

All Paces of Runners and Walkers are Always Welcome



**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**



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-Fort Pierce – 6pm Thursdays at the Sailfish Brewery
- TCR-Pizza-Pasta – 6:30pm M&F on the corner of Gatlin & PSL Blvd in front of Big Apple Pizza.
- TCR-Bagel & Bean – 6:30am Sundays at the PSL Bagel & Bean Company.
- TCR-Sunday Track – 7am Sundays at the Jensen Beach Elementary Track.
- Fleet Feet Stuart – 6am Saturdays at the store on Federal Highway (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



TCR-Downtown Stuart

Dark and Early at 5am in Downtown Stuart every Tuesday and Thursday morning the TCR-Downtown crew hits the road. Marathon training season is in full swing and TC Runners are well into a variety of training plans targeting Marine Corp, Jacksonville Bank, New York and several other Fall marathons as well as the Halloween Half coming up in October and the Marathon of the Treasure Coast in early March. On this particular day in July, *from left*, Jeff Frohlich, Sally Padgett, Bill Salcedo, Janet Napolitano, Mike Kodya, Sharon Erwin, Denise Brodie, Kashka Tarka, Nayomi Omura, Christine Newman, Heather Jordan, Cynthia Washam, and Laurie Copeland stop for a quick picture just before heading out on the standard route near Roosevelt Bridge.