



THE 26TH ANNUAL **TC10K**

RUN • WALK • APRIL 26, 2015

MEDIA RELEASE

TC10K Run/Walk Clinics Start January 17

(Victoria, BC –January 9, 2015) The Official TC10K Training Clinics will start the weekend of January 17/18 at Recreation Centres all over Victoria and the Capital Regional District. The 14-week training program is offered at 14 Recreation Centres with the objective of running or walking the 26th Annual TC10K on Sunday, April 26.

The clinics offer a variety of locations, days and times to accommodate any schedule. There are four programs – one for walking, and three running levels – for beginners, intermediate and advanced. Participants in the clinics each pay \$120 + GST and receive a comprehensive 14-week training program, technical training shirt, TC10K registration (including the event shirt), and expert advice from industry experts. All clinics are led by experienced, trained run/walk leaders who bring years of experience and energy that will be of great benefit to the participants. Between 500 and 600 are expected to register for the clinics.

“TC10K clinics offer a valuable physical training program for participants of all experience and skill levels, along with a really great supportive and motivating environment,” says Jill Shaw, TC10K Clinic Manager. “Our leaders bring a lot of knowledge and experience to our clinics, which vary from small groups to groups of 60+ participants. It’s very “Victoria” to see groups of TC10K clinic participants out training all over Victoria during the mid-January to the end of April.”

Participating clinics are: Cedar Hill Recreation Centre, Crystal Pool & Fitness Centre, Henderson Recreation Centre, Oaklands Community Centre, Panorama Recreation Centre, Pearkes Recreation Centre, Saanich Commonwealth Place, SEAPARC, Shawnigan Lake Community Centre, Town of Ladysmith – Frank Jameson Community Centre, University of Victoria, Victoria West Community Centre, West Shore Parks and Recreation, Windsor Recreation Centre. Interested individuals who wish to join a clinic can still register directly with their local recreation centre. For clinic dates and times go to: <http://www.tc10k.ca/clinics-2015/>

The TC10K is Canada’s second largest 10-kilometre race. In 2014, 11,524 registered for the event, which includes a Half Marathon and the Thrifty Foods 1.5K Family Run. To register go to www.tc10k.ca.

- 30 -

For more information contact:
Jill Shaw
TC10K Clinic Manager
jill@tc10k.ca
250-812-4391