

Canadian Tire Interior
Road Race Series

Kamloops Vernon Kelowna
Westbank Penticton





The Starting Block X-Country Race Series



Cool Running
No 5 1050 10th SW 1T2
Salmon Arm BC V1E
(250) 832 1381
www.cool-running.ca



#18 2070 Harvey Ave,



214 Main St.

Kelowna, BC V1Y 8P8
5B2
(250) 763-9544
info@freshair.bc.ca

Penticton, BC V2A
(250) 490-3334
www.peachcityrunners.com



#74-1395 Hillside Dr.
Kamloops, BC, V2E 2R7
(250)377-4055
www.runnerssole.com

THE STARTING BLOCK
RUNNING & FITNESS GEAR
VERNON, BC

3017B 30th Ave, Vernon, V1T 2C1 - Phone: 558-1088 - Fax: 558-1048

INTERIOR RUNNING ASSOCIATION

2011 EXECUTIVE

President	Rick Jenkner (Vernon) (ultramanrick@yahoo.ca)	250 542-1803
Vice President	Ron Sherk (Summerland) (ronsherk@yahoo.ca)	250 328-8282
2 nd V. P.	Peter Pollhammer (Kelowna) (ppollham@pmp-software.com)	250 491-9414
Secretary	Kim Young (Coldstream) (coach_5@telus.net)	250 542-3180
Treasurer	Lynda Proce (Coldstream) (lyndaproce@hotmail.com)	250 558-3504

Club Reps

Kal R.A.T.S. (Vernon)	Danny Kermode
Kelowna Running Club	Randy Werger
Kamloops Ridge Runners	Sherry Maligaspe
Lake Country Running Club	Dan Middleton
Penticton Pounders Running Club	Neil Macdonald
Revelstoke Alpine Runners	Jarrett Spannier
Shuswap Hill Runners (Salmon Arm)	Calvin Van Buskirk
Vernon Pacers Running Club	Bill Mah

President's Message

The Interior Running Association is now a registered non-profit society formed by the interior running clubs. All members of the clubs are automatically members of the society. There are no additional dues, and the IRA will continue to administer the Canadian Tire Road Race Series and the Starting Block Cross Country Series. Please support running in your area by joining and becoming active in your local club.

We owe a debt of gratitude to our outgoing officers: President/Treasurer Sherry Maligaspe, and Webguy Ron Sherk. Their efforts have contributed to the success the IRA currently enjoys, and their guidance will be missed. I'm sure we will still see them at races. Ron will continue as VP, and is one of the administrators of the new timing software, and Sherry enjoys her hard-earned position as 'lanterne rouge' of her races.

As the new race software easily downloads online race entries and reduces volunteer time, we have eliminated the additional charge for online entries. All races (road and XC) can now be entered online, and we encourage everyone to do so through our secure server Events Online. The links will be on our website: www.interiorrunning.ca The day of race fee has been increased and standardized for all races as well.

Our races are low-key affairs that welcome runners of all ages and abilities, but retain a competitive aspect as well. Those not able to compete for the overall victory have age-group and age-graded awards to compete for. Congratulations to all of the champions and especially to our award winners: Runners of the Year Bruce Butcher and Laurelee Welder, Greenaway Cup: Sergio Pio, Muckle-Gader Cup: Cindy Rhodes, and Heinrich Spiller Award of Courage: Kathryn Flannery and Norm Drake.

Race participation has remained relatively **stable** over the past ten years, but many faces have come and gone. One constant has been Mel Doherty, whose streak of consecutive road races run has now exceeded 200. There are many reasons to race, but for me the biggest is the social aspect - there is so much positive energy in a group of people who have shared a fun physical

challenge. Why not try a new race this year, and bring a friend! (or two)

Running continues to be a popular activity, but it is a continuing struggle to find club officers and race directors. Our sport will remain strong only if we continue to provide the best possible experience for participants, so I encourage everyone who races to give back by volunteering with your club. I can attest that the more you put in, the more you get back!

See you at the races!
Rick Jenkner

Runner of the Year Awards

The male and female Runners of the Year are decided at the Interior Running Association's AGM. Nominations are received from the member clubs, and then a vote is taken, with each club having one vote. In order to be eligible, a person must have run in enough races to qualify for series awards, and must belong to one of the member clubs. The award is based upon a combination of running success and club or IRA involvement. Neither of these two factors is paramount. In other words, a runner could win this award with an incredibly successful year of racing, even though they were not active in their club. Conversely, a runner could finish well down in the series standings, but win because of their tremendous contribution to the running community. Most recipients show a combination of both.

The 2010 recipients were Bruce Butcher (Kamloops) and Laurelee Welder (Kelowna)

Female – Laurelee Welder

Laurelee's enthusiasm for running is infectious. She is often referred to as the "Energizer Bunny" as she completes her weekly running routine. Over the recent years Laurelee has come into her own element and the enjoyment she gets from competing and participating is evident to everyone.

In 2010 Laurelee finished first in the F55-59 category and second in the Women's Age Graded results. In addition to these accomplishments she captured another age category record for F55-59 at Ironman Canada finishing in 11:19:48. (She also holds the F50-54 age category record finishing in 11:16:02.) Laurelee went onto represent the Kelowna Running Club well by finishing 4th in the world Ironman Competition in Kona in 11:40:39.

Laurelee truly is an inspiration to those who know her and is a very worthy recipient of Muckle-Gader Cup.

Male – Bruce Butcher

Bruce is a wonderful example of how we're supposed to do it. At

76 he is an avid runner and triathlete who has participated in the **World Masters** Games and the Triathlon Championships in the last year. He is the patriarch of 3 generations of runners and has **at** numerous times participated in the IRA races with both daughter and granddaughters. He is on the executive of the Kamloops Ridge Runners and maintains their website. He is an active volunteer at all of the KRR races, coordinates the out of town carpool for the club and **is** probably one of the biggest cheerleaders in KRR.

The Heinrich Spiller Award of Courage

This award was presented for the first time in 2002. It is in memory of Heinrich, who was a top-notch age group runner in the 55-59 and 60-64 categories. Heinrich ran, and won, while battling the cancer that eventually took him from us. His widow Susan, son Rob, and Grant Turner of Canadian Tire in Vernon have donated this award to the series. The award honours the runner who best personifies courage in the face of physical adversity. In 2010, this award was presented to Kathryn Flannery (Kamloops) and Norm Drake (Kelowna)

Norm Drake has been an active runner for many years and lists **among** his accomplishments several marathons, including the Boston Marathon in 2005, and many local and IRA races. He served several years on the Kelowna Running Club executive and as President in 2007. He is always available to lend a hand at local races and other running events and his enthusiasm for running encourages others to put forward their best efforts. Recently Norm was diagnosed with melanoma skin cancer and despite undergoing extensive treatments he remains active at running and at volunteering for local events and activities. His encouragement and rational ideas continue to be valued by all. Congratulations Norm for your inspiring determination and courage.

Kathryne Flannery--This past year she has seen a noticeable advancement of her Parkinson's disease. It has affected her coordination, gait, depth perception, muscle tone, reflexes and balance - absolutely everything that is basic to the sport of running. Unable to tolerate the medications to control her symptoms, Kathryn spends each morning working on maintaining her flexibility, strength and mobility. A previously effortless runner, she continues to battle to participate in a sport she loves. She completed all 12 of the road races this year and has accepted her challenges as well as her slower times....and we runners know it is hard to embrace that! Although a lover of trail running, she struggled to complete each race so that she could achieve the Legs of Steel this year.

INTERIOR RUNNING ASSOCIATION

RULES FOR X-COUNTRY AND ROAD RACES

- 1 Races of **standard distances** should be measured with a Jones Counter and should be certified for accuracy.
- 2 The race director will have the final say in any and all issues that may arise as a result of the race.
- 3 The IRA series age groups are as follows:
 - Road and Cross Country
 - Men and Women
 - Under 16,
 - 16-19, 20-29
 - 30-34, 35-39
 - 40-44, 45-49
 - 50-54, 55-59
 - 60-64, 65-69
 - 70-74, 75-79
 - 80-84, as necessary.
- 4 For both race series, a runner shall compete in the same age division all year. Accordingly, a runner's age group for the year shall be determined by their age on December 31 of the race year.
- 5 It is necessary that all entrants in each series race be covered by BCA insurance. Runners who do not have a BCA recreational or competitive card must pay an additional \$3.00 with each race entry in order to receive a Day of Race card. Two thirds of the monies collected via this must be sent to B.C. Athletics to cover liability insurance.
- 6 All races will have a Day of Race late entry fee, of \$10 for road races and \$5 for XC races.
- 7 Race results must be sent to the webmaster by noon of the day following the race. IRA race fees and BCA sanctioning fees are due within 30 days of the race.
- 8 Host clubs must pay \$0.75 for each race finisher in both the IRA road and cross country series. This money goes towards advertising, administration, and awards for the series.
- 9 All races must use the custom printed race numbers with tear-off tags. **Contact Lynda Proce (lyndaproce@hotmail.com)** with the quantity required for your event. Clubs must pay 50 cents for each number ordered.
- 10 **All series** results will be done using the computer

program purchased by the IRA. The computer is pre-loaded with the race results program and the results of all previous races. Race organizers are expected to have the expertise to run the race program and complete their own results. Questions or concerns about the computer, or its use, should be directed to **Ron Sherk. (250) 328-8282 (ronsherk@yahoo.ca) or Peter Pollhammer (250) 491-9414 (ppollham@pmp-software.com)**

11 Age graded results will be calculated for the Road Series events only, using 2006 age-graded tables. Race Directors will receive a year end average for races they directed.

12 All race directors shall take all the necessary precautions to ensure the safety of volunteers and runners.

13 The IRA requests that Racers refrain from wearing iPods and MP3s during the race for your own safety.

Please consult web-page (www.interiorrunning.ca) for updated changes that may occur after the printing of this booklet.



2011 CANADIAN TIRE INTERIOR ROAD RACE SERIES

SERIES SCORING: points are awarded for each race in each category as follows: 1st - 30; 2nd - 25; 3rd - 22; 4th 20; 5th - 19; 6th - 18; points now decrease by one for each place down to 23rd place, worth one point. All other places past 23rd are awarded one point. Race directors receive 20 points.

Results are usually posted to the I.R.A. website the same day. Website address is: www.interiorrunning.ca

AWARDS: Competitors must complete five races to qualify for series awards and rankings. A maximum of seven races are counted towards a runner's point totals. Annual awards go ten deep in each age class.

AGE GRADING: Age-grading is a handicap system that levels the playing field so that performance comparisons can be made between runners of any age. The age-grade tables have been compiled by WAVA, the 'World Association of Veteran Athletes' (now World Masters Athletics WMA), and these table were revised in 2006.

Age-graded scoring point assignments start at 200 for first place and decrease by the same amounts (200,195,192, 190, etc.) as the age category scoring. Age on race day is used for the calculations. With age-grading we end up with one overall male and one overall female winner. Thanks to donations from the Kelowna Running Club and the Penticton Pounders we have two trophies, the *Heidi Muckle-Gader Cup* and the *Willis Greenaway Cup* to present to those overall winners. These trophies were awarded for the first time in 2007

DAY OF RACE REGISTRATIONS: Normally closes one half hour before race start. Race start times may be subject to change. Please confirm with race director, or check the website: www.interiorrunning.ca for latest updates and results.

ROAD RACE SCHEDULE

A pair of New Balance shoes will be awarded as a door prize at each Road Race

#1 February 13th THE STARTING BLOCK 10K

Lavington Elementary School, 14 km east of Vernon on Hwy 6, turn south on School Rd in Lavington, 10:00 a.m.

Contact: Ginny Sellars 250 545-6972

ginny Sellars@mac.com

Course: All paved, flat or gently rolling through rural-residential countryside. Re-certified in 2008. 3K fun run.

#2 March 6th PENTICTON LAKESIDE RESORT 5K

(# 5 TIMEX SERIES RACE)
Penticton Lakeside Resort, Penticton 10:00 a.m.
Contact: Neil Macdonald 250-490-3334
oktrailrunnr@shaw.ca
Course: Flat, fast, and certified.

#3 March 20th THE RIVER'S SPRING RUN-OFF 10K
(#6 TIMEX SERIES RACE)
Arthur Stevenson School, 2890 Bank Rd.
Kamloops (Westsyde) 10:00 a.m.
Contact: Karen King 250-851-8605
king_ak@telus.net
Course: Flat, good P.B. course, alternate route
will be used if the dyke is icy. Great food!
7km Nordic Walking course.

#4 April 10th OLIVER "WINE CAPITAL OF CANADA" 10K
Oliver Community Centre, Oliver 10:00 a.m.
Contact: Tracy Harrington 250- 498-6882
trmcmillan@sd53.bc.ca
Course: Flat, some gravel path, 3K fun run.
Wines from local wineries to be awarded

#5 May 8th PEACH CITY RUNNERS BLOSSOM 10 Mile
Chute Lake Road, Naramata, 9:00 a.m.
Transportation to the start, (2 buses) leaving the
S.S. Sicamous at 8 a.m. Day of Race
Registration at finish line only, not at the start
area. Contact: Deb Dunham 250-492-3905
(drdunham@shaw.ca)
Course: Point to point. Rolling hills, last 2 miles
downhill & flat - Great scenery overlooking
Okanagan Lake.

#6 May 29th BLACKWELL DAIRY 15K
RL Clemitson Elementary School,
Barnhartvale 9:00 a.m.
Contact: Karen King 250-851-8605
king_ak@telus.net
Course: Hilly, scenic, tough. Fantastic food and
of course great ice cream! 3km Fun Run.

#7 June 12th WILLIS GREENAWAY HALF (21.1 km)

IOOF Hall Main St. Summerland. 8:00 AM
Contact: Ron Sherk 250-328-8282
ronsherk@yahoo.ca
Course: Certified, challenging, and scenic.
Finisher's medal, great food and draw prizes.

#8 June 26th GRIZZLY BEAR RUN 12K

Arrow Heights Elementary School, 1950 Park Dr,
Revelstoke, 9:00 a.m.
Contact: Jarrett Spanner 250-837-5303
spanny1@telus.net
Course: Flat start, one large climb, then rolling
hills, downhill fast finish. Great Prizes and food!
4 km fun run.

#9 July 10th KELOWNA MIDSUMMER 8K

(#15 TIMEX SERIES RACE)
Capital News Center, Gordon Drive, Kelowna,
8:00a.m.
Contact: Ray Snitynsky 250-769-2277
rsnitynsky@telus.net
Course: Flat, fast, certified course through
Kelowna's Mission area.

#10 August 21st RAVEN RUN 10K

Salmon Arm Senior Secondary 1641 30th St NE
Salmon Arm Start: 9:00 a.m.
Contact: Dietmar Penkert
penkert@sunwave.net
Course: Scenic course, some challenging hills,
awesome fast finish.

#11 September 11th BIKE BARN 10K

Penticton 9:00 a.m.
Contact: Deb Lougheed 250-490-3334
deblougheed@shaw.ca
Course: A flat and fast 10km loop course starting
at Loco Landing on Riverside Drive. Good PB
course.

#12 September 18th PEAK TO BEAK RUN 18K

Kelowna, 9:00 am
Contact: Kelowna Running Club
kelownarunningclub@gmail.com

Course: Knox Mountain to Quail's Gate Winery.
Tough, challenging, but a very diverse course.
Includes trail along Okanagan Lake and the final
500 metres through the vineyard.



THE STARTING BLOCK'S 2011 INTERIOR CROSS COUNTRY SERIES

Race Directors : Please send cross-country results to Ron
Sherk at ronsherk@yahoo.ca

Series Scoring : points are awarded for each race, for
each category as follows: 1st - 30; 2nd - 25 3rd - 22; 4th
- 20; 5th - 19; 6th - 18; points now decrease by one for
each place down to 23rd place, worth one point. All other
places past 23rd are awarded one point. Race directors
will receive 20 points for their race.

Competitors must complete three races to qualify for
series awards and rankings. A maximum of four races
may be counted towards a runner's point totals. Awards
are given to the top five in each division.

A pair of New Balance shoes will be awarded as a draw
prize at each Cross Country Event

#1 Sept 25th REINO KESKI-SALMI MEMORIAL 9K

Larch Hills Ski Area, Salmon Arm, 10:00 a.m.
Contact: Dave Wallenstein 250-832-7740
dwallens@telus.net
Course: Tough, hilly, cross country course.

#2 Oct 2nd CAMPBELL MOUNTAIN TRAIL RUN 6.5K

Greyback Lake Road, Penticton, 10:00 a.m.
Contact: Neil Macdonald 250-490-3334
oktrailrunnr@shaw.ca
Course: Very hilly, challenging course on trails
and dirt roads.

#3 OCT 16th LARRY NICHOLAS MEMORIAL RUN 9K

Mission Creek Park – 2363 Springfield Rd.
Kelowna, 10:00 a.m.
Contact: Dennis Boon 250 763-7646

Dennis.boon@porterramsey.com
Course: A 3 loop course on trails and hills.

#4 OCT 23rd SUMMERLAND X-COUNTRY RUN 8.4K

Cartwright Mountain, 10:00 AM
Contact: Ron Sherk 250-328-8282
ronsherk@yahoo.ca
Course: Very scenic, challenging single track,
minimal roads only at start and finish. Awards,
refreshments.

#5 OCT 30th KAL PARK CROSS COUNTRY RUN 9K

Kal Park, Vernon, 10:00 a.m.
Contact: Myra Mattila. 250-549-4368
myramattila@telus.net
Course: Gorgeous scenery and challenging
terrain.

**2010 CANADIAN TIRE
INTERIOR ROAD RACE SERIES
STANDINGS**

(Point totals based on top seven races)

FEMALE

(no qualifiers in U 16, 16-19)

F 20-29

SHANDA HILL	VERNON	181
JENNIFER SPENCER	KELOWNA	105

F30-34

CATHERINE CHRISTY	SALMON ARM	122
ADRIENNE NICE	KAMLOOPS	121

F35-39

ALANNA SIMMS	VERNON	163
MICHELLE SINCLAIR	KELOWNA	139
DANA HEDGES	KELOWNA	90
TARA DENTON	KAMLOOPS	85

F 40-44

DEBBIE TAYLOR	KAMLOOPS	146
DARLENE WOOD	VERNON	83

F 45-49

CAROLINE RAINE	KELOWNA	210
ONNA STOLL	VERNON	141
GAYLE WILSON	VERNON	136
KATHY LEAHY	PENTICTON	118
CHRISTINE POTTLE	OK FALLS	118
SIMONE SAEGER	WEST KELOWNA	98

F 50-54

CINDY RHODES	KELOWNA	210
IRENA MCDONALD	VERNON	172
SHERRY SIM	KAMLOOPS	140
REGINA BLACK	KAMLOOPS	136
MARIA BROWN	PENTICTON	126
DEBRA DUNHAM	PENTICTON	123
BARB VAN HOOF	VERNON	118
WENDY SCHROEDER	VERNON	113
KATHRYNE FLANNERY	KAMLOOPS	110
CLAIRE PARKER	KAMLOOPS	74
SHERRY MALIGASPE	KAMLOOPS	47

F55-59

LAURELEE WELDER	KELOWNA	210
LINDA IRVINE	SALMON ARM	185
LYNDA PROCE	VERNON	168
SANDRA THOMSON	KELOWNA	149
CAROL CHISHOLM	VERNON	128
CHARLOTTE HEIDT	KELOWNA	127
SANDY WIKE	KELOWNA	95
MARIA MCCOMB	PENTICTON	

93

F60-64

JANET RHODDY	PENTICTON	205
ASTRID VARGA	KELOWNA	177
SUSAN TEMPLIN	SUMMERLAND	168
LINDA WOODBURY	KAMLOOPS	147
JILL DEVENISH	VERNON	145
PATRICIA RIEGEL	VERNON	109

F65-69

DIANE LEONARD	KELOWNA	210
KATHLEEN YANKE	SALMON ARM	169
KAREN WILLIES	KAMLOOPS	136

MALE

M < 15

BRYCE TURNER KAMLOOPS 180

M 15-19

JOSH FORSTER KEREMEOS 200

JORDAN SMEATON KAMLOOPS 115

M 20-29

JASON RODINE KELOWNA 15

M 30-34

GLENN LEAR KELOWNA 205

RUSTY MAY KELOWNA 171

PASCAL SUTHERLAND KELOWNA 127

M 35-39

KENNY SIMMS VERNON 122

ROGER TURNER KAMLOOPS 107

M 40-44

BRIAN ROSTEK KAMLOOPS 192

TREVOR JORDAN VERNON 150

JOHN ARIH COLDSTREAM 147

M 45-49

SERGIO PIO PENTICTON 210

DAN KUNZELMAN COLDSTREAM 161

DON TAYLOR KAMLOOPS 113

CLINT RENDER KAMLOOPS 112

JIM SIMMS VERNON 108

MARKUS HEINRICHS KELOWNA 107

BILL RAINE KELOWNA 102

IAN ROBERTSON KAMLOOPS 95

M 50-54

IVAN MCKNIGHT KELOWNA 195

JORDAN SIM KAMLOOPS 190

JOHN CHISHOLM VERNON 149

NATHEN LARENTE KELOWNA 107

BILL SPILL KELOWNA 93

M 55-59

JOHN WICKENHEISER KELOWNA 200

RICK JENKNER VERNON 179

MIKE BRAID SUMMERLAND 166

BILL HEAD PENTICTON 145

CHRIS GREENWAY	KELOWNA	142
----------------	---------	-----

M 60-64

BRIAN ROURKE	KELOWNA	210
MELVIN DOHERTY	KAMLOOPS	166
KEN RIEGEL	VERNON	158
TEDDY BOYKO	KELOWNA	118
BILL GLOVER	VERNON	105
WAYNE PEHOWICH	KAMLOOPS	74

M 65-69

GARRY BELL	KELOWNA	185
TOM REED	VERNON	150
PETER POLLHAMMER	KELOWNA	140
GARY FRETENBURG	SORRENTO	128

M 75-79

GUENTER NAUMANN	OK FALLS	210
BRUCE BUTCHER	KAMLOOPS	115

**2010 STARTING BLOCK
CROSS COUNTRY SERIES STANDINGS**

(Point totals based on top four races)

FEMALE

F 00 - 15

GLYNNIS SIM	SALMON ARM	110
-------------	------------	-----

F 15-19

MERYN SIM	SALMON ARM	99
HEATHER MEHAIN	VERNON	90
VICKY CUMMING		80

F 20-29

SHANDA HILL	VERNON	110
-------------	--------	-----

F 30-34

SUZANNE MACHT	WESTBANK	110
HAYLEY SHEARER	KELOWNA	63
JENNIFER JAKUBOUSKI	CLINTON	56

F 35-39

TAMMY HOWE	KELOWNA	102
DANNICA WADE	KELOWNA	86
ALANNA SIMMS	VERNON	86

F 40-44		
LEANA MARTON	WESTBANK	100
DONNA RHYNOLDS	KAMLOOPS	76
F 45-49		
GAYLE WILSON	VERNON	96
JANICE KITSON		
LINDA HANSEN	WINFIELD	75
ONNA STOLL	VERNON	65
F 50-54		
CATHERINE JOHNSON	KAMLOOPS	115
ARLEIGH HILL	VERNON	97
KATHRYNE FLANNERY	KAMLOOPS	78
SHERRY MALIGASPE	KAMLOOPS	71
WENDY SCHROEDER	COLDSTREAM	64
CLAIRE PARKER	KAMLOOPS	53
F 55-59		
LINDA IRVINE	ARMSTRONG	120
BARB HILLIER	PENTICTON	80
F 60-64		
JUDY LLOYD	KELOWNA	107
LINDA WOODBURY	KAMLOOPS	80
F 65-69		
MIN RAYSON	KELOWNA	115
KATHLEEN YANKE	SALMON ARM	110
MYRNA BOSOMWORTH	PRINCETON	89
<u>MALE</u>		
(no qualifiers in U 16)		
M 16-19		
MATTHEW HIDASI	VERNON	115
JOSH FORSTER	KEREMEOS	99
M 20-29		
YANNICK LETAILLEUR	KELOWNA	115
LOIC LETAILLEUR	KELOWNA	64
NEIL RYBAK	KELOWNA	54
M 35-39		
JASON LADYMAN	KAMLOOPS	80

M 40-44		
TOM CUMMING	PENTICTON	110
DIRK HANDKE	KELOWNA	105
M 45-49		
MIKE BROWN	ARMSTRONG	94
RICHARD BREWSTER	KAMLOOPS	90
DAVID KITSON	SUMMERLAND	85
DUANE SEIBEL	KAMLOOPS	77
CHRIS BROWN	COLDSTREAM	73
M 50-54		
IVAN MCKNIGHT	KELOWNA	110
DON HILL	VERNON	96
TIM FORSTER	PRINCETON	73
M 55-59		
KEITH JOHNNSTONE	NARAMATA	120
MURRAY FLOCK	COLDSTREAM	97
ROLY MULLER	KELOWNA	89
DAVID GRAHAM	KAMLOOPS	82
RICHARD SIM	SALMON ARM	80
PATRICK AMUNDSON	SUMMERLAND	76
M 60-64		
TEDDY BOYKO	KELOWNA	110
MELVYN DOHERTY	KAMLOOPS	100
GERRY BRENEMAN	VERNON	90
M 65-69		
JOHN BOSOMWORTH	PRINCETON	115
RAY HERMANSON	LUMBY	107
GARRY BELL	KELOWNA	92
GARY FRETENBURG	SORENTO	59
M 70-74		
No qualifiers		
M 75-79		
BRUCE BUTCHER	KAMLOOPS	120

2010 IRON LEGS AWARDS

**Runners who completed all 12 Canadian Tire
Interior Road Race Series events**

(Or was a race director for missed race(s))

Melvin Doherty	Kamloops
Chris Greenway	Kelowna
Kathryne Flannery	Kamloops
Shanda Hill	Vernon
Jason Rodine	Kelowna
Alanna Simms	Vernon
Gayle Wilson	Vernon

**Runners who completed all 6 Starting Block
X-Country Series events**

(Or was a race director for missed race(s))

Patrick Amundsen	Summerland
Garry Bell	Kelowna
Chris Brown	Coldstream
Melvin Doherty	Kamloops
Kathryne Flannery	Kamloops
Josh Forster	Keremeos
David Graham	Kamloops
Dirk Handke	Kelowna
Ray Hermanson	Lumby
Shanda Hill	Vernon
Sherry Maligaspe	Kamloops
Donna Rhynolds	Kamloops
Alanna Simms	Vernon
Gayle Wilson	Vernon

2010 LEGS OF STEEL AWARDS

**Runners who completed all 18 IRA road
and cross-country series events**

Melvin Doherty	Kamloops
Kathryne Flannery	Kamloops
Shanda Hill	Vernon
Alanna Simms	Vernon
Gayle Wilson	Vernon

2010 AGE-GRADED AWARDS

Willis Greenaway Cup	Sergio Pio	Penticton
Heidi Muckle-Gader Cup	Cindy Rhodes	Kelowna

2010 I.R.A. RUNNERS OF THE YEAR

Male	Bruce Butcher	Kamloops
Female	Laurelee Welder	Kelowna

PREVIOUS IRA RUNNERS OF THE YEAR

1983	Male:	Alan Berry	Kelowna
1984	Male:	Phil Ellis	Kelowna
1985	Male:	Peter Findlay	Kamloops
	Female:	Heidi Muckle	Vernon
1986	Male:	Dave Adams	Salmon Arm
	Female:	Judy Stephens	Kelowna
		Nancy Ludtke	Kamloops
1987	Male:	Don Busch	Kamloops
		Lorne Siemens	Vernon
	Female:	Linda Stenseth	Summerland
1988	Male:	Steve King	Penticton
	Female:	Helene Guillemette	Kamloops
1989	Male:	Rob Breathet	Penticton
	Female:	Cindy Davy(Rhodes)	Kelowna
1990	Male:	George Geldart	Vernon
	Female:	Simone Koller	Penticton
1991	Male:	Allan Kerr	Penticton
	Female:	Laurelee Welder	Kelowna
1992	Male:	Ron Allen	Kelowna
	Female:	Teresa Schofield	Penticton
1993	Male:	Terry Dowhaniuk	Kamloops
		Willis Greenaway	Summerland
	Female:	Cindy Davy(Rhodes)	Kelowna
1994	Male:	Dave Ellis	Penticton
	Female:	Sue Guest	Kelowna
1995	Male:	Alan Price	Vernon
	Female:	Carol Campbell	100 Mile
1996	Male:	Frank Cunsolo	Penticton
	Female:	Linda Woodbury	Kamloops
1997	Male:	Dan Kunzelman	Vernon
	Female:	Natalie Butler	Kelowna
1998	Male:	Greg Tellier	Penticton

	Female:	Sarah Clark	Vernon
1999	Male:	Neil Macdonald	Penticton
	Female:	Donna Nicholas	Kelowna
2000	Male:	Jud Thompson	Kamloops
	Female:	Susan Croskery	Salmon Arm
2001	Male:	Mel Doherty	Kamloops
		Bill Stephens	Kelowna
	Female:	Jeanie Whittingham	Kamloops
2002	Male:	Neil Macdonald	Penticton
	Female:	Sarah Clark	Vernon
2003	Male:	Ken Manning	Vernon
	Female:	Cornelia Cappus	Kelowna
2004	Male:	Dan Kunzelman	Vernon
	Female:	Pauline Ulatowski	Vernon
2005	Male:	Ron Sherk	Summerland
	Female:	Sherry Maligaspe	Kamloops
2006	Male:	Jarrett Spannier	Revelstoke
	Female:	Wendy Schroeder	Coldstream
2007	Male:	Dirk Handke	Kelowna
	Female:	Linda Woodbury	Kamloops
2008	Male:	Ellis Andrews	Penticton
	Female:	Kathryne Flannery	Kamloops
2009	Male:	Rory Switzer	Kelowna
	Female:	Sherry Maligaspe	Kamloops

PREVIOUS IRA AGE-GRADED AWARDS

Willis Greenaway Cup

2007	Roy Dagneau	Salmon Arm
2008	Ellis Andrews	Penticton
2009	Rory Switzer	Kelowna

Heidi Muckle-Gader Cup

2007	Cindy Rhodes	Kelowna
2008	Cindy Rhodes	Kelowna
2009	Cindy Rhodes	Kelowna

Race Etiquette Guidelines

Pre-register if you can. Fill out your form completely and correctly. On-line registration is encouraged. If paying online make sure that you get a confirmation of payment to verify that you are officially registered.

Read the website, entry form or other race information before contacting the race director. All of the race details you need are probably there.

Carefully check the information on your number. Before the race is the time to correct any errors. Pin your number on the FRONT of your shirt or shorts and keep it visible at all times, and most especially at the finish. The announcer and timers must be able to see it.

Do not run without a number, or if you did not register. People who do are called 'bandits', and are subject to being banned from races.

Do not allow another runner to use your number as it will affect the overall results and could prevent some runners from winning awards in their categories.

If you are part of a multi-race event, do not switch races without authorization, as you may not get an official finish, or it may prevent others from winning awards.

Seed yourself appropriately at the start. If you are walking, start at the back, and if you need to walk or slow abruptly while on course, move to the side first.

Run facing traffic unless directed differently by a race official.

The insurance policy covering BCA sanctioned races allows wheelchairs, both pushed and self propelled, as well as baby joggers. BCA recommends that racing wheelchairs be given a separate start before the runners start, and that baby joggers and non-competitive wheelchairs start at the back of the field. Visually impaired runners accompanied by a guide are also encouraged to participate. Note that other forms of self propulsion (rollerblades, skateboards, bicycles, etc.) and participants accompanied by animals are not allowed. Volunteers should not bring animals either. (Non-sanctioned events may have different insurance - in those events, be sure to obey instructions from the race.)

Remember cars have the right of way on the road. Only cross at intersections or when directed to do so.

Don't cut the course. If the course is open to traffic, do not

cross the centre line of the road. Make sure to go around any cones or other markers on the appropriate side.

Don't block other runners at any time. At aid stations, move to the side if you slow down or stop. It is permissible to drop your cup or sponge near the tables, but be careful not to splash others. Littering anywhere else on course is not allowed.

While headphones are allowed under current insurance, their use is discouraged as users are less aware of their surroundings, and may not hear instructions. Communication devices of any sort are banned for racers.

Pacing by a non-participant is not permitted.

Aid from any person not involved in the race is not allowed except in emergencies. If you see a person in distress, give aid, or advise a race volunteer. If you receive aid, and continue, you may not be eligible for awards.

Remember there are other people in the race, be courteous and allow them to have the same experience that you expect. Think of others first if you need to spit, blow your nose, or anything else.

Respect private property. Use toilets provided by race organizers. If you must leave the course, be sure to return to it at the same point as you left it.

Stay in order in the finish chute until the volunteer takes the tag off your number, then clear the chute.

If the race uses a timing chip, be sure to return it, even if you did not run.

Only cross the finish line once, and do not cross the line if you are not registered, or did not complete the course.

If you have to drop out after starting, make sure you or someone else informs race volunteers of your number.

Limit your consumption of post race refreshments until you are sure everyone has been served. These are for participants only!

Be courteous to the volunteers. You have an event to run

because of them. If you race, make sure you help out proportionally at other events.

If you won an award, stay to pick it up!

Smile!

(The Race Director generally has the final authority with respect to their race, subject to regulations of the sanctioning body. Some infractions may be subject to disqualification or sanctions such as being banned from other races. These include, but are not limited to: running without registering or registering incorrectly, failing to complete the full course, being paced by a non-participant, verbal or physical abuse of others, or causing danger to others.)



#74-1395 Hillside Dr.
Kamloops, BC, V2E 2R7
(250)377-4055
www.runnerssole.com



214 Main St.
Penticton, BC V2A 5B2

(250) 490-3334
www.peachcityrunners.com



**INTERESTED IN OTHER RUNNING
AND RELATED EVENTS FOR 2010**

www.bcathletics.org



#18 2070 Harvey Ave,
Kelowna, BC, V1Y 8P8
(250) 763-9544
info@freshair.bc.ca

**AGM, AWARDS CEREMONY &
BANQUET
Sat. November 12, 2011
Kamloops
\$500 to the club with most in attendance**

IRA MEMBER RUNNING CLUBS

KAL R.A.T.S.
Contact : [Chris Brown \(250-307-6824\)](tel:250-307-6824)
Email: chris.brown.tri@shaw.ca
Website: www.kalrats.com

KAMLOOPS RIDGE RUNNERS

Contact : Mel Doherty (250-374-0845)
Email: dohertym@telus.net
Website: www.ridgerunners.bc.ca

KELOWNA RUNNING CLUB

Contact: Ray Snitynsky (250 769-2277)
Email: rsnitynsky@telus.net
Website: http://business.silk.net/krc

PENTICTON POUNDERS

Contact : Neil Macdonald (250-490-3334)
Email: pounders@vip.net
Website: www.pentictonpounders.com

REVELSTOKE ALPINE RUNNERS CLUB

Contact : Jarrett Spannier (250-837-5303)
Box 3237 Revelstoke, B.C. V0E 2S0
Email: spanny1@telus.ca

SHUSWAP HILL RUNNERS

Contact : Calvin VanBuskirk (250-832-4894)
2420 20th St. NE Salmon Arm, B.C. V1E 3C9
Email: calvinvb@sunwave.net

VERNON PACERS RUNNING CLUB

Contact : Bill Mah (250-545-6483)
email: sbillmah@shaw.ca
Website: http://www.vernonpacers.ca

Interior Running Association
www.interiorrunning.ca