TreasureCoastRunning@gmail.com

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-Crosstown** – 6:15pm Wednesdays at Mako Soccer Park on Cashmere in PSL.
- **TCR-Palm City** – 5am T&TH at the Palm City Publix by the Post Office.
- **TCR-Team Fit** – 5:30am T&TH at Team Fit on Ocean just West of the Sewall's Point Bridge.
- **TCR-Longneck** – 6pm Thursdays at Longneck Brew House. 4:45am Thursday mornings.
- **TCR-We-Run** – 6:30pm M&F on the corner of Gatlin & PSL Blvd in front of Big Apple Pizza.
- **TCR-Fort Pierce** – 7am Sundays at the Inlet Jetty.
- **TCR-Dog Run** – 4pm Sun&Wed at Indian Riverside Park.
- **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!

Photo: TC Running

Will Glover, Mike Peregrine, Addie Green, Wayne Powell, and some of the TC Running crew "Run the Toxic Trail" on July 16, 2016 for along the C-44 canal from Port Mayaca on Lake Okeechobee to Stuart Beach to raise awareness of the devastating impact on the Indian River Lagoon Estuary caused by the release of polluted, phosphate-enriched fresh water and blooming algae. Glover, Peregrine, and Green ran the entire 37-mile route to illustrate the distance that the pollution travels to the fragile estuary and the minimal time it takes to damage the most bio-diverse estuary in the Northern Hemisphere.