

**All Paces of Runners and Walkers are Always Welcome**



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



**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-Smoothie King – 6pm Wednesdays at the Jensen Beach Smoothie King.
- TCR-Turtles to Rabbits Palm City – 6pm Thursdays at Hurricane Grill.
- TCR-Fort Pierce – 6pm Thursdays at the Sailfish Brewery
- TCR-Pizza-Pasta – 6:30pm M&F on the corner of Gatlin & PSL Blvd in front of Big Apple Pizza.
- TCR-Bagel & Bean – 6:30am Sundays at the PSL Bagel & Bean Company.
- TCR-Sunday Track – 7am Sundays at the Jensen Beach Elementary Track.
- TCR-RIOT – 6:15am Sundays in PSL from Mako Soccer Park on Cashmere for Galloway intervals.
- Fleet Feet Stuart – 6am Saturdays at the store on Federal Highway (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)



Photo: Bigen Photography

**At the refreshing finish line** of the 37-mile "Toxic Trail" run from Port Mayaca on Lake Okeechobee. Lots of distance PRs were set by local runners attempting the effort to see just how far their legs would take them following the route water, polluted with an oversaturation of nitrates and phosphates, travels from Lake Okeechobee to the fragile ecosystems of the Saint Lucie and Indian River Lagoon estuaries. It is a relatively short distance once the Army Corps of Engineers opens the dam and billions of gallons of water, already laden with algae blooms, blankets the waterways and reduces the salinity in the estuary and devastating the fragile ecosystem that normally flourishes there.