



BC Athletics 2012 8K Road Race Championship

The BC Athletics 2012 8K Road Race Championship will be held in conjunction with the 30th Annual Running Room Shaughnessy 8K in Vancouver, hosted by the Lions Gate Road Runners on Sunday, May 27.

Race Information

Certified 8K through undulating historic residential streets of Shaughnessy and Kerrisdale. Event records are 24:12 (Ryan McKenzie) and 27:28 (Nancy Tinari). Race starts at 8:30am. Complete race details on the event website: <http://www.lgrr.com/shaughnessy/>

Entry Information

Enter online at: <http://www.events.runningroom.com/site/?raceId=7661>

Entry fee is only \$19.00 for BC Athletics athlete members until May 20, \$24.00 for late registrations.

Championship Eligibility

The Championship portion of the event is open to all Junior, Senior, Masters and Road & Trail members of BC Athletics. Memberships must be received by May 24, 2012 in order to be eligible.

Championship Awards

Championship Medals and Prize Money of \$200, \$100, and \$50 will be presented to:

- The first 3 eligible finishers, men and women, overall.

Championship Ribbons will be presented to:

- The first 3 eligible finishers, men and women, in each age category: 18-19, 20-24, 25-29, 30-34, ... 100+

High Performance Athletes

- Running Room Gift Certificates: \$100/\$75/\$50 to the top-3 men and women overall (in the 8K race) in addition to BC Championship prize money. \$50 gift certificate to the overall male and female age-graded winners.
- Requests for complimentary entries for elite runners will be handled on a case-by-case basis. To apply for high performance consideration, contact Frank Stebner - fstebner@gmail.com

Travel Assistance

Through the Sport Experience program, BC Ferries and Sport BC will assist with ferry travel costs for athletes participating in the BC Championship. For further details, see the Sport BC website: <http://sportbc.com/membership-information/member-discount/bc-ferries/>. Applications for travel assistance must be received at least two weeks before the Championship. Due to overwhelming demand, Sport BC may not be able to accept all applications.