



BC Athletics 2014 5K Road Race Championship

The BC Athletics 2014 5K Road Race Championship will be held in conjunction with the BlueShore Financial Longest Day Road Race at UBC, hosted by the Vancouver Thunderbirds on Friday, June 13.

Race Information

Certified 5K single loop around the UBC campus. Event records are 14:24 (Kelly Wiebe) and 16:41 (Natasha Wodak). Race starts at 6:45pm. Complete race details on the event website:

<http://www.thunderbirdstrack.org/longest-day-race/>

Entry Information

Enter online at: <http://www.thunderbirdstrack.org/longest-day-race/>

Entry fee is \$30.00 for BC Athletics athlete members until May 13, rising to \$35 after that until race day when it increases to \$45.00 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 June 12, 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: \$1,400 in prize money + over \$2,600 in merchandise.
- Qualifying athletes may apply for a limited number of complimentary entries, subject to availability. Standards must be achieved in the previous 12 months:
Men: 15:00 (5K) or 30:30 (10K)
Women: 17:30 (5K) or 35:30 (10K)
Plus the overall [2014 Timex BC Road Race Series](#) leaders following race #12 (Sandcastle City Classic 10K).
- To apply for high performance consideration contact the Race Director at: longestday@thunderbirdstrack.org

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.