

# Riding the Storm Out

## TC Runners Make the Best of Hurricane Season

Hurricanes are a part of life in Southern Florida and the 2017 season reminded us of why we need to be especially mindful of them. As Hurricane Irma threatened the entire state, first with a direct path targeting the Treasure Coast, and then ultimately devastating the Florida Keys, Naples, and the West Coast of Florida, marathon training season was in full swing. Storm preparation became a higher priority. Many TC Runners juggled their training runs around the weather. Others had their target race plans completely lost to flight cancellations and safety obligations at home.

On the local racing front, it's your last chance to get registered for 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). The Marathon of the Treasure Coast is on deck for the first weekend in March: More info at [www.TreasureCoastMarathon.com](http://www.TreasureCoastMarathon.com).



Photo: Kashka Tarka



Photo: Revel Races



Photo: TC Running



Photo: Dave Young

*Pictured clockwise from upper left:* 1. Janet Napolitano, Nicolle Gozdz, and Laurie Copeland didn't let approaching Hurricane Irma dampen their training plans in Sewall's Point. 2. Overall Winners of the Travis Manion 9/11 Heroes Run 5K in Palm City, Chelsea Hollingsworth (18:15, pace: 5:53) and Bill Ketchem (18:39, pace: 6:01) display their awards. 3. Jeff Galloway, hosted by Cathy Lieber and the local Galloway group, joined TC Runners for breakfast at Jan's Place in Jensen Beach on Sunday morning August 14<sup>th</sup>. 4. Kudos to Hamed Kian who didn't allow Hurricane Irma impact his goal of a Boston Qualifying 3:01:26 run at the Big Cottonwood Marathon in Salt Lake City, Utah on September 9. Impressive run Hamed!

## 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 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](http://www.TChalloweenHalf.com)**

