



TCR-Fort Pierce



TCR-Smoothie King JB



TCR-WOTB



TCR-Palm City



TCR-Evening Shell



TCR-Downtown Stuart



TCR-Sunday Track JBE



TCR-Turtles & Rabbits



TCR-Pizza-Pasta PSL



TCR-Southside Stuart

Check Facebook, then just show up and run:

- TCR-Stuart Downtown – 5am 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-Evening Shell Station – 6:30pm Thursdays at Roosevelt Bridge Shell Station.
- 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 at Mako Soccer Park on Cashmere in PSL for Interval Running.
- 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, or email
TreasureCoastRunning@gmail.com

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



TCR-Crosstown PSL

TCR-Crosstown Keeps the Energy High. It's never a dull moment with Karla Avilas (*lower left*), Tanya Redding (*far right*), and the cool crew at TCR-Crosstown. They meet each Wednesday evening at 6:15pm at the Mako Soccer Park 1585 SW Cashmere Blvd, off of Crosstown Parkway in Port Saint Lucie. In addition to chairing the TC Running Social Committee, the TCR-Crosstown gang is very involved in local philanthropy activities with the Marathon of the Treasure Coast. Each month, TCR-Crosstown also hosts a tailgate party to celebrate their group birthdays. If you are nearby, or even if you have to drive a bit, endurance training with TCR-Crosstown has taken fun to a whole new level.

Photo: Karla Avilas