



## MEDIA RELEASE

### **TC10K On-line Registration closes midnight on April 22 Live Results Available Online**

(Victoria, BC – April 21, 2015). Individuals have until midnight on Wednesday April 22 to register online for the TC10K and TC Half Marathon. The 26<sup>th</sup> Annual TC10K takes place this Sunday, April 26. Registration fees are \$45 for the 10K, \$70 for the Half Marathon and \$17 for the Thrifty Foods Family Run.

“We encourage individuals to sign up online as they get immediate confirmation, and they will have their race package ready for pick-up at the Race Expo this weekend,” says Race Director, Cathy Noel

Late registrations will be accepted at Race Package Pick-up at Victoria Conference Centre, 720 Douglas Street, on Friday April 24 from 11 am – 7 pm and Saturday April 25 from 10 am – 6 pm. There is no race day registration. “We have over 30 exhibitors at the Expo so we do encourage runners and walkers to come down to the Victoria Conference Centre on Friday or Saturday.” adds Noel. “We are also excited to announce that on both days we have a number of speakers giving tips on topics such as Running Faster and Running Injury Free. We will also be showing run movies including the Spirit of the Marathon II, Saint Ralph, and Chariots of Fire among others.”

Once registered, participants and spectators can sign up to have their race results posted directly to their Facebook or Twitter feeds. “On race day, family and friends can follow their runner’s progress including their time, pace and estimated finish time,” says Noel. “It really is a great way to track how the runners are doing and it gets everyone involved in the race.” The TC10K Live Results system will be available from Thursday afternoon, April 23 at <http://www.tc10k.ca/live-tracker/>

To register go to [www.tc10k.ca](http://www.tc10k.ca).

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