

BCA ROAD RUNNING COMMITTEE MEETING MINUTES

Thursday, November 14, 2007

6pm, Sport BC, Room 104, Main Floor 1367 Broadway, Vancouver

Attending: Frank Stebner (chair), Geoffrey Buttner, Maurice Wilson, Greg White and Clifton Cunningham

By Telephone: Rick Jenkner, Bob Reid

Regrets: Jake Madderom

1. Acceptance of Agenda

- Motioned by Geoffrey, seconded Maurice, carried

2. Review and acceptance of Aug 30, 2007 RR Minutes

- Motioned by Maurice, seconded Geoffrey, carried

3. Status of new manager for Road Running and Cross Country?

- As of November 14th, resumes have been short-listed. Geoffrey Buttner is sitting on the selection committee. Interviews to begin the week of November 21st.
- Committee thanks Geoffrey for sitting on the selection committee.
- As Jerry Tighe has now ended his employment with BCA, the Road Running Committee would like to thank him for his hard work over the many years, and ask if he would like to sit on the RR committee.

4. BCA Sanctioning for Road Races

a. Online sanctioning application status.

- Update on sanctioning, new programmer has been hired and in place is an updated online system posted for testing. The new calendar fee structure was put into place, however many of the previous flaws that were identified in early 2007 still have not been fixed. Although the testers were asked to test all variables, it was impossible to do so as the system provides limited access for those testing the system.

b. BCA sanctioning agreement (contract) with sanctioned events.

- The RR committee requests that a written sanctioning agreement be included as part of online sanctioning process.

c. Review of sanctioning for 2008.

- Discussion regarding sanctioning process, fees and application forms
 - Suggest motion to board to remove calendar fees at AGM
 - Concern there has been no staff in place and no movement on sanctioning, online forms and calendars. Year end is 6 weeks away (as of Nov 14)
 - Concerns regarding online calendar process and limitation to use of only one email address per event author. Limited testing by anyone including staff.
 - Recommendation for Greg to follow up with board regarding sanctioning policies implementation (see attached recommendations to the BCA attached).
 - Concern: benefits of sanctioning are not realized and those that are, not delivered in timely matter. Calendar should be a free listing, posted immediately. Sanctioning should be separate from calendar. Listings online of club membership status similar to individuals.

5. Road Running Calendar of events (online & printed)

a. Status of 2008 Calendar report from Calendar subcommittee.

- Report on Calendar and Status – It has come to RR attention Calendar subcommittee that was created on June 9 has not yet met, there has been no forward process on the production of a 2008 printed BCA Calendar of events. The calendar committee is Harper, McCaLder, Hastie, Tighe.

b. Proposed online road running calendar listing & discussion. (Draft by Frank Stebner)

- With input from Bob Reid, Maurice Wilson and Rick Jenkner, Frank Stebner has created an extensive 2008 draft road race calendar. It was submitted to BC Athletics for posting on Oct 25, 2007 in order to get feedback from the BCA membership. It has not yet been posted. (See attached version update on Dec 12, 2007)

c. Discussion on BCA printed calendar of events.

- REQUEST – that the calendar subcommittee update RR on the calendar. Emphasize to board and subcommittee the calendar of events is the PRIMARY benefit to RR events. If BCA cannot deliver a timely and relevant calendar, then sanctioning benefits mean very little to the event organizers. (see board recommendations)
- Discussion – Calendar value and timing, the print versions do not have value if not delivered on time. Suggestion to move to online format only. Or look at print newsletter with calendar feature, any calendar needs to be delivered timely. Possibility of 16 month calendar or twice yearly, so it would be relevant to the sport. Can current edition just be delivered electronically to members via a PDF through bulletin? Is there an obligation in the bylaws to deliver hard copy to members?

6. BCA Road Running Championships status of 2008 applications?

- There have been no applications received for to host the 2008 Road Race Championships. Rick Jenkner noted that the Penticton Pounders are interested in hosting the 5K Championships, but no formal application has been made to date.
- Discussion on process, application and benefits. Process needs to be simpler and have tangible benefits, not cost the event to host. Five separate applications are needed, plus timing with national events considered. Clear definition of eligibility requirements needs to be presented to the Host Organizing committees with a complete list of eligible BCA athletes.
- REQUEST –BCA board & Committees to review the eligibility requirements regarding membership and championships. RR recommends opening eligibility to residents of BC, and to possibly include Adult Recreational and perhaps even DOE participants. Cannot have championship winner, placing 18th overall in field, makes us all look poor. Eligibility needs to be reviewed and ways to increase level of competition. The BCA Board created an action item on August 18 that Greg White and Sam Collier were to organize a meeting of BCA committees in mid October to review BCA Eligibility requirements. This meeting has not yet been organized.
- Masters Age Discussion – the international masters age currently is 35. Commonly accepted age of masters in Road Running events is 40. The IAAF Road Running Committee have stated that they will continue to recognize the masters age as 40+ is currently reviewing this policy. The BCA RR supports this and recommends the board make movements toward this for RR. Can we change this within road running only as they have done in the USATF where the masters age is 40+ for road running /cross country and 30+ for Track & field?
- Proposed MOTION to AGM – to change the masters age for road running to be recognized as 40 years plus. Maurice to follow up on actual wording for a motion to the BCA AGM.
- Discussion – championship events – RR committee put forth recommendation in spring to recognize 5k, 10k, Half-Marathon, Full Marathon, Road Relay and the 8k as championship events. What is status and update from board on this? Discussion and question – why are events not interested in hosting provincial championships – answer – no benefit, added cost. Few athletes are eligible to win in a top field, athletes do not have memberships, added paperwork and complexity – for what? Eligibility committee to review policy to open up eligibility to include the residents of BC.
- Recommendation – consider expanded eligibility, needs and benefits for events, and qualification of events to host championships. Offer incentives for athletes such as travel to nationals & prize money. BCA needs to promote these championships in terms of prizing, media attention, advertising, attracting athletes, hosting, and attracting volunteers. Board needs to review this in their strategic planning for the future of BCA.

7. Timex Series 2008 Deadline – November 30 to establish final list.

Motion to accept the following events for the 2008 Timex Series?

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|---|--|
| 1. Steveston Ice breaker 8K - Steveston | 8. Running Room Shaughnessy 8k - Vanc. |
| 2. PRR First Half Marathon -Vancouver | 9. Sandcastle 10K - White Rock |
| 3. The Spring River's Run-off -Kamloops | 10. Longest Day 5K – UBC- Vancouver |
| 4. Spring Classic 5k -Vancouver | 11. Kelowna Midsummer 8K |
| 5. Vancouver Sun Run 10K – Vancouver | 12. Summerfast 10K |
| 6. Times Colonist 10K - Victoria | 13. Squamish Days 10K |
| 7. Mother's Day 5k Spring classic- | 14. Labour Day Weekend 8K- Steveston |

- The above 2008 Timex Calendar has been endorsed by the RR Committee, The Vancouver HBC Run for Canada Event is not included for 2008.
- REQUEST – Board to update RR Committee – who selects the Timex events? What is the criteria? What promotion do the events receive?
- Discussion – RR calendar dates are set, when is print calendar going to be ready?

8. Proposed resolutions to BCA AGM? Items to be considered.

- a. Remove the calendar listing fee to create a more comprehensive calendar?
- c. Use online road running calendar drafted by Frank Stebner
- b. Delete BCA printed calendar of events if it cannot be delivered in a timely manner.
- c. BCA Championship eligibility requirements.

- Board Input – see separate list of recommendations to the board.
- Discussion – separate motions to be presented at AGM to be distributed via email and discussed by RR Committee.
- Possible MOTION – to open the eligibility of championship events to all provincial residents
- Possible MOTION – to abolish the print calendar version
 - Bob – to present business argument and financial viability
 - Clif – to review constitutional requirements in bylaws of print version
- Possible MOTION – to fully adopt an electronic calendar
- Possible MOTION - removal of all fees associated with calendar listings
 - Maurice – to re-circulate calendar proposal from autumn.
- Possible MOTION – to change the age of masters RR to 40 years
 - Frank – to follow up IAAF, AIMS discussion
- As the BCA Board representative to the road running committee, Greg White requested that the committee forward a list of five recommendations to the board for their next board meeting on November 17. *Attached is the final list of recommendations that was submitted to the board on Friday, November 16.*

9. Other Business (carried over from last meeting.

9A. Liaising with the endurance coaches, should there be a developmental program for the 10k (track?) and/or marathon. Ideas, ways and means to raise the standards in BC for those 2 events. We haven't mentioned the half mar because it is not on the Olympic program but it could be part of the development process of a marathoner.

9B. Road Running Officials – Discussion – Officials - there has been some discussion with officials regarding RR. The officials approach from a Track perspective, perhaps what is needed is more of a triathlon approach with one day seminar and training. RR needs to develop needs and approach officials on how BCA officials can help meet these needs

9C. Tracking money raised for charities through RR events. I am thinking of a user friendly authoring system whereby the race director or designate fill in a small form that automatically collates the data on our web site. Maybe not for general viewing but information the association and relevant committees can use.

Meeting called at 8:05pm . Motioned Geoffrey, seconded Frank

ROAD RUNNING COMMITTEE RECOMMENDATIONS TO THE BCA BOARD 17 November 2007

In addition to the Calendar recommendations and motions that the road running committee put forth to the board in June 2007, we are submitting the following five recommendations to the BCA board to consider at the November BCA Board Meeting. We hope to follow up with actual resolutions for the BCA AGM after we get feedback from the board and its sub-committees.

1. CALENDAR OF EVENTS (See additional notes below **)

Online Calendar

Action required from BCA board, BCA Calendar Sub-Committee and BCA staff to produce a comprehensive and timely calendar of events to be posted online in January. The \$20 Calendar listing fee does not work as only two events paid for this in 2007 and the BCA calendar suffered as a result. This online calendar can be updated weekly as required. A draft Road Running Calendar created by the road running committee is ready for posting immediately. This is the single most important aspect of sanctioning for race directors to get this promotion from BCA in the online calendar and as well this is the number one priority of the Road Running Committee. Many sanctioned events in 2007 did not even get listed in the calendar. We also recommend to remove the calendar listing fee in order to create a more comprehensive calendar as per association rules.

Printed Calendar

Since it is difficult for BCA to produce a comprehensive and timely printed calendar of events for January, we recommend that BCA post a printable online pdf calendar of events / BCA Manual that the membership can download or print themselves. This can be updated and printed at any time and should be dated accordingly. Any BCA members that do not have computer access should receive a printed version when they join BCA. Also any member should be able to ask for a printed copy on request. Printable copies of the calendar of events of the four running disciplines should also be posted and updated on a weekly basis as more events get added and/or upgraded to sanctioned status.

2. ONLINE SANCTIONING SYSTEM

The new version for online sanctioning shows very little change from the Dec 2006 version and still has many flaws from the previous version. It is not user friendly and does not conform to all the requirements of the new sanctioning policy. Eg Insurance option. There also needs to be a signed agreement as to what each party provides for sanctioning. We need insurance as being optional and we need the insurance waiver fee added. Many system flaws that have been identified in early 2007 that caused the system to be deactivated in March, still have not been fixed. We also will need a resolution to remove Calendar listing fee. It is important to keep the calendar listing separate from the online sanctioning process so that it does not hinder the timely development of a comprehensive calendar. We cannot expect all race directors to submit and/or sanction their races online by December of the previous calendar year.

3. BCA ROAD RACE CHAMPIONSHIPS & ELIGIBILITY

BCA board to follow up on action item to organize a meeting of BCA committees to review BCA eligibility requirements for BCA Championship events in time to propose resolutions for the BCA AGM. Given that there was no interest in hosting any of the six 2008 Road Race Championships that were posted and that we only had one Road Running championship event in 2007 with questionable results (Nowhere to be found), we need a strategy to make the championships more attractive for potential Host Organizing Committees and athletes alike. Eg. Open up eligibility, offer prize money, offer trips to nationals for winners, timely (Pre and post) promotion of championships, post results, recognize the winners etc.

4. BCA TIMEX SERIES

With the exception of the HBC July 1 Run for Canada 10K, the Road Running Committee has approved the other 14 events from the 2006 TIMEX series to continue on into the 2007 Timex Series. These have already been identified in the draft 2008 road race calendar. These are to be posted and promoted ASAP as the series starts in January 2008 and one event is already sold out.

5. MASTERS AGE 40+ FOR ROAD RUNNING

In keeping with the October 2007 recommendations of the IAAF Road Running Commission, we propose to change the masters age for Road Running from 35+ to **40+**. Below is a response from a member of the IAAF Road Running Commission.

“At the Road Running Commission meeting the other week, we quite forcefully registered our objections to having a track-defined age category for veterans. IAAF will always tell us that the Masters Committee decides such a matter, but we made it plain (and this included all members who spoke) that road running should be able to determine age categories appropriate to its own sphere, irrespective of what happens on the track (Haile Gebrselassie turns 35 quite soon!) I think the message has been received and that the masters age records will be recorded as 40+ for road events, although it could take time for IAAF to get this carved into their own stone tablets.”

**** Additional notes to Item #1**

- BC Athletics members and non-members, and visitors to the province are looking for a comprehensive listing of events in BC.
 - Current policy limits the events listed on the BCA website, causing these people to look elsewhere when seeking events to participate in.
 - A comprehensive listing of events will significantly increase visits to the BCA website, providing opportunity to direct participants to sanctioned events.
 - An advertised benefit of sanctioning is to increase the base of potential entrants by giving additional exposure to sanctioned events over non-sanctioned events.
- The current policy of requiring race directors to fill-out online forms, and for non-sanctioned events to pay a fee for listing in the calendar has proven to be counter-productive to the above objectives.

Proposal

- BCA staff (with input from members) to develop and maintain a comprehensive online and printed calendar of events, listing all events eligible for sanctioning by BCA. Additionally, include national and international championships, and other representative events that BCA members are eligible for.
- Specifically exclude out of province events that do not meet the above criteria, except as provided for below. Also, exclude events that are not governed by BCA, such as duathlons and triathlons. (Possibly provide links to event listings for other provinces/states, and other PSOs).
- To highlight sanctioned events over non-sanctioned events:
 - o Bold sanctioned event listings.
 - o List all sanctioned events on a given date before non-sanctioned events.
 - o Only provide links to event websites for sanctioned events.
 - o Only include sanctioned events in upcoming event listings.
 - o Only report the results of sanctioned events.

2008 ROAD RACE CALENDAR
Draft Updated 12 December 2007

Date	Sanc	Cert	Event	Location	Contact	code	Phone	Website	Email
Jan 1	s	c	Harriers Memorial 10K Run/Walk	Victoria	Bob Reid	250	384-1520	http://pih.bc.ca/MemorialRun.php	breid@islandnet.com
Jan 1			New Years Run 2k, 8k	Peachland	Pelma Haffenden	250	767-2133		
Jan 1			Resolution Run 5.9k, 8.4k	Victoria	Running Room staff	250	391-0141	http://www.events.runningroom.com/site/?racelid=3080	langford@runningroom.com
Jan 1			Resolution Run 5k	Prince Rupert	Rob Eby	250	624-4102		
Jan 1			Resolution Run 5k	Vancouver	Running Room staff	604	684-9771	http://www.events.runningroom.com/site/?racelid=3078	denman@runningroom.com
Jan 1			Resolution Run 5k	Abbotsford	Running Room staff	604	556-0770	http://www.events.runningroom.com/site/?racelid=3007	abbotsford@runningroom.com
Jan 1			Resolution Run 5k	Langley	Running Room staff	604	534-2112	http://www.events.runningroom.com/site/?racelid=3019	langley@runningroom.com
Jan 1			Resolution Run 5k	Nanaimo	Running Room staff	250	556-0770	http://www.events.runningroom.com/site/?racelid=3060	nanaimo@runningroom.com
Jan 13	s	c	Prairie Inn Pioneer 8k (VIRA #1)	Saanichton	Randy Jones	250	514-6649	www.vira.bc.ca	rjones@sd61.bc.ca
Jan 20	s		Chilly Chase 5k, 10k	Langley	Mitchell Hudson	778	908-4321	http://www.tryevents.ca/	mitchell@tryevents.ca
Jan 27	s	c	Steveston Ice-Breaker 8k (Timex #1)	Richmond		604	241-9094	www.kajaks.org	info@kajaks.org
Jan 27	s	c	Mill Bay 10k (VIRA #2)	Mill Bay	Loni Dutton	250	746-6344	www.vira.bc.ca	loni.dutton@gov.bc.ca
Feb 3			Making Muscles Move 5K	Victoria	Mark Nelson	250	391-7373	http://www.westshore.frontrunners.ca	
Feb 10	s		Starting Block 10k (Interior #1)	Vernon	Jerry Naito	250		http://www.interiorrunning.ca	
Feb 10	s	c	Cedar 12k (VIRA #3)	Nanaimo	Robert Cross	250	245-4690	www.vira.bc.ca	cedar@vira.bc.ca
Feb 10			Prince George Iceman	Prince George	Cathy Lewis	250	564-8773		
Feb 10	s	c	First Half Half Marathon (Timex #2)	Vancouver	Dan Cumming	604	515-2488	www.pacificroadrunners.ca	firsthalf@pacificroadrunners.ca
Feb 16	s		The Historic Half Marathon & 8K	Langley	Mitchell Hudson	778	908-4321	www.historichalf.ca	mitchell@tryevents.ca
Feb 17			Bear Mountain Resort Summit 3.5K	Victoria	Mark Nelson	250	391-7373	http://www.westshore.frontrunners.ca	westshore@frontrunners.ca
Feb 24	s		Summerland Centennial Half Marathon (Int #2)	Summerland	Ron Sherk	250	494-7744	www.interiorrunning.ca	ronsherk@yahoo.ca
Feb 24	s	c	Hatley Castle 8K (VIRA #4)	Victoria	Stephen Cook	250	474-4863	www.vira.bc.ca	k9lab@shaw.ca
Mar 9	s	c	Lakeside Resort 5k (Interior #3)	Penticton	Jerry Mitchell	250		www.interiorrunning.ca	
Mar 9	s	c	Synergy Health Mgmt. Ltd Bazan Bay 5k (VIRA #5)	Sidney	Patrick Brown	250	388-6492	www.vira.bc.ca	jeff_vandendriesen@telus.net
Mar 9	s	c	Harry's Spring Run-Off 8K	Vancouver	Clifton Cunningham	778	786-4116	clifton@canadarunningseries.com	www.canadarunningseries.com
Mar 9			Shamrock Run 15k, 8k, 5k, 4mi	Portland OR	Race Infoline	503	203-9166	www.portlandfrontrunners.org	
Mar 9			St. Paddy's Day Dash 5k, 1k	Port Moody	Runners' Den	604	461-8330		
Mar 15	s		Shamrock Green Hat Half Marathon	Abbotsford	Mitchell Hudson	778	908-4321	http://www.tryevents.ca/	mitchell@tryevents.ca
Mar 15			Shamrockin 5k, 10k	Abbotsford	Store Manager	604	556-0770		
Mar 15			St. Patrick's Day 5K	Vancouver	Karen Warrendorf	604	842-3834	http://www.stpatricks5k.com/	prontoevents@protoevents.com
Mar 16	s		Diva on the Run 8K	Vancouver	Miranda Reece	604	317-0864	http://www.reflexionclinics.com/race4disp.php	miranda@reflexionclinics.com
Mar 14			St. Patrick's Day 3k	Victoria	Frontrunners	250	382-8181		
Mar 16	s	c	The River's Spring Run-Off 10k (Timex #3) (Int #4)	Kamloops	Rick Cameron	250	851-8605	www.ridgerunners.bc.ca	rlcameron@shaw.ca
Mar 16	s	c	Comox Valley Half Marathon (VIRA #6)	Courtenay	David Nowak	250	897-8484	www.vira.bc.ca	nowak@futurewest.ca
Mar 29	s	c	Spring Forward 5k (Timex #4)	Vancouver	John Hill	604	688-8648	www.vfac.ca	springforward@vfac.ca
Mar 30	s	c	Merville 15K (VIRA #7)	Campbell River	Cynthia Durand-Smith	250	286-1364	www.vira.bc.ca	shorerunners@telus.net
Mar 30	s		Campus to Campus Half Marathon	Kelowna	Jane Muskens	250	762-5445	www.okanagan.bc.ca/Page12328.aspx	jmuskens@ouc.bc.ca
Apr 1			TRU Campus Class Run, 5k, 10k	Kamloops	Wayne Richardson	250	377-4055		
Apr 6	s		Sunshine Coast April Fool's Run Half Marathon	Gibsons	Teresa Nightingale	877	493-5163	www.foolsrun.com	foolsrun@telus.net
Apr 6			Heights Fiver 5k, 8k	Prince George	Oliver Hui	250	964-9647	www.pgroadrunners.ca/	
Apr 6	s		Oliver 10k (Interior #4)	Oliver	Jack Wessel	250	498-2030	www.interiorrunning.ca	jwessel@img.net
Apr 6	s		Spring Ahead 5k, 10k, Half Marathon	Mission	Mike Gower	604	826-4721	www.springahead.org	info@springahead.org
Apr 6	s		Spring Runoff 10k	Ft. St. John	Grant Spelsberg	250	785-5733		gcpelsberg@shaw.ca
Apr 6			Michael Dunahee 5k	Esquimalt	Rob Reid	250	382-8181		
6-Apr	s		Popeye's 10K run	Coquitlam	Tom Prelowski	604	782-5432		info@trioevents.ca
Apr 6	s		Hart Half 5k, 10k, Half Marathon	Prince George	Cory Watts	250	564-6736	www.pgroadrunners.ca/	
Apr 6			L.G. and Robin's 5k	Vancouver	Kelli Seepaul	604	685-0737		
Apr 6			Super Cities Walk/Run for MS	Lower Main/Vanc. Is	MS Society	604	602-3221		
Apr 13	s	c	Sooke River 10K & Series Awards (VIRA #8)	Sooke	Bill Ethier / Sarah West	250	885-1658	www.vira.bc.ca	bill_ethier@shaw.ca
Apr 13	s		Prince Rupert Half Marathon	Prince Rupert	Ray Leonard	250	624-6336	www.citytel.net/rupestrunners	rupestrunners@citytel.net
Apr 19			Boogie The Bridge 5k, 10k, Half Marathon	Kamloops	Adrian or Jo Berry	250	579-5980		
Apr 20	s		Milworth Run 5k, 8.5mi	Prince George	Daphne Dery	250	964-9647	www.pgroadrunners.ca/	daph_d@hotmail.com
Apr 20	s	c	Vancouver Sun Run 10k (Timex #5)	Vancouver	Hotline	604	689-9441	www.sunrun.com	
Apr 20			Super Cities Walk/Run for MS	BC Interior	MS Society	604	602-3221		
Apr 27			Run for Life 5k	Delta	Shelley Phelan	604	592-4069		

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Apr 27 s	KNA 5k	Cranbrook	Alesa Bodecker	250 489-3455	www.kootenayadvertiser.com	raceinfo@kootenayadvertiser.com
Apr 27 s c	Times Colonist 10k (Timex #6)	Victoria	Event Hotline	250 818-0956	www.tc10k.ca	info@tc10k.ca
Apr 27	Run, Walk, Roll for Kids 5,10k Run	Surrey	Judy Krawchuk	604 584-1361		
Apr 27	Spring Into Action 5k, 10k	Dawson Creek	Fred Smith	250 782-2239		
May 4 s	Rhythm of Life 10k Run, 5k Walk	Burnaby	Peter Matino	604 412-6482	www.racketsandrillers.ca	peter.matino@fraserhealth.ca
May 4 s	Wild Goose Chase 3.5k, 8k	Vanderhoof	Brian Nemethy	250 567-5324	www.pgroadrunners.ca/	bwruntwo@telus.net
May 4 s c	BMO Vancouver Int. Marathon, Half Marathon	Vancouver	Marathon office	604 872-2928	www.bmovanmarathon.ca	info@vanmarathon.bc.ca
May 4	Journey 10K Run, 5K Walk	Langley	Geri McGrath	604 530-1115		
May 4	McDonald's Canada Kids MaraFun	Vancouver	Marathon office	604 872-2928	www.bmovanmarathon.ca	info@vanmarathon.bc.ca
May 10 s	Crest Glory Days 5k, 10k	Prince Rupert	Leslie Bateman	250 628-3377	www.citytel.net/rupeertrunners	rupeertrunners@citytel.net
May 10	Granny Run 5k	Sechelt	Maurice Farn	604 885-8910		
May 11 s	Envision Run for Mom 8k, 5k, 1k	Chilliwack	Lisa Luky	877 661-0314	www.runningroom.com	lisa.luky@fraserhealth.ca
May 11 s c	Mothers Day 8k Spring Classic (Timex #7)	Port Moody	Suzanne Evans	604 540-2171	www.bcathletics.org/RRSeries/	
May 11 s c	Peach City Runners Blossom 10 Miler (Interior #7)	Penticton	Deb Dunham	250 492-3905	www.interiorrunning.ca	drdunham@shaw.ca
May 11	Sunny Side Up 5km	Tsawwassen	Nancy Friesen	604 943-4661		nancy@runinn.com
May 11	Forzani's Mothers Day	Vernon	Todd Birss	403 717-1398		
May 11	Mothers Day Run	Smithers	Sportworld	250 847-9333		
May 11	Pacific Spirit 5k, 10k	Vancouver	Race Infoline	604 736-6107	www.pacificspiritrun.com	info2008@pacificspiritrun.com
May 17 s	Pineview 5k, 10k	Prince George	Larry Rowe	250 964-9647	www.pgroadrunners.ca/	
May 18 s c	Brooks Peach Half Marathon & 10K	Penticton	Neil Macdonald	250 490-3334	www.peachcityrunners.com/	info@peachcityrunners.com
May 18 s c	Oak Bay KOOL Half Marathon	Victoria	Dave Milne	250 384-4786	www.peninsularrunners.com/events/oakbayhalf.htm	peninsularrunners@telus.net
May 18	ING Bay to Breakers 12k	San Francisco	SF Examiner	415 359-2800	www.ingbaytobreakers.com	info@ingbaytobreakers.com
May 18	Creston Blossom Festival	Creston	Neil	250 428-7127		
May 23	Run for Light 4.3k	Vancouver	Mike Lonergan	604 321-1638		
May 24	Walk/Run for Liver Disease	Vancouver	Darren Soy	604 707-6433		
May 25 s	Blackwell Dairy 15k (Interior #8)	Kamloops	Rick Cameron	250 851-8605	www.ridgerunners.bc.ca	rlcameron@shaw.ca
May 25 s	KootenayExpress Fun Run, 5k, 10k	Nelson	Helen Kissinger	250 359-2938	www.expressnews.ca	helenkissinger@hotmail.com
May 25 s c	Oak Bay 'Kool' Half Marathon, Relay	Victoria	Peninsula Runners	250 384-4786	www.peninsularrunners.com	peninsularrunners@telus.net
May 25 s c	Running Room Shaughnessy 8k (Timex #8), 5k Walk	Vancouver	Geoffrey Buttner	604 739-9182	www.lgrr.com	gbuttner@hotmail.com
May 25 c	Sound & Silence 5k, 10k	Victoria	Evan Fagan	250 514-2813	www.idhhc.ca	
May 25 s	The Gathering 5k	Prince George	Tim Roots	250 964-9647	www.pgroadrunners.ca/	
May 25 s	Vistas Run	Maple Ridge	Robert Masse	604 463-5321		arcadia@intergate.ca
May 25 s	Whistler Valley Trail Run 5k, 10k	Whistler	Dynamic Core Fitness	604 938-9467		dynacore@telus.net
May 25 s	Rythm of Life 5 & 10K	Burnaby	Tracy B	604 412-6492		
May 25	Partnership Walk (3.5k or 6.5k) and Run (5k or 10k)	Vancouver	Sheny Dassa	604 936-0898		
May 25	PMC Sierra Science Fair Fun Run	Vancouver	Patti Leigh	604 443-7551		
Jun 1 s c	Sandcastle City Classic 10k (Timex #9)	White Rock	Sandcastle Hotline	604 536-9295	www.bcathletics.org/RRSeries/	nicombot@aol.com
Jun 1	HSBC Child Run 1k, 5k, 10k	Vancouver	BCCH Foundation	604 875-2444		
Jun 1	Ridge Meadows Hospital Fun Run, 5k, 10k	Maple Ridge	Anne Littlewood	604 476-7158		
Jun 1	Run up for Down Syndrome 1k, 5k, 10k	Burnaby	Down Syndrome	604 431-9694		
Jun 1	Silent Walk/Run	Vancouver	BC Deaf Sports	604 738-7122		
Jun 7	Heel 'N Wheelathon - Various Dates in June	All Cities	Crohn & Colitis Found.	604 891-7538		
Jun 7	Ambleside Masters Mile	West Van.	Frank Kurucz	604 925-7270		
Jun 7	Giant's Head 5k, 10k	Summerland	Summerland Recreation	250 494-0447		
Jun 7	Great Tahsis Run/Walk	Tahsis	Chamber of Commerce	250 934-6667		
Jun 7 s	Dawson Creek Half Marathon & Relay	Dawson Creek	Dale Rose	250 782-1763		dalerose@sanderrosetrobak.ca
Jun 8	Coalmont to Princeton 18.5k	Coalmont	Leslie Hasel	250 295-7620	www.interiorrunning.ca	lhassell@telus.net
Jun 8 s	Family "Y" Half Marathon, 10k, 5k	Prince George	Tanis Wey	250 562-9341	www.pgroadrunners.ca/	tanis.vey@pgymca.bc.ca
Jun 8 c	Edge to Edge Marathon, Half Marathon	Ucluelet	Bryan Tasaka	250 715-8933	www.edgetoedgemarathon.com	info@mindovermountain.com
Jun 8	Jack and Jill 5K	Vancouver		604 875-5257	www.jackandjill5k.com	info@jackandjill5k.com
Jun 8	Rick Hansen Wheels In Motion	Various Cities	Man In Motion Foundatior	866 60WHEEL		
Jun 8	Super Cities Walk/Run for MS	Prince George	MS Society	604 602-3221		
Jun 13 s	Longest Day 5k (Timex #10) & 10k	Vancouver	Graeme Fell	604 225-0222	www.thunderbirdstrack.org	longestday@thunderbirdstrack.org
Jun 14 s	Jog for a Jug 11.2k	Point Roberts	Race Contact	604 943-4661		
Jun 15	Do it for Dad, 2k Walk, 5k Walk, 10.8k Run	Burnaby	Teri Taylor	604 574-4012	www.doitfordad.ca	info@doitfordad.ca

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Jun 15 s	Highland Ridge 2.5k, 5k, 10k	Prince George	Yvonne Hemmerich	250 962-9082	www.pgroadrunners.ca/	
Jun 15	Do it For Dad 3k Walk, 8k Run	Victoria	Prostate Centre	866 388-0214		
Jun 17 s c	Chemainus Twilight Shuffle 5K	Chemainus	Phil Nicholls	250 595-2378	http://pih.bc.ca/Calendar.php	islandrunner@telus.net
Jun 22 s c	Scotiabank Vancouver Half Marathon, 5k	Vancouver	Clifton Cunningham	778 786.3116	www.canadarunningseries.com/svhm	clifton@canadarunningseries.com
Jun 22	Dave Jacobs Classic Relay and Run	Williams Lake	Deborah Radolla	250 398-7665		
Jul 1	Sidney Days 5k	Sidney	Chris Lott	250 656-5426		
Jul 1	5th Street Mile	Comox	Comox Valley RR	250 338-0510		
Jul 1	Canada Day 7k Run/Walk	Pitt Meadows	Parks & Rec	604 465-2453		
Jul 1	HBC Run for Canada	Victoria	Info Line	866 585-9178	www.hbcrunforcanada.ca	victoria@hbcrunforcanada.ca
Jul 1 c	HBC Run for Canada	Vancouver	Info Line	866 585-9178	www.hbcrunforcanada.ca	vancouver@hbcrunforcanada.ca
Jul 1	Peachland Beach Run 5k, 10k	Peachland	Pelma Haffenden	250 767-2133		
Jul 1 s	Sechelt Canada Day Mile	Sechelt	Teresa Nightingale	877 493-5163	www.foolsrun.com/mile/	sca@telus.net
Jul 5	Langford Road Mile	Victoria	Mark Nelson	250 391-7373	http://www.westshore.frontrunners.ca	
Jul 6	Golden Spike 5k, 10k	Port Moody	Runner's Den	604 461-8330		
Jul 6 s c	Kelowna MidSummer 8k (Timex #11) (Interior #8)	Kelowna	Annick DeGooyer	250 769-4296	www.interiorrunning.ca	a.degooyer@shaw.ca
Jul 6	Great Sooke Foot Race 12k	Sooke	Jackie Eddy	250 642-5412		
Jul 13 s	RBK Fort Langley Half Marathon & 5K	Fort Langley	Phil Ellis	604 888-1338	www.peninsularrunners.com/	peninsularrunners_pr@telus.net
Jul 13	Billy Barker Run 5.2k, 12.4k	Quesnel	Jim Cappan	250 992-7623		
Jul 18 s	The Salmon Run	Smithers	Peter Krause	250 847-5009		info@mcbike.bc.ca
Jul 27 s	Sea Cavalcade Mile	Gibsons	Larry Nightingale	877 493-5163	www.seacavalcade.ca	seacavmile@telus.net
Jul 19 s c	Summerfast 10k (Timex #12)	Vancouver	John Hill	604 688-8648	www.vfac.ca	summerfast@vfac.ca
Jul 19	Windermere Valley 3k, 10k	Invermere	Wallace Ross	250 342-9007		
Jul 20 s	Grizzly Bear 12k (Interior #9)	Revelstoke	Jarrett Spannier	250 837-5303	www.interiorrunning.ca	jspannier@sd19.bc.ca
Jul 20	Bare Buns 3k, 7k	Vancouver	Judy Williams	604 273-6950		
Jul 20	Ladysport Run for Arthritis	Vancouver	Miranda Richardson	604 317-0864	http://www.reflexionclinics.com/race1disp.php	info@reflexionclinics.com
Jul 27 s	The Zone @ 91-3 Esquimalt 8k	Esquimalt	Peninsula Runners	250 384-4786	www.peninsularrunners.com/events/esquimalt8k.htm	peninsularrunners@telus.net
Aug 2 s	Mardi Gras Mile	Kelowna	Sport Kelowna	250 469-8800		
Aug 3 s c	Squamish Days 10k (Timex #13)	Squamish	Alma Lewis	604 898-3755		
Aug 5	Hurdal Summer Shuffle 5k	West Vancouver	Jordan Hurdal	604 786-6131		
Aug 5 s	Miracle Mile Anniversary Run	Vancouver	Roger Brownsey	604 263-2814		
Aug 6 s	Masich Mile	Prince George	Oliver Hui	250 964-9647	www.pgroadrunners.ca/	rogerb@interchange.ubc.ca
Aug 9	Loop the Lake 10k, 1/2, Marathon, Ultra, Relay	Invermere	Adrienne Turner	877 342-6773		
Aug 10 s c	Coastal 5k, Half Marathon ("Delta Half")	Delta	Todd Hansen	604 788-1873	www.teamcoastalcycling.com	soutshorecycle@shaw.ca
Aug 10 s	PADS to the Pavement, 5k run/walk, 2.5k walk	Burnaby	Pacific Assistance Dogs	604 527-0556	www.pads.ca	info@pads.ca
Aug 10 s	Raven Run 10k (Interior #10)	Salmon Arm	Pat Danforth	250 832-2172	www.interiorrunning.ca	calvinvb@sunwave.net
Aug 17	CFB Esquimalt Navy 10K	Cedar, BC	Kelly Binette	250 363 1008	http://www.pspesquimalt.ca/	Binette.KJ@forces.gc.ca
Aug 23 s c	Run for the Ferry 5k, 10k	Bowen Island	Finoa Beaty	604 947-9626	www.runfortheferry.ca	info@runfortheferry.ca
Sep 1 s	Labour Day Classic 8.5mi, 17mi, 3x3 mile Relay	Prince George	Alan Buswell	250 964-9688	www.pgroadrunners.ca/	
Aug 31 s c	Labour Day Weekend 8k (Timex #14)	Steveston	George Agnew	604 271-3817	www.kajaks.org	info@kajaks.org
Sep 6	River Run 5k, Half Marathon, 20 miler	Kamloops	Wayne Richardson	250 377-4055		
Sep 6	WISH Walk / Run, 2.4k, 4k, 10k	Vancouver	Jannah Wilson	604 669-wish		
Sep 6	Women for Women, Trail Mix 10K, Women Only	Campbell River	Shelagh Germyn	250 850-1110		
Sep 7 s c	Bike Barn 10k (Interior #11)	Penticton	Val Tuhkala	250 494-3470	www.interiorrunning.ca	vtuhkala@ouc.bc.ca
Sep 7 s	Chetwynd Half Marathon / Relay	Chetwynd	Shannon Ardell	250 788-2214	www.pgroadrunners.ca/	dardell@hotmail.com
Sep 7	BEST Greenway Run 10k	Burnaby	Simon Cowell	604 669-2860		
Sep 7 s	Coho Salmon 14k	Vancouver	Nicola Linton	604 926-6956		
Sep 7	Lands End Half Marathon, 10K	Sidney	Lynn Ross	250 652-3655		
Sep 7 c	Nanaimo Daily News Half Marathon, 10k	Nanaimo	Dan Brady	250 390-3422		
Sep 7	Superwalk for Parkinsons 2k, 7k walk/run, 10k run	Vancouver	Parkinsons Association	604 662-3240		
Sep 13 s	Cannery Road Race 5,10, 21.1k	Prince Rupert	Steve Merrick	250 624-2116	www.citytel.net/rupeertrunners	canneryroadrace@hotmail.com
Sep 14	Terry Fox Run, Walk	Various Cities	Darrell Fox	604 464-2666		
Sep 14	Great Sooke Foot Race 12k	Sooke	Jackie Eddy	250 642-5412		
Sep 20	Abbotsford Police 5k, 10k	Abbotsford	Info Line	604 859-5225		
Sep 20 c	Burnaby Heights on the Run 5k, 10k	Burnaby	Rackets & Runners	604 720-8534		
Sep 20	Victoria Fire Fighters 10k	Victoria	Kevin DeBruin	250 652-7994		

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Sep 21	7th Annual Yellow Point Pant & Paddle	Cedar, BC	Gerold Haukenfrers	250 245-0037	http://www.pantandpaddle.net/	moneyguy@telus.net
Sep 21 s	Mad Moose Marathon	Prince George	Richard Stewart	250 640-0457	www.madmoosemarathon.ca/	rstewart@hsjlawyers.com
Sep 21 s	Bridge to Bridge 10k	Nelson		250		
Sep 21 s	Edgemont Mile	North Vancouver	Craig Crawford	604 985-8587	www.capilanoeagles.com	
Sep 21 s	Peace Arch Rotary Half Marathon, Relay	Surrey	Bob Williams	604 541-5666	www.peacearchrotary.ca	bob.williams@bmo.com
Sep 21 s	Beach to Beak 18k (Interior #12)	Kelowna	Annick DeGooyer	250 769-4296	www.interiorrunning.ca	a.degooyer@shaw.ca
Sep 21 s c	Trees for Life 2, 5, 10k	Burnaby	Brent Robertson	604 421-8497	www.treesforlifefunrun.ca	brent.robertson@burnaby.bc.ca
Sep 21 s	Blue Heron Half Marathon, 10k	Creston	Creston Valley Rotary Clu	250 428-0196	www.blueheronhalfathon.ca/	gwenita@shaw.ca
Sep 21	Trails and Rivers Half Marathon	Coquitlam	Kurt Zaporosan	604 619-7861		
Sep 28 s	Run For Your Life! Half Marathon, 10K	Fort Nelson	Kiki Kindsay	250 774-6866		klindsay@sd81.bc.ca
Oct 5 s	All Seasons 5k, 10k, Half Mar	Terrace	Gail Sheasby	250 635-3434		sheasby@telus.net
Oct 5	Run for the Cure 5k	Vancouver	Cdn Breast Cancer Four	604 683-2873	https://www.cibcrunfortheure.com/html/en/rl_vancouver.as	
Oct 5	Run for the Cure 5k	Victoria	Cdn Breast Cancer Four	250 384-3328	https://www.cibcrunfortheure.com/html/en/rl_victoria.asp	
Oct 5	Run for the Cure 5k	Kelowna	Cdn Breast Cancer Four	250 212-4986	https://www.cibcrunfortheure.com/html/en/rl_kelowna.asp	
Oct 5	Run for the Cure 5k	Kamloops	Cdn Breast Cancer Four	250 374-2882	https://www.cibcrunfortheure.com/html/en/rl_kamloops.as	
Oct 5	Womens Fall Challenge 5k, 10k, Half Marathon	Quesnel	Charlene	250 747-3605		
Oct 12 c	Okanagan International Marathon, Half, 10k	Kelowna	Running Room	250 862-3511		
Oct 12 s c	Royal Victoria Marathon, Half Marathon & 8K	Victoria	RVM	250 658-4520	www.royalvictoriamarathon.com	info@royalvictoriamarathon.com
Oct 13 c	Turkey Trot 10k	Vancouver	Kevin Thompson	604 816-1730	http://www.turkeytrot.ca/	kevin@turkeytrot.ca
Oct 12 s	Band on the Run	Vancouver	Reflexion Clinics	604 317-0864	www.reflexionclinics.com	info@reflexionclinics.com
Oct 12	Around the Lake Give'R Take 30k	Cultus Lake	Clarence Wiens	604 797-7787		
Oct 12 c	Trail River Half Marathon	Port Coquitlam	Glenn Mitzel	604 927-7983		
Oct 12	Dash For Diabetes, 5k run, 1k walk	Victoria	Extension 222	250 382-5454		
Oct 12	Miracle Beach 10k	Campbell River	Colin Buss	250 923-9171		
Oct 12	Youth Violence Awareness Run 8.5k	Pender Harbour	Mokie Barabash-Burnhar	604 885-4626	www.foolsrun.com/yavrun/	
Oct 19 s	Ladysport Run for Arthritis Half Mar, 10K	Vancouver	Miranda Richardson	604 317-0864	http://www.reflexionclinics.com/race3disp.php	info@reflexionclinics.com
Oct 19 s c	Richmond Flatlands 10k	Richmond	Rackets & Runners	604 720-8534	www.flatlandsrun.ca	
Oct 19	Burnaby Lake Half and 7 miler	Burnaby	Mitchell Hudson	778 908-4321	www.tryevents.ca	mitchell@tryevents.ca
Oct 25	Spooktacular Scurry 5K	Langley	Mitchell Hudson	778 908-4321	www.tryevents.ca	mitchell@tryevents.ca
Oct 26 s	Five Bridges Run 16k	Prince George	Richard Stewart	250 964-7762	www.pgroadrunners.ca/	
Oct 26 s c	James Cunningham Seawall Race 5.9mi	Vancouver	Roger Brownsey	604 263-2814	seawall.sierrasystems.com/	rogerb@interchange.ubc.ca
Oct 26	Creepy Crawl 5k	Victoria	Island Runner	250 595-2378		
Oct 26	Shawnigan Lake Half Marathon	Shawnigan Lake	Karen Waite	250 709-2274		
Nov 1	Haney to Harrison Relay	Maple Ridge	Miranda Reece	604 317-0864	www.bcathletics.org/H2H/	bca@bcathletics.org
Nov 9	Bear Creek Classic 10k	Surrey	Mitchell Hudson	778 908-4321	www.tryevents.ca	mitchell@tryevents.ca
Nov 10 s c	Khahtsahlano 15k	West Vancouver	North Shore Athletics	604 990-6888	www.northshoreathletics.com	shorter@telus.net
Nov 23 c	New Balance Fall Classic 5k, 10k, Half Mar	Vancouver	Rackets & Runners	604 816-1730	www.fallclassicrun.ca	info@fallclassicrun.com
Nov 16	Bear Mountain Resort 10K	Victoria	Mark Nelson	250 391-7373	www.westshore.frontrunners.ca	
Nov 16	Penticton to Trout Creek Trestle Run 25K	Penticton	Cheryl Lowery	250 283-7064	www.eventsonline.ca/events/	cheryl.lowery@hihostels.ca
Nov 16 s	Pub Relay	Kelowna	Kim Froom	250 712-5836	troutcreekrun	kfroom@silk.net
Nov 16 s	Sea Wall Race	Nanaimo	Sandi Bassett	250 754-3833	www.penttrack.org	nickbassett1952@yahoo.com
Dec 7	Santa Shuffle & Elf Walk, 5k, 1k	Victoria	Running Room	250 383-4224		
Dec 7	Santa Shuffle & Elf Walk, 5k, 1k	Vancouver	Running Room	604 684-9771		
Dec 7	Santa Shuffle & Elf Walk, 5k, 1k	Kelowna	Running Room	250 862-3511		
Dec 7	Merrython 8k	Victoria	Henderson Rec. Cent.	250 370-7200		
Dec 7	Reindeer Run	Campbell River	Cynthia Durand-Smith	250 286-1364		
Dec 7 s	Santa Toy Run 5k	Prince George	Cory Watts	250 564-6736	www.pgroadrunners.ca/	
Dec 13	Sprint to Spit	Comox	Jean Gilbert	250	http://www.bendavies.com/	trijen@shaw.ca
Dec 26	Harriers Boxing Day 10 Mile Handicap	Victoria	Sylvan Smyth	250 216-5895.	http://pih.bc.ca/10mile.html	sylvan@pih.bc.ca
Dec 31	Run Through Time	Victoria	Rob Reid	250 382-8181		