

interested in joining a 5K training...



[Lucy90818](#) 3 posts since

May 8, 2009

I am planning on doing my first 5K in Stuart on July 17 (7PM). Would love to have a group for moral support and fun.

Tags: training, running, fitness, walking, endurance



[P. Renee](#) 1 posts since


Aug 11, 2008 1. **Re: interested in joining a 5K training group N. Hutchinson Is, FP, FL?** May 24, 2009 6:15 PM

If I lived closer I'd be happy to join you. Four years ago my goal was to complete a 5k and not be the last one at the finish line. I was second to the last but was ever so proud of finishing. Since then I have lost over 100 pounds. I try to either walk or cycle in at least four events a year. Tomorrow I'll do a 5k, my fourth event so far this year. You can do it. Just grab your water bottle and head out the door. Congratulations on "stepping out".



[Lucy90818](#) 3 posts since

May 8, 2009 2. **Re: interested in joining a 5K training group N. Hutchinson Is, FP, FL?** May 26, 2009 7:38 AM

 in response to: [P. Renee](#)

Thanks for your inspiring response. How did your 5K go on Monday? We had a 5K in Stuart, FL on Monday (5-25) also. I went as a volunteer and was a water passer at the second water station. The people at these events are so friendly and encouraging. I will keep your words in mind, as I travel (currently alone!) on my journey to my first 5K (as a participant!).

interested in joining a 5K training...



[Mighty Tam](#) 3 posts since

Jun 3, 2009 **3. Re: interested in joining a 5K training group N. Hutchinson Is, FP, FL?** Jun 26, 2009 7:10 PM

I live in Stuart and I want to start a group to practice for the beach to beach 5k in Aug. Are you interested in that 5 k also? I have done several races and two half a marathons. I want to start this group July 10 at 7:00 at the Stuart Beach to Jensen Beach parking lot. Let me know!



[Lucy90818](#) 3 posts since

May 8, 2009 **4. Re: interested in joining a 5K training group N. Hutchinson Is, FP, FL?** Jul 2, 2009 9:36 AM

👤 in response to: [Mighty Tam](#)

Hey, it sounds like you are doing great and are miles ahead of me!! I will be out of town in August so will miss the event. Good Luck.



[Mighty Tam](#) 3 posts since

Jun 3, 2009 **5. Re: interested in joining a 5K training group N. Hutchinson Is, FP, FL?** Jul 12, 2009 5:48 AM

Hello!

You can do it! HAVe you thought about joining the Galloway training? Information meeting is Sat. July 18. The training will help you gain endurance to do a half or full marathon. I did this training last year and was able to do two half last year. Come to Fleet Feet at 8:00 and listen to the info. You do not have to sign up that day. We start training the following Sat. Training will be on Sat. at 5:45 am and we slowly reach that 13 miles. Come out and check it out. I hope to meet you there. Mighty Tammy