



“ The real purpose of running a race isn't ”  
to win a race, it's to test the limits of the  
human heart.

- Bill Bowerman

## **SYNAPSE**

### **TC10k Training Clinic**

Yana Hempler Fitness, TriNick, & Studio4  
Athletics partner to bring you the  
comprehensive 10 week training program you  
need to run your best 10k! Start: Feb 10, 2015

Tuesday 6:30pm Runner Bootcamp  
Friday 5:00pm Group Run  
Sunday 10:00am Optional Run

\$250 @Studio4 Athletics, [tri-nick.ca](http://tri-nick.ca), or [yanahempler.com](http://yanahempler.com)  
Includes 'Gear Night' (Feb 3) @ Frontrunners Victoria

