

Date	Event Name	Location	Contact	Phone	Website	Email
Mar 1	Oceanside Cross Country	Qualicum Beach	Ray Riva	250-752-6840	www.pentrack.org/CrossCountry/CrossCountry.html	raylesriva@hotmail.com
Mar 1	Tread the Shed	Delta	Nancy Hamilton	604-572-8081	http://www.newbalancevancouver.com/blog/tread-shed/	
Mar 7	NACAC XC Championships	Orlando, FL	Athletics Canada		www.athletics.ca	
Mar 7	Dirty Duo	North Vancouver	The Dirty Duo	604-990-9815	www.dirtyduo.com	info@mountainmadness.com
Mar 28	IAAF World XC Championships	Amman, JOR	Athletics Canada		www.athletics.ca	
Mar 29	Victoria Cross Country	Victoria	Phil Nelson	250-474-4236	www.pentrack.org/CrossCountry/CrossCountry.html	vips@telus.net
Apr 5	Bill English Cross Country	Nanaimo	Nick Bassett	250-754-3833	www.pentrack.org/CrossCountry/CrossCountry.html	nickbassett1952@yahoo.com
Apr 5	RunInn Sane	Vancouver	The Run Inn	604-267-7866	www.runinn.com	
Apr 18	Diez Vista Trail Run	Port Moody	Paul Slaymaker	604-461-8330	www.diezvista.itgo.com	pslayer@telus.net
May 2	Harriers Elk/Beaver Ultras	Victoria	Carlos Castillo	250-472-3327	pih.bc.ca/elk-beaver-ultra.htm	czc@shaw.ca
May 10	Popeye's 10K Run	Coquitlam	Tom Prelowski	604-782-5432	www.trioevents.ca	info@trioevents.ca
May 24	Rhythm of Life 10K	Burnaby	Peter Matino	604-506-4909		peter.matino@fraserhealth.ca
Jun 6	The Scorched Sole 25K, 50K, 50mls	Kelowna	Dan Crockett	250-860-4663	www.scorchedsole.com	dancrockett@shaw.ca
Jun 14	Popeye's 10K Run	Port Moody	Tom Prelowski	604-782-5432	www.trioevents.ca	info@trioevents.ca
Jun 27	Comfortably Numb	Whistler	Kevin Titus	604-894-5950	www.comfortablynumb.ca	info@comfortablynumb.ca
Aug 4	World Police & Fire Games Cross Country	Vancouver		604-659-2009	www.2009wpfg.ca	info@2009wpfg.ca
Aug 8	Stormy Ultramarathon	Squamish	Wendy Montgomery	604-616-4825	www.stormytrailrace.ca	wendy@stormytrailrace.ca
Aug 8	Emperor's Challenge	Tumbler Ridge	Doug Fourester	250-242-5870	www.emperorschallenge.com/	emperor@pris.ca
Aug 9	XTC Campbell River	Campbell River	Teri Taylor	604-298-6870	www.xtccanada.com	info@xtccanada.com
Aug 23	That Goofy XC Run	Kamloops	Sherry Maligaspe	250-374-8492	www.ridgerunners.bc.ca	maligaspe@shaw.ca
Sep 5	Walk in the Park Ultra	Kamloops	Chris Larouche	250-374-8072	members.shaw.ca/witp/	witp@shaw.ca
Sep 5	XTC Vancouver	Port Moody	Teri Taylor	604-298-6870	www.xtccanada.com	info@xtccanada.com
Sep 12	Seven Summits Trail Race	Rossland	Adele French	250-362-7384	www.sevensummitsrace.com	reception@redresort.com
Sep 13	Loop the Lakes	Squamish	Roger Shirt	604-898-3872	www.loopthelakes.com	info@loopthelakes.com
Sep 19	Pinetree Classic	Coquitlam	Nancy Tinari		www.phoenixrunningclub.com	nancy_tinari@yahoo.com
Sep 19	Grail Quest	Fort St. John	Grant Spelsberg	250-785-5733		gcspelsberg@shaw.ca
Sep 19	Frosty Mountain Trail Race	Manning Park	Gottfried Grosser	778-808-0853	www.mountainmadness.ca	gottfried_grosser@shaw.ca
Sep 20	Mad Moose Marathon	Prince George	Richard Stewart	250-640-0457	www.madmoosemarathon.ca	rstewart@hsjlawyers.com
Sep 20	Alberni Cross Country Run	Port Alberni	Dave Sherlock	250-723-3265	www.pentrack.org/CrossCountry/CrossCountry.html	djsherlock@shaw.ca
Sep 26	South Fraser Cross Country	Surrey	Henrietta Johnson	604-690-7009	www.southfraser.org	henriettasj@shaw.ca
Sep 26	Whistler Spirit Run	Whistler Olympic Park	Ashley Weber	604-733-6651	www.whistlerspiritrun.com	whistlerspiritrun@gmail.com
Sep 26	Tumbler Ridge Ramble	Tumbler Ridge	Charles Helm	250-242-3984		drchelm@pris.bc.ca
Sep 27	Reino Keski-Salmi Memorial	Salmon Arm	Dave Wallenstein	250-832-7740	www.interiorrunning.ca	dwallen@telus.net
Oct 3	Festival of Cross Country	South Surrey	Maureen de St Croix	604-535-2062	www.oceanathletics.org	mdestcroix@sotique.com
Oct 3	Crescent Park Cross Country	South Surrey	Tom Hastie	604-536-1394	www.sunrunners.ca	hastie71@hotmail.com
Oct 4	Campbell Mountain Trail Run	Penticton	Bill Head	250-492-6107	www.interiorrunning.ca	billhead@shaw.ca
Oct 10	BC Elementary & Jnr High Schools	Richmond	Ken Johns	604-275-0708	www.kajaks.org	penjohns@shaw.ca
Oct 17	Frank Reynolds Memorial	N. Vancouver	Dawn Copping	604-929-3554	www.norwesterstandf.com	dcopping@telus.net
Oct 18	Sechelt Fall Tune-Up	Sechelt	Teresa Nightingale	1-877-493-5163	www.falltuneup.com	sca@telus.net
Oct 18	Larry Nicholas Memorial	Kelowna	Norm Drake	250-763-5535	www.interiorrunning.ca	Norm.Drake@gov.bc.ca
Oct 18	Peninsula Cross Country Challenge	Central Saanich	Tom Dingle	250-656-3341	www.pentrack.org/CrossCountry/CrossCountry.html	tdingle@uvic.ca
Oct 25	Summerland Cross Country	Summerland	Ron Sherk	250-583-5858	www.interiorrunning.ca	ronsherk@yahoo.ca
Oct 31	BC Cross Country Championships	Vancouver	BC Athletics	604-333-3553	www.bcathletics.org/main/xcchamps.htm	
Nov 1	Kal Park Cross Country	Vernon	Myra Mattila		www.interiorrunning.ca	myramattila@telus.net
Nov 11	Remembrance Day	Vancouver	Jerry Tighe	604-733-4412	www.hersheyharriers.com	jerrytighe@yahoo.com
Nov 11	Harriers Thetis Lake 20K Relay	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Nov 14	The Phantom Run	North Vancouver	Heather MacDonald	604-990-9815	www.mountainmadness.ca	mountainmadness@telus.net
Nov 15	Watershed Cross Country Ramble	Aldergrove	Phil Ellis	604-531-7879	www.peninsularunners.com/events/xcramble.htm	peninsularunners_pr@telus.net
Nov 22	Bazett Farms Cross Country	Duncan	Sheron Chrysler	250-748-8126	www.pentrack.org/CrossCountry/CrossCountry.html	lacesup@shaw.ca
Nov 28	Canadian National XC Championships	Guelph	BC Athletics	604-333-3553	www.athletics.ca	
Nov 28	Harriers Gunner Shaw Cross Country	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Nov 29	The RunInn the Woods	Vancouver	The Run Inn	604-267-7866	www.runinn.com	
Dec 5	Gunner Shaw 10K	Vancouver	Roger Brownsey	604-822-3810	www.lgrg.com/gshaw/	rogerb@interchange.ubc.ca
Dec 12	Stewart Mountain 10 Mile XC	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com