



TCR-Palm City



TCR-Crosstown PSL



TCR-WOTB



TCR-Sunday Track JBE



TCR-Smoothie King JB



Stuart Gallaway Run/Walk

TCR Training

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-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).



TCR-Pizza-Pasta PSL



TCR-Southside Stuart



TCR-Downtown Stuart

Just show up and run! Find TC Running on Facebook Groups
For more information, visit www.TCrunning.org, or email
TreasureCoastRunning@gmail.com

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



Photo: Steven Martine

Fast Start at the Brianna Cooper Heavenly Smiles 5K/10K on April 11th as TC Runners **Ed Burrows** (9), **Jamie Spooner** (286), and **Dale Ruby** (415), far right, race a field of elementary school kids off the line. **Burrows** would go on to win the 10K Male Masters title (45:27), **Spooner** won the Overall Female trophy in the 5K (20:37), and **Ruby** took fourth place overall in the 5K (19:40) and first place in his age group.