

Date	Event Name	Location	Contact	Phone	Website	Email
Mar 6	NACAC/Americas Cross Country Champs	Port-of-Spain, TRI	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Mar 7	Tread the Shed	Delta	Nancy Hamilton	604-572-8081	http://www.newbalancevancouver.com/blog/tread-shed/	
Mar 13	Dirty Duo	North Vancouver	The Dirty Duo	604-990-9815	www.dirtyduo.com	info@mountainmadness.ca
Mar 28	World Cross Country Champs	Bydgoszcz, POL	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Apr 17	Diez Vista Trail Run	Port Moody	Paul Slaymaker	604-461-8330	www.diezvista.itgo.com	pslayer@telus.net
May 1	Harriers Elk/Beaver Ultras	Victoria	Carlos Castillo	250-472-3327	pih.bc.ca	czc@shaw.ca
May 15	Tenderfoot Boogie	Squamish to Whistler	Gottfried Grosser	778-808-0853	www.trailwhisperer.ca	gottfried_grosser@shaw.ca
Jun 19	Paavo Nurmi Run	Burnaby	Frank Myrskog	604-767-0774		
Jun 20	Okanagan Mountain Trail Race	Kelowna	Shannon Thompson	250-863-6561		sweetfire@shaw.ca
Jun 26	The Scorched Sole 25K, 50K, 50mls	Kelowna	Dan Crockett	250-860-4663	www.scorchedsole.com	dancrockett@shaw.ca
Jun 26	Comfortably Numb	Whistler	Kevin Titus	604-894-5950	www.comfortablynumb.ca	info@comfortablynumb.ca
Jul 23	Fat Dog 100 Trail Race	Manning Park	Heather MacDonald	604-990-9815	www.mountainmadness.ca	info@mountainmadness.ca
Aug 7	Stormy Ultramarathon	Squamish	Wendy Montgomery	604-616-4825	www.stormytrailrace.ca	wendy@stormytrailrace.ca
Aug 7	Emperor's Challenge	Tumbler Ridge	Doug Fourester	250-242-5870	www.emperorschallenge.com/	emperor@pris.ca
Aug 22	That Goofy XC Run	Kamloops	Sherry Maligaspe	250-374-8492	www.interiorrunning.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 12	Loop the Lakes	Squamish	Roger Shirt	604-898-3872	www.loopthelakes.com	info@loopthelakes.com
Sep 12	Otway Challenge	Prince George	Martha Showmaker	250-561-2804	www.strideandglide.ca	otwaychallenge@yahoo.ca
Sep 18	Pinetree Classic	Coquitlam	Nancy Tinari	604-469-7946	www.bcathletics.org/main/xcseries_om.htm	nancy_tinari@yahoo.com
Sep 18	Frosty Mountain Trail Race	Manning Park	Gottfried Grosser	778-808-0853	www.trailwhisperer.ca	gottfried_grosser@shaw.ca
Sep 19	Mad Moose Marathon	Prince George	Richard Stewart	250-640-0457	www.madmoosemarathon.ca	rstewart@hsjlawyers.com
Sep 19	Reino Keski-Salmi Memorial	Salmon Arm	Dave Wallenstein	250-832-7740	www.interiorrunning.ca	dwallens@telus.net
Sep 25	South Fraser Cross Country	Surrey	Henrietta Johnson	604-690-7009	www.bcathletics.org/main/xcseries_om.htm	henriettasj@shaw.ca
Sep 25	Whistler Spirit Run	Whistler Olympic Park			www.whistlerspiritrn.com	whistlerspiritrn@gmail.com
Sep 25	Vanderhoof Cross Country	Vanderhoof	Brian Nemethy	250 567-5324		bwruntwo@telus.net
Sep 25	Grail Quest	Fort St. John	Grant Spelsberg	250-785-5733		gcspelsberg@shaw.ca
Sep 26	Loon Lake Race	Powell River	Lorne Morrow	604-483-9850		avidfit@telus.net
Oct 2	Festival of Cross Country	South Surrey	Maureen de St Croix	604-535-2062	www.bcathletics.org/main/xcseries_om.htm	mdestcroix@sotique.com
Oct 2	Crescent Park Cross Country	South Surrey	Tom Hastie	604-536-1394	www.bcathletics.org/main/xcseries_om.htm	hastie71@hotmail.com
Oct 3	Summerland Cross Country	Summerland	Ron Sherk	250-583-5858	www.interiorrunning.ca	ronsherk@yahoo.ca
Oct 9	BC Elementary & Jnr High Schools	Richmond	Kajaks	604-241-9094	www.kajaks.org	info@kajaks.org
Oct 16	Frank Reynolds Memorial	N. Vancouver	Dawn Copping	604-929-3554	www.bcathletics.org/main/xcseries_om.htm	dcopping@telus.net
Oct 17	Sechelt Fall Tune-Up	Sechelt	Teresa Nightingale	1-877-493-5163	www.falltuneup.com	sca@telus.net
Oct 17	Larry Nicholas Memorial	Kelowna	Bernice Lightfoot	250-717-6142	www.interiorrunning.ca	bernicelightfoot@shaw.ca
Oct 17	Peninsula Cross Country Challenge	Central Saanich	Tom Dingle	250-656-3341	www.pentrack.org/CrossCountry/CrossCountry.html	tdingle@uvic.ca
Oct 17	Pope's Peak Adventure Run	Fort St. James	Keith Gordon	250-996-8572		kggordon@telus.net
Oct 24	Campbell Mountain Trail Run	Penticton	Bill Head	250-492-6107	www.interiorrunning.ca	billiamh@telus.net
Oct 24	Bazett Farms Cross Country	Duncan	Sheron Chrysler	250-748-8126	www.pentrack.org/CrossCountry/CrossCountry.html	lacesup@shaw.ca
Oct 30	BC Cross Country Championships	TBD	BC Athletics	604-333-3550	www.bcathletics.org/main/xccamps.htm	bcathletics@bcathletics.org
Nov 7	Kal Park Cross Country	Vernon	Myra Mattila		www.interiorrunning.ca	myramattila@sympatico.ca
Nov 7	Bill English Cross Country	Nanaimo	Al Johnston	250-756-3014	www.pentrack.org/CrossCountry/CrossCountry.html	allen_955@yahoo.ca
Nov 11	Rememberance Day	Vancouver	Jerry Tighe	604-908-1834	www.bcathletics.org/main/xcseries_om.htm	jerrytighe@yahoo.com
Nov 11	Harriers Thetis Lake 20K Relay	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Nov 13	The Phantom Run	North Vancouver	Heather MacDonald	604-990-9815	www.mountainmadness.ca	info@mountainmadness.ca
Nov 21	Cross Country Ramble	Aldergrove	Phil Ellis	604-531-7879	www.bcathletics.org/main/xcseries_om.htm	peninsularunners_pr@telus.net
Nov 27	Canadian National XC Championships	Guelph	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Nov 27	Harriers Gunner Shaw Cross Country	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Dec 4	Gunner Shaw 10K	Vancouver	Roger Brownsey	604-822-3810	www.bcathletics.org/main/xcseries_om.htm	rogerb@interchange.ubc.ca
Dec 11	Stewart Mountain 10 Mile XC	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com

Updates and revisions, contact Maurice Wilson, maurice.wilson@bcathletics.org, 604-333-3553