



Treasure Coast Running

Cool New Name, Same Great Training

It's the community that keeps us on our training schedules

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** – 5am T&TH on Cove Road (Peace Presbyterian Church).
- **TCR-Tradition Square** – 5am T&TH at the fountains in Tradition.
- **TCR-Palm City** – 5am T&TH at the Palm City Walgreens.
- **TCR-SOS** – 4:45am T&TH at the Shell station just North of Roosevelt Bridge.
- **TCR-Crosstown** – 6pm Wednesdays (or 5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL.
- **TCR-Ft. Pierce** – 6am T&TH at Jaycee Park.
- **Will Glover's S&M Track Attack** – 5:30pm Wednesdays at 10th Street Community Park, Stuart (<http://bit.ly/10thStreetTrackMap>).

Just show up and run! Want to know more? Find us on Facebook!



BC-Crosstown has been hitting hard on Wednesday afternoons at 6pm (5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL. The summer heat is in full swing.