

Date	Event Name	Location	Contact	Phone	Website	Email
Jan 10	Prairie Inn Pioneer 8k (Timex #1, VIRA #1)	Saanichton	Randy Jones	250 474-6546	www.vira.bc.ca	rjones@sd61.bc.ca
Jan 17	Steveston Ice-Breaker 8k (Timex #2, LMRRS #1)	Richmond	JJ Schmidt	604 241-9094	www.lmrrs.com	info@kajaks.org
Jan 24	Cobble Hill 10k (VIRA #2)	Mill Bay	Glenn White	250 743-0756	www.vira.bc.ca	cobble@vira.bc.ca
Feb 7	Cedar 12k (VIRA #3)	Nanaimo	Patrick Ross	250 756-2497	www.vira.bc.ca	cedar@vira.bc.ca
Feb 7	Starting Block 10k (IRA #1)	Vernon	Ginny Sellars	250 545-6972	www.interiorrunning.ca	ginny Sellars@mac.com
Feb 21	Hatley Castle 8K (VIRA #4)	Victoria	Stephen Cook	250 474-4863	www.vira.bc.ca	hatley@vira.bc.ca
Mar 6	World Masters Championship Half Marathon	Kamloops	Judy Armstrong		www.kamloops2010masters.com	j2armstrong@shaw.ca
Mar 7	Lakeside Resort 5k (Timex #3, IRA #2)	Penticton	Don Clark	250 770-1945	www.interiorrunning.ca	donzoalanzo@hotmail.com
Mar 7	Bazan Bay 5k (Timex #4, VIRA #5)	Sidney	Linda Walsh	250 598-2716	www.vira.bc.ca	bazan@vira.bc.ca
Mar 7	Harry's Spring Run-Off 8K	Vancouver	Canada Running Series	778 786-4116	www.canadarunningseries.com	clifton@canadarunningseries.com
Mar 13	St. Patrick's Day 5K (LMRRS #2)	Vancouver	Karen Warrendorf	604 842-3834	www.lmrrs.com	info@stpatricks5k.com
Mar 21	The River's Spring Run-Off 10k (Timex #5, IRA #3)	Kamloops	Rick Cameron	250 851-8605	www.interiorrunning.ca	rlcameron@shaw.ca
Mar 21	Comox Valley Half Marathon (Timex #6, VIRA #6)	Courtenay	Brad Crowe		www.vira.bc.ca	comox@vira.bc.ca
Mar 27	Dave Reed Spring Classic 5k (Timex #7, LMRRS #3)	Vancouver	John Hill	604 688-8648	www.lmrrs.com	springclassic@vfac.ca
Mar 28	Diva on the Run 8K	Vancouver	Miranda Reece	604 317-0864	www.reflexionclinics.com	miranda@reflexionclinics.com
Mar 28	Heights Fiver 5k, 8k	Prince George	Larry Rowe	250 564-8141	www.pgroadrunners.ca/	
Apr 4	Merville 15K (VIRA #7)	Campbell River	Mark Cryderman	250 286-1364	www.vira.bc.ca	merville@vira.bc.ca
Apr 11	Prince Rupert Half Marathon	Prince Rupert	Suzette Narbonne	250 624-4899	www.citytel.net/rupeerunners	rupeerhalf@hotmail.com
Apr 11	Spring Runoff 10k	Ft. St. John	Grant Spelsberg	250 785-5733		gcspelsberg@shaw.ca
Apr 11	Hart Half 5k, 10k, Half Marathon	Prince George	Cory Watts	250 564-6736	www.pgroadrunners.ca/	c_hwatts@yahoo.ca
Apr 11	Sooke River 10K & Series Awards (VIRA #8)	Sooke	Rob Harmsworth	250 479-5800	www.vira.bc.ca	sooke@vira.bc.ca
Apr 11	Sunshine Coast April Fool's Run Half Marathon (LMRRS #4)	Gibsons	Teresa Nightingale	877 493-5163	www.lmrrs.com	foolsrun@telus.net
Apr 11	Oliver 10K (IRA #4)	Oliver	Jack Wessel	250 498-2030	www.interiorrunning.ca	jackwessel295@hotmail.com
Apr 18	Canadian Half Marathon Championship	Montreal	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Apr 25	Miworth Run 5k, 8.5mi	Prince George	Larry Rowe	250 564-8141	www.pgroadrunners.ca/	
Apr 25	Times Colonist 10k (Timex #8)	Victoria	Event Hotline	250 818-0956	www.tc10k.ca	info@tc10k.ca
May 2	Wild Goose Chase 3.5k, 8k	Vanderhoof	Brian Nemethy	250 567-5324	www.hwy16.com/goose/home.htm	bwruntwo@telus.net
May 2	BMO Vancouver Int. Marathon, Half Marathon	Vancouver	Marathon office	604 872-2928	www.bmovanmarathon.ca	info@vanmarathon.bc.ca
May 8	Crest Glory Days 5k, 10k	Prince Rupert	Leslie Bateman	250 628-3377	www.citytel.net/rupeerunners	rupeerunners@citytel.net
May 9	Mothers Day Run	Smithers	Peter Krause	250 847-5009		info@mcbike.bc.ca
May 9	Envision Run for Mom 8k, 5k, 1k	Chilliwack	Lisa Luky	877 661-0314	www.runningroom.com	lisa.luky@fraserhealth.ca
May 9	Silver City Days Fun Run 5k, 10k	Trail	Dan Horan	250-368-5291	www.trailtrackclub.ca	dhoran@telus.net
May 9	Vancouver Sun Run 10k (Timex #9)	Vancouver	Hotline	604 689-9441	www.sunrun.com	sunrun@direct.ca
May 16	Peach City Runners Blossom 10 Miler (IRA #5)	Penticton	Deb Dunham	250 492-3905	www.interiorrunning.ca	drdunham@shaw.ca
May 23	The Gathering 5k	Prince George	Larry Rowe	250 564-8141	www.pgroadrunners.ca/	
May 23	Oak Bay 'Kool' Half Marathon, Relay	Victoria	Peninsula Runners	250 384-4786	www.peninsularunners.com	peninsularunners@telus.net
May 23	New Balance Peach City Half Marathon & 10K	Penticton	Neil Macdonald	250 490-3334	www.peachcityrunners.com/	info@peachcityrunners.com
May 29	Skeena River Relay	Prince Rupert to Terr	Leanne Enns	250 624-2673	www.citytel.net/skeenaiverrelay	skeenarelay@hotmail.com
May 30	Blackwell Dairy 15k (IRA #6)	Kamloops	Rick Cameron	250 851-8605	www.interiorrunning.ca	rlcameron@shaw.ca
May 30	Oliver "Half Corked" 18K	Oliver	Jack Wessel	250 498-2030	oliverosoyoswineries.blogspot.com/	jackwessel295@hotmail.com
May 30	Rotary Seawalk Run 10k	West Vancouver	Rotary Club of West Van	604 736-7484	www.seawalkrun.com	info@seawalkrun.com
May 30	Running Room Shaughnessy 8k (Timex #10, LMRRS #5), 5k	Vancouver	Geoffrey Buttner	604 739-9182	www.lmrrs.com	gbuttner@hotmail.com
May 30	Vistas Run	Maple Ridge	Robert Masse	604-463-5321	www.vistasrun.com	robertmasse@hotmail.com
May 30	Canadian Marathon Championship	Ottawa	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Jun 6	Family Y" Half Marathon, 10k, 5k	Prince George	Amanda Bressette	250 562-9341	www.pgymca.ca.ca	amanda.bressette@pgymca.bc.ca
Jun 6	Sandcastle City Classic 10k (Timex #11, LMRRS #6)	White Rock	Paul Mathias	604-538-6584	www.lmrrs.com	pmathias@shaw.ca
Jun 10	Hustle for Hunger 5k, 3k	Prince George	Delaney Vieau	250-562-3537		dvieau@cbi.ca

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Jun 13	Highland Ridge 2.5k, 5k, 10k	Prince George	Larry Rowe	250 564-8141	www.pgroadrunners.ca/	
Jun 15	Chemainus Twilight Shuffle 5K	Chemainus	Phil Nicholls	250 595-2378	pih.bc.ca/Calendar.php	islandrunner@telus.net
Jun 18	Longest Day 5k (Timex #12, LMRRS #7) & 10k	Vancouver	Graeme Fell	604 225-0222	www.lmrrs.com	longestday@thunderbirdstrack.org
Jun 19	Chip's Not Dead Yet Mile	Vancouver	Neil McKinnon	604 816-1730	www.chipsnotdeadyet.com	neil@toitevents.com
Jun 19	Jog for a Jug 11.2k	Point Roberts	Race Contact	604 943-4661		
Jun 27	Mountain Madness Marathon, 21K, 10K	Smithers	Cormac Hikisch	250 847-1059		cormachik@hotmail.com
Jun 27	Scotiabank Vancouver Half Marathon & 5k	Vancouver	Clifton Cunningham	778 786-3116	www.canadarunningseries.com	svhm@canadarunningseries.com
Jun 27	Grizzly Bear 12k (IRA #7)	Revelstoke	Jarrett Spannier	250 837-5303	www.interiorrunning.ca	jspannier@sd19.bc.ca
Jul 1	Yaletown Grand Prix 4.5k	Vancouver	Paul Done		www.yaletowngrandprix.com	paul@yaletowngrandprix.com
Jul 1	Sechelt Canada Day Mile	Sechelt	Teresa Nightingale	877 493-5163	www.foolstrun.com/mile/	sca@telus.net
Jul 1	Sidney Days 5k Sidney	Sidney	Chris Lott	250 656-5426	www.pentrack.org	cslott@mclott.com
Jul 4	Kelowna MidSummer 8k (Timex #13, IRA #8)	Kelowna	Richard Bugslag	250 863-8577	www.interiorrunning.ca	papabugs@hotmail.com
Jul 17	Summerfast 10k (LMRRS #8)	Vancouver	John Hill	604 688-8648	www.lmrrs.com	summerfast@vfac.ca
Jul 18	NB Fort Langley Half Marathon & 5K	Fort Langley	Phil Ellis	604 888-1338	www.peninsularunners.com/	peninsularunners_pr@telus.net
Jul 24	Sea Cavalcade Mile	Gibsons	Teresa Nightingale	877 493-5163	www.seacavalcade.ca	seacavmile@telus.net
Jul 25	Diva on the Run 5K & 10K	Vancouver	Miranda Reece	604-317-0864	www.reflexionclinics.com	miranda@reflexionclinics.com
Jul 25	The Zone @ 91-3 Esquimalt 8k	Esquimalt	Peninsula Runners	250 384-4786	www.peninsularunners.com	peninsularunners@telus.net
Aug 1	Summerland Centennial Half Marathon (IRA #9)	Summerland	Ron Sherk	250-583-5858	www.interiorrunning.ca	ronsherk@yahoo.ca
Aug 1	Squamish Days 10k (LMRRS #9)	Squamish	Alma Lewis	604 898-3755	www.lmrrs.com	arlewis@shaw.ca
Aug 4	Masich Mile	Prince George	Larry Rowe	250 564-8141	www.pgroadrunners.ca/	
Aug 8	Delta Half Marathon & 5k	Delta	Rob Wright	604 596-2453	www.deltahalfmarathon.com	info@deltahalfmarathon.com
Aug 15	Raven Run 10k (IRA #10)	Salmon Arm	Dietmar Penkert	250 833-8342	www.interiorrunning.ca	penkert@sunwave.net
Aug 15	Richmond Oval 10k (LMRRS #10)	Richmond	Bob Riddell	604 295-0490	www.lmrrs.com	fou runners@shaw.ca
Aug 22	Four Lakes 10K	Garden Bay	Teresa Nightingale	604-885-8849	www.foolstrun.com/4lakes	sca@telus.net
Aug 28	Run for the Ferry 5k, 10k	Bowen Island	Richard Best	604-454-4732	www.runforthe ferry.ca	info@runforthe ferry.ca
Sep 5	Labour Day Classic 8.5mi, 17mi, 3x3 mile Relay	Prince George	Dennis Strausfogel	250-612-4754	www.labourdayclassic.ca	info@labourdayclassic.ca
Sep 12	Bike Barn 10k (IRA #11)	Penticton	Neil MacDonald	250-490-3334	www.interiorrunning.ca	pounders@vip.net
Sep 12	Chetwynd Half Marathon / Relay	Chetwynd	Tyria Plamondon	250-788-2214	www.gochetwynd.com	recprograms@gochetwynd.com
Sep 18	Cannery Road Race 5,10, 21.1k	Prince Rupert	Steve Merrick	250 624-2116	www.citytel.net/rupe rrunners	canneryroadrace@hotmail.com
Sep 19	Peace Arch Rotary Half Marathon, Relay	Surrey	Dee Makepeace	604-538-0764 x2	www.rotaryrun.org	dee@jadewest.com
Sep 26	Peak to Beak 18k (IRA #12)	Kelowna	Bernice Lightfoot	250-717-6142	www.interiorrunning.ca	bernicelightfoot@shaw.ca
Sep 26	Blue Heron Half Marathon, 10k	Creston	Creston Valley Rotary Club	250 428-0196	www.blueheronhalfathon.ca/	gwenita@shaw.ca
Oct 3	Bridge to Bridge 10k	Nelson	Shannon Barrett	250-352-3786		shannonbarrett@hotmail.com
Oct 10	Royal Victoria Marathon, Half Marathon & 8K	Victoria	RVM	250 658-4520	www.royalvictoriamarathon.com	info@royalvictoriamarathon.com
Oct 16	World Half Marathon Championships	Nanning, CHI	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Oct 16	Canadian 10K Championships	TBD	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Oct 17	Diva on the Run Half Marathon & 10K	Vancouver	Miranda Reece	604 317-0864	www.reflexionclinics.com	info@reflexionclinics.com
Oct 17	Oktoberfest Brewski-Daddle 2.5k, 5k	Vancouver	Dean Stanton	604 983-8433	www.brewskidaddle.com	info@brewskidaddle.com
Oct 17	Strachan Hartley 10k, 5k Legacy Run	North Vancouver	Shannon Sullivan	778-855-3230	www.shlf.ca	shannonlsullivan@canada.com
Oct 31	James Cunningham Seawall Race 5.9mi	Vancouver	Linda Wong	604 720-7209	seawall.sierrasystems.com/	lwong76@gmail.com
Nov 6	Haney to Harrison Relay	Maple Ridge	BC Athletics	604 333-3553	www.bcathletics.org/H2H/	bca@bcathletics.org
Nov 14	Pub Relay Race	Kelowna	Nathen Larente	250 763-1964	http://business.silk.net/krc/	nathen46@hotmail.com