



## **BC Athletics 2015 10K Road Race Championship**

The BC Athletics 2015 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 18.

### **Race Information**

Certified 10K comprises a lap of the Stanley Park seawall. Event records are 29:57 (Kelly Wiebe) and 33:58 (Rachel Cliff). Race starts at 8:00am. Complete race details on the event website:

<http://www.summerfast.ca/>

### **Entry Information**

Enter online at: <http://www.raceonline.ca/events/details/?id=872>

Entry fee is \$27.00 for BC Athletics athlete members until July 3, 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 17, 2015 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 the Race Director ([summerfast@vfac.ca](mailto:summerfast@vfac.ca))

### **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.