

# TC Running



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

The unified TC Running clubs continue the hunt for an updated club logo. Here are a few of the ideas received to date. If you have the graphic design skills to create a cool new brand, TCR 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](mailto:treasurecoastrunning@gmail.com).



Photo: Steven Martine

## 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-545 Run/Walk** – 5:45am T&TH at the Shell station just North of Roosevelt Bridge.
- **TCR-Stuart Southside** – 4:45am 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** – 7am Sundays at the Inlet Jetty.
- **Will Glover's S&M TCR Track Attack** – 6pm Tuesdays at 10<sup>th</sup> 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



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Treasure Coast endurance runners showed their strength at the All-Night Run for the Nest. Jeff "The Crane" Maher (second from left) knocked out 50.3 miles for the evening with support from Steve Harden, Kathleen Perona, and Jamie Spooner. Addie Green and Mike Peregrine (right) impressed with 56 miles. The event raised over \$12,000 to support local endurance athletes Mark "The Sparrow" Swart and Debra Daley who lost their home to fire while away competing in Ironman Lake Placid.