



THE 27TH ANNUAL
TC10K

RUN • WALK • APRIL 24TH, 2016

MEDIA RELEASE

TC10K Registration Deadline and Teams Deadline is March 25 All Teams must Register by this Date

(Victoria, BC –March 21, 2016) There are just a few days to go for individuals and teams to sign up for the TC10K at the regular registration fee. Fees for the 10K are \$45 (school teams - \$35). Teams registration will close at midnight on March 25, while individuals can still register until April 23. The Thrifty Foods Family Run is \$20. From March 26 the fees for individuals increase to \$50 for 10K registrants, and \$22 for the Thrifty Foods Family Run.

There is a Corporate and School Team category and over 300 teams took part in 2015. "Whether you have a group of friends from work, school, the gym or even your book club ... now is the time to register your team," says Shannon Kowalko, President of the Victoria International Running Society. "You can run or walk in a mix of the 10K and 1.5K Family Run distances. But most importantly you can have fun together celebrating healthy living!"

When registering 10K participants receive a shirt featuring an exclusive design – Kulus Dancing – by artist Richard Hunt. Team members can also have their team name on the shirt when they register by March 25. The Thrifty Foods Family Run t-shirt design, by Hunt, is adorned with a Seal design.

For more information on the 2016 TC10K, and to register go to: www.tc10k.ca

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