



FOR IMMEDIATE RELEASE

March 4th, 2019

Start Training Now for the TC 10K! – Free 8-week Program

VICTORIA – The Times Colonist 10K is pleased to announce a free 8-week training program to get you ready for this year’s event. The program is designed by six-time winner of the event, Lucy Smith. And for those families planning to run the 1.5 Family Run the Thrifty Foods Tracker Program will motivate you to complete every week.

“We greatly appreciate the expertise our TC 10K Ambassador and coach Lucy Smith brings to our event,” said Race Director Trish Fougner. “The level of enthusiasm that Lucy brings is infectious and we know that both of these training programs will be of great value to our participants.”

The TC 10K is entering its 30th Annual this April 28th and is anticipating 10,000 runners and walkers to take part in the 10K and Family Run.

“The TC 10K is one of the most scenic races in the world and I’ve ran in many in my lifetime,” said Lucy Smith. “It’s not too late to start training for the 10K with our simple 8-week program for the beginner walker or runner.”

Both the TC 10K 8-week training program and the Thrifty Foods Tracker program are available for free at www.tc10k.ca.

Register yourself or bring together co-workers and form a team. Teams of ten or more registered by March 28th will receive race t-shirts with their personalized logo on the back.

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For more information contact: Trish Fougner, Race Director, trish@tc10k.ca

