

Toronto Olympic Club



Members of TOC receive

- **Coaching** by experienced and trained coaches
- **Entry fee support** for sanctioned races
- Up to three **organized training sessions** weekly with dedicated training groups for juniors and adults
- The opportunity to join in various **social activities** such as the annual Awards banquet, BBQ, and more



torontoolympicclub.com

About the Toronto Olympic Club



Club members train to compete at distances from 800M to marathons, and over 50 TOC athletes have participated in major international competitions, including the Olympic Games.

The Club provides a coaching, training, and peer mentoring environment to assist runners in reaching their potential. Funds raised at events such as the Spring Fling provide financial support to younger athletes, enabling many to participate in Provincial, National, and International competitions.

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TOC training sessions

Swansea Community Centre
(Jane and Bloor area)

- Tuesday and Thursday evenings
- Saturday mornings



Learn more about TOC

website: torontoolympicclub.com

email: paul.poce@rogers.com

You are welcome to join us for some free introductory workouts to see if Toronto Olympic Club is right for you!

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