

Treasure Coast Running Logo Hunt



Can You Help Design a New Logo? Submit Your Ideas On Facebook!

Now that the unification of the Treasure Coast running clubs (Sailfish Striders, BC Running, and Team Essen) is complete and our various groups and chapters are working together more efficiently, we are looking to adopt a unified logo. If you have the artistic ability to create a cool logo, we would like to see it. It needs to be a simple, two-color logo in a format suitable for web, social media, and shirt printing. Please submit your ideas on the TC Running Facebook page or email to treasurecoastrunning@gmail.com.



Photo: Karla Aviles



Photo: TC Running



Photo: Dena Taylor

Endurance Training Options

It's time to run, TC!! All paces of runners and walkers are always welcome. Check Facebook, then just show up and run:

- **TCR-Stuart Downtown** – 5am T&TH at the Shell station just North of Roosevelt Bridge or 4:45am from City Hall.
- **TCR-Stuart Southside** – 5am T&TH on Cove Road (Peace Presbyterian Church).
- **TCR-Tradition Square** – 5am T&TH at the fountains in Tradition.
- **TCR-Palm City** – 5am T&TH at the Palm City Walgreens. 4:45am for 12-min pace group with intervals.
- **TCR-Crosstown** – 6pm Wednesdays (or 5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL.
- **TCR-Ft. Pierce** – 6am T&TH at Jaycee Park. 7am Sundays at the Inlet Jetty.
- **Will Glover's S&M Track Attack** – 5:30pm Wednesdays at 10th Street Community Park, Stuart (<http://bit.ly/10thStreetTrackMap>).

Just show up and run! Want to know more? Find TC Running on Facebook!



Photo: TC Running

Runners on the Treasure Coast are well into training schedules for several upcoming pre-Christmas marathons including Wineglass, Chicago, Marine Corps, Savannah & Las Vegas Rock'n Roll, and New York. Dennis Marshall has started the friendly tradition of supporting Saturday long runs with chocolate milk afterwards. 20 miles. Boom. Done. *From left to right*, on an unusually damp Saturday morning: **Phil Cromer, Erin Connolly, Ashleigh Hawkins, Bill Salcedo, Dennis Marshall, Ryan Askeland, and Dan Newman.**