



# 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.
- **TCR-Team Fit** – 5:30am T&TH at Team Fit on Ocean just West of the Sewall's Point Bridge.
- **TCR-Dog Run** – 4pm Sun&Wed at Indian Riverside Park.
- **TCR-Longneck** – 6pm Thursdays at Longneck Brew House. 4:45am Thursday mornings.
- **TCR-Crosstown** – 6:15pm Wednesdays at Mako Soccer Park on Cashmere in PSL.
- **TCR-Fort Pierce** – 7am Sundays at the Inlet Jetty.
- **Stuart Galloway** – 6am Saturdays at the Treasure Coast Mall Theater (registration required).

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



Amy Eversole and Trisha Kukurka take a quick break between heats to show their support for the sponsors of the Fleet Feet All-Comers Track Meet at Martin County High School in Stuart, FL on July 11, 2016. Photo: Edgar Perkins