



# Train in 2018 for a 5k, 10k or Half Marathon

Achieve your goals with our Up the Creek training clinics

WALK/RUN CLINICS BEGIN JAN 20 & 21, 2018 | AGES 13 & UP

**ALL CLINICS AT HYDE CREEK REC CENTRE**

**8:30 AM SATURDAYS: JAN 20-MAR 31**

Code 26036 – choose from:

- Walk/run 10k: couch to 10k (code 26036)
- 10k run: 25 min run to 10k run (code 26038)

**9 AM SUNDAYS: JAN 21-APR 1**

Code 26037 – choose from:

- Walk/run 5k: couch to 5k
- Walk/run 10k: couch to 10k
- 10k run: 25 min run to 10k run

For Scotiabank Half Marathon training, inquire by email to [pocorunclub@gmail.com](mailto:pocorunclub@gmail.com).



**PRICING (INCLUDES TAXES)**

- \$89 per person
- Clinic participants register for the Up the Creek Run for only \$19

**CHILD MINDING ON SUNDAYS**

- Sunday clinics, 8:55-10:15 am
- 3-12 months (code 26038), \$68
- 1-7 years (code 26039), \$68

**BONUS MID-WEEK TRAINING**

- Tue & Thu, 6:30 pm at Hyde Creek



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**JOIN US APR 7 FOR THE UP THE CREEK RUN**

8th Annual

Presented by **TRIO Sport Events**

**10K & 5K RUN/WALK & 1K KIDS RUN  
HYDE CREEK REC CENTRE**

For more info, visit: [www.trioevents.ca](http://www.trioevents.ca)



Register today!

Register online at [www.experienceit.ca](http://www.experienceit.ca), by phone at 604.927.7946 or in person at any Port Coquitlam recreation facility. Info: 604.927.5218 or [sports@portcoquitlam.ca](mailto:sports@portcoquitlam.ca)

[www.portcoquitlam.ca/runclinics](http://www.portcoquitlam.ca/runclinics)

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[www.portcoquitlam.ca/runclinics](http://www.portcoquitlam.ca/runclinics)