



All paces of runners and walkers are always welcome Check Facebook, then just show up and run:

- TCR-Stuart Downtown – 5am 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-Stuart Eastside – 5:30am T&TH at Team Fit in Cedar Point Plaza.
- 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-Smoothie King – 6pm Wednesdays at the Jensen Beach Smoothie King.
- TCR-Turtles to Rabbits Palm City – 6pm Thursdays at Hurricane Grill.
- 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).



Just show up and run! Find TC Running on Facebook Groups
For more information, visit www.TCRunning.org, or email
TreasureCoastRunning@gmail.com



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



The start of the sold-out 26th Annual Run for the Pineapple 5K in South Sewall's Point, FL was off to a fast start lead by Hector Garza of the Treasure Coast Cycling Association. Bobby Hensley, bib 217, of Gainesville was the overall winner in 16:23 (5:17 min/mile pace). Katrina Wynne, bib 520, of Hobe Sound won the overall women's title in 20:28 (6:36 min/mile pace). Dale Ruby, pictured in center, bib 395, won the Male Grand Master's title in 20:10 (6:30 min/mile pace). This was another great year for the family-oriented race with medals for all finishers and great food afterwards with the Boy Scouts making pancakes.