



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** – 4:45am T&TH at Stuart 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.
- **Fleet Feet Stuart** – 6am Saturdays at the store on Federal Highway (registration required).
- **Galloway Run/Walk** – 6am Saturdays at the Treasure Coast Mall Theater (registration required).

Just show up and run! Find the TC Running group on Facebook!
For more Information, email TreasureCoastRunning@gmail.com



Kona Ironman Championships was the hard-earned destination for Laurie Copeland (finish time 14:20:31, pictured upper right). The TC Running Downtown Stuart team hosted a 4:45am Tuesday early-morning run luau to send her off to Hawaii in style. *From upper left:* Jeff Frohlich, Will Glover, Clark Glover, Peter Erwig, Lisa Miller, Erin Connolly, Heather Neal, Jess Peer, Christine Newman, Jim Copeland, Ashleigh Hawkins, Heather Jordan, and Ryan Askeland. *From lower left:* Kashka Tarka, Laurie Copeland, Nicolle Gozdz, Naomi Omura, Beth Alcalde, and Sally Padgett.