



# TCR Training Runs

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 – 4:45am 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-Smooth King – 6pm Wednesdays at the Jensen Beach Smooth King.
- TCR-Carsons – 6pm Thursdays at Carson's Tavern in Stuart.
- 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](http://www.TCrunning.org), or email  
[TreasureCoastRunning@gmail.com](mailto:TreasureCoastRunning@gmail.com)

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



Photo: Amy Eversole



TCR-Downtown Stuart



TCR-Crosstown PSL



TCR-Palm City



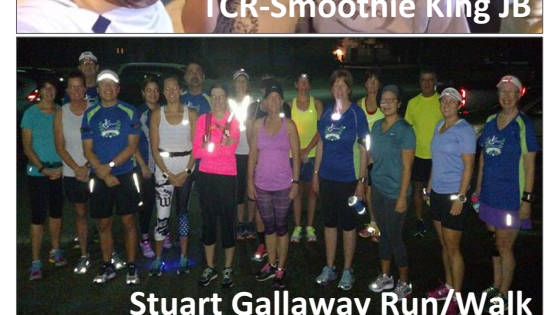
TCR-Sunday Track JBE



TCR-Pizza-Pasta PSL



TCR-Smoothie King JB



Stuart Galloway Run/Walk



TCR-Southside Stuart

Meb Keflezighi, Olympic Marathon silver medalist and Boston Marathon winner, took time out at the Gasparilla Distance Classic in Tampa for several photos with Treasure Coast runners including, pictured here, Jena Welliever, Amy Eversole, and Randall McKeon.

