

FIRST ANNUAL

BC Athletics 2008 8K Road Running Championship

The BC Athletics 2008 8K Road Running Championship will be held in conjunction with the Running Room Shaughnessy 8K, hosted by the Lions Gate Road Runners in Vancouver on Sunday, May 25.

Race Information

Certified 8K through undulating historic residential streets of Shaughnessy and Kerrisdale. Start and finish at Kerrisdale Arena, 41st and East Blvd., Vancouver. Race starts at 8:30am.

Entry Information

Download the entry form and complete race information from here: www.lgrr.com/shaughnessy/entryform-2008.pdf Or enter online at: www.events.runningroom.com/site/?raceld=3526

Entry fee is only \$15.00 for BC Athletics athlete members. Add \$5.00 for late registration.

Championship Eligibility

The Championship portion of the event is open to all Junior, Senior and Masters members of BC Athletics. Members must be in good standing as of Friday, May 23, 2008.

Championship Prize Money Overall Champions

Prize money will be awarded to the top three overall Finishers in the 8K Championships. (Only Junior, Senior and Masters male & female BCA competitive members are eligible)

1st Place \$500 (donated by Saucony)

2nd Place \$300 (donated by Lions Gate Road Runners)

3rd Place \$150 (donated by Frank Stebner)

LIONS GATE TROPHY - PERPETUAL OPEN 8K CHAMPIONSHIP TROPHY TO BE PRESENTED TO THE FIRST COMPETITIVE MALE & FEMALE MEMBER OF BCA (Junior, Senior or Masters members are eligible)

PRAIRIE INN HARRIERS TROPHY – PERPETUAL 8K MASTERS CHAMPIONSHIP TROPHY TO BE PRESENTED TO THE FIRST MALE & FEMALE 'MASTERS' MEMBER OF BCA age 35+ (MASTERS BCA MEMBERSHIP)

BCA CHAMPIONSHIP MEDALS will be presented to:

1. The first 3 BCA 'Junior' members, men and women (aged 18 or 19 as of Dec 31/08).
2. The first 3 BCA 'Senior' members, men and women (aged 20+ as of Dec 31/08).
3. The first 3 BCA 'Masters' members, men and women (aged 35+ as of May 25/08).

Championship Ribbons will be presented to:

The first 3 BCA Masters members, men and women in each of the following 8 Masters age categories: 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+ These will be mailed out after the event.

ADDITIONAL AWARDS

OVERALL Male & Female 8K Champions will also receive Complimentary entries to the following upcoming 8K Events.

1. Kelowna Midsummer 8K	6 July , 2008	Kelowna
2. Labour Day Weekend 8K	31 Aug, 2008	Vancouver
3. Royal Victoria Marathon 8K	12 Oct, 2008	Victoria
4. Pioneer 8K	12 Jan, 2009	Victoria
5. Icebreaker 8K	26 Jan, 2009	Vancouver
6. Harry's Spring Run-off 8K	09 Mar, 2009	Vancouver
7. Vancouver Marathon XLR 8K	03 May, 2009	Vancouver
8. Shaughnessy 8K	31 May, 2009	Vancouver

BC TEAM for National 10K Championships

The BCA Senior 8K champions (men and women), will additionally be guaranteed a place on the BC Team to the Timex National Road Running Series Finale in Ottawa on October 18, 2008, provided they prove fitness by running a qualifying time in a sanctioned, certified event during the period July 1 to August 31, 2008. Qualifying times are:

Distance	Male	Female
5 km	15:50	18:45
8 km	26:22	31:20
10 km	33:30	40:00
1/2 Marathon	1:14:05	1:28:30
Marathon	2:36:10	3:06:40

Champions are subject to the General Criteria for Funding Support and Selection (www.bcathletics.org/gensel.htm).

Additional Information

Complete details on the event website: www.lgrr.com/shaughnessy/ Or contact Geoffrey Buttner (604) 739-9182 (evenings and weekends).