

TC Running



Can You Help Design a New Logo? Submit Your Ideas On Facebook!

The unified TC Running clubs continue the hunt for an updated club logo. Here are a few of the ideas received to date. If you have the graphic design skills to create a cool new brand, TCR would like to see it. It needs to be a simple, two-color logo in a format suitable for web, social media, and shirt printing. Please submit your ideas on the TC Running Facebook page or email to treasurecoastrunning@gmail.com.



Photo: TC Running



Photo: TC Running



Photo: Jean Binns

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** – 5am T&TH at the Shell station just North of Roosevelt Bridge or 4:45am from City Hall.
- **TCR-545 Run/Walk** – 5:45am T&TH at the Shell station just North of Roosevelt Bridge.
- **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-Palm City** – 5am T&TH at the Palm City Publix. 4:45am for 12-min pace group with intervals at PC Walgreens.
- **TCR-Crosstown** – 6pm Wednesdays (or 5:45pm for walkers) at Mako Soccer Park on Cashmere in PSL.
- **TCR-Ft. Pierce** – 7am Sundays at the Inlet Jetty.
- **Will Glover's S&M TCR Track Attack** – 6pm Tuesdays at 10th Street Community Park, Stuart (<http://bit.ly/10thStreetTrackMap>).

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



Treasure Coast Runners celebrate at the finish line of the Cherish Life 10K in Port Salerno, FL.