesday track workouts, almost every weekend has brought a major event including the Cherish Life 10K, TCR groups racing several national marathons including Chicago, Wineglass, and Southernmost. Additionally, we had several TCers racing local, national, and international triathlons, including participants at Ironman Chattanooga, Louisville, Muskoka, and the World Championship in Kona, Hawaii. TC Runners also participated in several regional and national half marathon events and many local 5Ks. This month also included our annual Treasure for Charities kick-off for the Marathon of the Treasure Coast where we were able to donate \$15,000 to local and national charities from the proceeds from last year's TC Marathon and begin the organizational process for this year's marathon scheduled for March 6, 2016. We are looking for staff support for TCM 2016. To get involved, contact Frank Fender on Facebook.



Photo: Phil Cromer



Photo: TC Running



Photo: TC Running



Photo: Yuko Wood



Photo: TC Running



Photo: TC Running



Photo: TC Running



Photo: TC Running

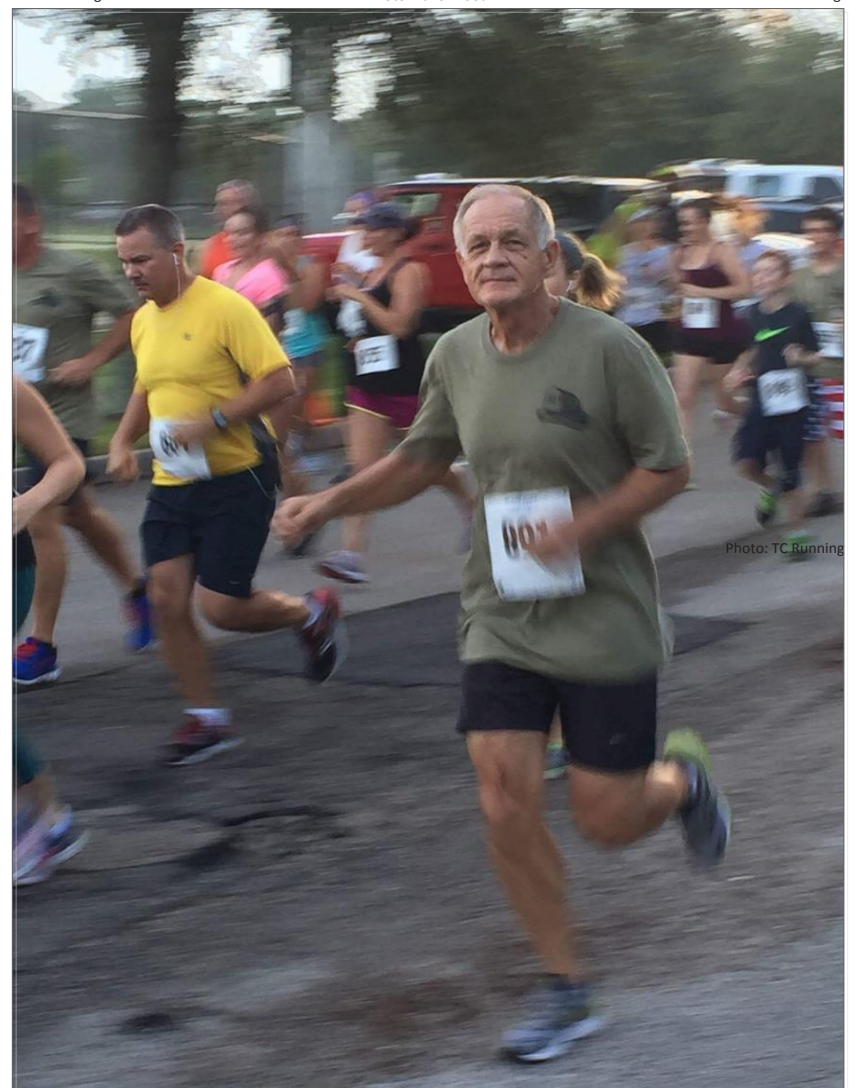


Photo: TC Running



Photo: TC Running



Photo: TC Running

Pictured clockwise from upper left: 1. Phil Cromer grabs a selfie in Chicago with the winner of the 2015 Chicago Marathon, Dickson Chumba of Kenya. 2. Jolene Morgan, Gerry Koslowski, and Dawn Brocius celebrate Gerry's 2<sup>nd</sup> Place AG finish at the Cherish Life 10K in Port Salerno. 3. TC Runners line up for the start of Will Glover's S&M Track Attack. It's a family affair every Tuesday evening at 6pm at the 10<sup>th</sup> Street Track in Stuart. 4. Yuko Wood bumped into Debra Daley and Mark 'Sparrow' Swart at the IM World Championship in Kona, HI. 5. TC Runners support fellow running partner Beth Alcalde and her 9-year-old son, Grant, as he recovers from a serious illness at the Miles for Grant weekend run. 6. Bucky Cooper and Christy Lopez knock out the Cherish Life 10K. 7. Bill Hester races the Fallen Hero's 5K Fun Run. 8. Michelle Heath, Ashleigh Hawkins, and Kashka Tarka celebrate their AG sweep at the Cherish Life 10K. 9. Ed Burrows, Bill Salcedo, and Bryan Merritt owned the men's 50-54 AG at the Cherish Life 10K. 10. Dan Newman had a TCR cheering team as he raced to become an Ironman in Chattanooga with Erin Connolly, Heather Hester Neal, Nicolle Gozdz, and Nayomi Omura. 11. Ryan Askeland, Jena Welleiver, Amy Eversole, and Randall McKeon prepare to start the Chicago Marathon at the Team Ronald McDonald House charity VIP tent.

Photo: Karen Hester

## Treasure Coast Halloween 13.1 - Saturday, October 31<sup>st</sup>

Join Treasure Coast Running for the TC Halloween 13.1 Half Marathon on October 31, 2015. Run like there's a ghoul chasing you on Halloween Day and experience the Treasure Coast on a scenic, competitive course with stunning views in this iconic village by the sea! Awesome spinning 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. Hope to see you there. It's the Halloween 13.1.... run for your life!!

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

