

2012 Draft Cross Country / Trail Calendar

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Date	Event Name	Location	Contact	Phone	Website	Email
Jan 1	Resolution Run 8K	White Rock	Peninsula Runners	604-531-7879	www.peninsularunners.com/events/trailseries.htm	peninsularunners_pr@telus.net
Feb 12	Tour de Trail 5k & 10k	Powell River	Lorne Morrow	604-483-9850	www.avidfitness.ca	avidfit@telus.net
Mar 10	Dirty Duo	North Vancouver	The Dirty Duo	604-990-9815	www.dirtyduo.com	info@mountainmadness.ca
Mar 17	NACAC/Americas Cross Country Champs	Port-of-Spain, TRI	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Apr 7	Diez Vista Trail Run 50K	Port Moody	George Forshaw		www.diezvista50.ca	diezvista@gmail.com
May 5	Harriers Elk/Beaver Ultras	Victoria	Carlos Castillo	250-472-3327	pih.bc.ca	czc@shaw.ca
May 26	Loop the Lakes 8k, 15k	Squamish	Jen Segger	604-567-1117	challengebychoice.ca/pages/run/loop-the-lakes-trail-race.php	jen@challengebychoice.ca
Jun 16	Paavo Nurmi Run	Burnaby	Frank Myrskog	604-767-0774	www.midsumrun.com	
Jun 24	The Scorched Sole 25K, 50K, 50mls	Kelowna	Dan Crockett	250-860-4663	www.scorchedsole.com	dancrockett@shaw.ca
Jun 30	Tenderfoot Boogie	Squamish to Whistler	Gottfried Grosser	778-808-0853	www.trailwhisperer.ca	gottfried_grosser@shaw.ca
Aug 11	Emperor's Challenge	Tumbler Ridge	Doug Fourester	250-242-5870	www.emperorschallenge.com/	emperor@pris.ca
Aug 19	Fat Dog 100 Trail Race	Manning Park	Heather MacDonald	604-990-9815	www.mountainmadness.ca	info@mountainmadness.ca
Sep 2	Walk in the Park Ultra	Kamloops	Chris Larouche	250-374-8072	members.shaw.ca/witp/	witp@shaw.ca
Sep 15	Pinetree Classic	Coquitlam	Nancy Tinari	604-469-7946	www.bcathletics.org/main/xcseries_om.htm	nancy_tinari@yahoo.com
Sep 15	Frosty Mountain Trail Race	Manning Park	Gottfried Grosser	778-808-0853	www.trailwhisperer.ca	gottfried_grosser@shaw.ca
Sep 22	Whistler Spirit Run	Whistler Olympic Park			www.whistlerspiritrun.com	whistlerspiritrun@gmail.com
Sep 22	South Fraser Cross Country	Surrey	Zebe Piaseczny	604-585-7215	www.bcathletics.org/main/xcseries_om.htm	zebe@telus.net
Sep 23	Mad Moose Marathon & Half	Prince George	Richard Stewart	250-640-0457	www.madmoosemarathon.ca	rstewart@hsjlawyers.com
Sep 29	Festival of Cross Country	South Surrey	Maureen de St Croix	604-535-2062	www.bcathletics.org/main/xcseries_om.htm	mdestcroix@sotique.com
Sep 29	Crescent Park Cross Country	South Surrey	Shonna Morgan	778 574 3380	www.bcathletics.org/main/xcseries_om.htm	crescentparkcrosscountry@gmail.com
Sep 30	That Goofy Trail Quarter	Kamloops	Sherry Maligaspe	250 374-8492		maligaspe@shaw.ca
Oct 13	Frank Reynolds Memorial	N. Vancouver	Dag Rastad	604-922-6328	www.bcathletics.org/main/xcseries_om.htm	dag.rastad@shaw.ca
Oct 14	Campbell Mountain Trail Run	Penticton	Bill Head	250-492-6107	www.interiorrunning.ca	billiamh@telus.net
Oct 20	Sechelt Fall Tune-Up	Sechelt	Teresa Nightingale	1-877-493-5163	www.falltuneup.com	sca@telus.net
Oct 21	Larry Nicholas Memorial	Kelowna	Dennis Boon	250-763-7646	www.interiorrunning.ca	dennis.boon@porterramsay.com
Oct 27	BC Cross Country Championships	Abbotsford	BC Athletics	604-333-3550	www.bcathletics.org/main/xcchamps.htm	bcathletics@bcathletics.org
Oct 28	Kal Park Cross Country	Vernon	Myra Mattila		www.interiorrunning.ca	mtn.girl@rocketmail.com
Nov 10	The Phantom Run	North Vancouver	Heather MacDonald	604-990-9815	www.mountainmadness.ca	info@mountainmadness.ca
Nov 11	Remembrance 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 18	Fraser Valley Cross Country Ramble	Abbotsford	Phil Ellis	604-531-7879	www.bcathletics.org/main/xcseries_om.htm	peninsularunners_pr@telus.net
Nov 24	Canadian National XC Championships	Vancouver	Athletics Canada	613 260-5580	www.athletics.ca	athcan@athletics.ca
Nov 24	Harriers Gunner Shaw Cross Country	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Dec 1	Gunner Shaw 10K	Vancouver	Roger Brownsey	604-822-3810	www.bcathletics.org/main/xcseries_om.htm	rogerb@interchange.ubc.ca
Dec 8	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