



# 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** – 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 Publix. 4:45am for 12-min pace group with intervals at PC Walgreens.
- **TCR-Dog Run** – 4pm Sun&Wed at Indian Riverside Park.
- **TCR-Longneck** – 6pm Mondays at Longneck Brew House.
- **TCR-Crosstown** – 6pm Wednesdays (or 5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL.
- **TCR-Fort 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 the TC Running group on Facebook!



TC Runners at the start of the 10<sup>th</sup> Anniversary Fleet Feet Run for your Heart 5K & 10K on Saturday morning, February 13, 2016. In the 10K, Kurt "Barnow!" Barnhill won 1<sup>st</sup> Place Overall in 36:50.2, pace: 5:58/M. Steve Cortes took 2<sup>nd</sup> Place Overall in 37:12.2, pace 6:05/M. Third Place belonged to Neil Wesley in 39:12.8, at pace 6:23/M. The top three female winners were Aurelia Yoblonski (43:51.6, pace 6:59/M), Jamie Spooner (44:58.8, pace 7:16/M), and Chenae Jackson (45:24.0, pace: 7:19/M). In the 5K, the Overall Winner was Ryan Phillips (18:03.0, pace: 5:49/M), 2<sup>nd</sup> Place Overall and 1<sup>st</sup> Place Female, Kristen Tenaglia (18:25.2, pace 5:56/M), 3<sup>rd</sup> Place went to Kevin Johnson (19:06.7, pace 6:10/M). 451 runners finished the race. Timing by Mike Melton at MCMtiming.com.