



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-Strip Club** – 6:30pm Thursdays near the Shell station just North of Roosevelt Bridge.
- **TCR-Fort 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 the TC Running group on Facebook!



Photo: Sonya Fronsoe – via Facebook

At the TC Halloween 13.1 Half Marathon in Stuart, FL, Hot Things Jamie Dowd, Heather Swindler, Kashka Tarka, Sonya Fronsoe, Jena Welliever, Janet Napolitano, Marilyn Harris, Randall McKeon, Amy Freese, and Amy Eversole donned their tutus and blue hair and ran the race in full Halloween style.