



TCR-Downtown Stuart



TCR-Crosstown PSL



TCR-Palm City



TCR-Sunday Track JBE

TCR Group Runs

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. 5am at Roosevelt Bridge Shell.
- 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-PC Pavement Pounders – 6:30pm Tuesdays at the Palm City Hurricane Grill.
- TCR-Carsons – 6pm Thursdays at Carson's Tavern in Stuart.
- TCR-Pizza-Pasta – 6:30pm M&F on the corner of Gatlin & PSL Blvd in front of Big Apple Pizza.
- TCR-Bagel&Bean – 6am Sundays at the PSL Bagel & Bean Company.
- TCR-Sunday Track – 7am Sundays at the Jensen Beach Elementary Track.
- TCR-Fort Pierce – 7am Sundays at the Inlet Jetty.
- 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).



Stuart Galloway Run/Walk



TCR-Pizza-Pasta PSL

Just show up and run! Find TC Running on Facebook Groups

For more information, visit www.TCrunning.org

email TreasureCoastRunning@gmail.com

President: Mike Melton - Vice President: John Trahan - Treasurer: Brenda Wilson - Secretary: John McDonald
 Membership Coordinator: John McDonald - Social Coordinator: Karla Avilas - Board Contact: Frank Fender 772-486-3946



TCR-PC Pavement Pounders



Big Fun at the Fleet Feet Resolution Fun Run on January 19th as TC Runners Karla Aviles, Janet Napolitano, Crichton McCutcheon, Sandra Ortiz, Tanya Redding, Sandra Etlinger, Kathryn Neu, Heather Jordan, Jennifer Scheible, Emme Scheible, and Stephanie Tucker celebrate the simple joys of guilt-free Girl Scout cookies. Each month, Fleet Feet hosts a community-wide fun run social event which features local vendors, Carolyn Perkin's amazing dinner catering, and a few fun raffle prizes. January's "Resolution Run" theme asked Treasure Coast Runners to focus on their fitness goals and running resolutions for 2017. Good Times.

Photo: Karla Aviles