



BC Athletics 2014 10K Road Race Championship

The BC Athletics 2014 10K Road Race Championship will be held in conjunction with the Summerfast 10K, hosted by the Vancouver Falcons in Vancouver's Stanley Park on Saturday, July 19.

Race Information

Certified 10K comprises a lap of the Stanley Park seawall. Event records are 29:57 (Kelly Wiebe) and 35:01 (Natasha Wodak). Race starts at 8:00am. Complete race details on the event website:

<http://vfac.ca/club-events/summerfast-10k/>

Entry Information

Enter online at: <http://vfac.ca/club-events/summerfast-10k/>

Entry fee is \$27.00 for BC Athletics athlete members until July 5, rising to \$37.00 for day of race registrations.

Championship Eligibility

The Championship portion of the event is open to all Junior, Senior, Masters and Road & Trail members of BC Athletics. Memberships must be received by July 18, 2014 in order to be eligible.

Championship Awards

Championship Medals and Prize Money of \$200, \$100, and \$50 will be presented to:

- The first 3 eligible finishers, men and women, overall.

Championship Ribbons will be presented to:

- The first 3 eligible finishers, men and women, in each age category: 18-19, 20-24, 25-29, 30-34, ... 100+

High Performance Athletes

- Additional Prizing: open winners - \$100 + non-cash prizes; \$100 course record bonus.
- Complimentary Entry Standards, subject to availability. Standards must be achieved in the previous 12 months:

Men's Open:	15:00 (5K), 25:00 (8K), 31:30 (10K), 1:10 (½ mara);
Men's Masters (40+):	15:45 (5K), 26:30 (8K), 33:00 (10K), 1:13 (½ mara)
Women's Open:	17:00 (5K), 28:30 (8K), 36:00 (10K), 1:20 (½ mara);
Women's Masters (40+):	17:45 (5K), 30:00 (8K), 37:30 (10K), 1:23 (½ mara)
- To apply for high performance consideration contact Steve Malyon (stevemalyon@gmail.com)

Travel Assistance

Through the Sport Experience program, BC Ferries and viaSport may assist with ferry travel costs for athletes participating in the BC Championship. For further details, see the viaSport website:

<http://www.viasport.ca/bc-ferries-sport-experience-program>. Applications for travel assistance must be received at least two weeks before the Championship. Due to overwhelming demand, viaSport may not be able to accept all applications.