



Interior Running Association 2007 Race Series

Canadian Tire Interior Road Race Series

Sponsored by Canadian Tire Stores:
Kamloops • Kelowna • Penticton • Vernon

The Starting Block X-Country Race Series



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THE STARTING BLOCK
RUNNING & FITNESS GEAR
VERNON, BC

THE STARTING BLOCK

RUNNING & FITNESS GEAR
VERNON, BC

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



#18 – 2070 Harvey Avenue
Kelowna, B.C. V1Y 8P8
Phone: (250) 763-9544
Fax: (250) 76307120
info@freshair.bc.ca



Peach City Runners
212 Main St., Penticton V2A 5B2
(250) 490-3334
www.peachcityrunners.com



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Runners Sole
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Kamloops, BC, V2E 2R7
www.runnerssole.com
Phone: 250-377-4055

new balance NB

INTERIOR RUNNING ASSOCIATION

2007 EXECUTIVE

President	Jarrett Spannier (Revelstoke)837-5303 (ispannier@sd19.bc.ca)
Vice President	Ron Sherk (Summerland).....403-821-0377 (ronsherk@yahoo.ca)
2 nd Vice President	Peter Pollhammer (Kelowna).....491-9414 (ppollham@pmp-software.com)
Secretary	Ian Robertson (Kamloops).....377-8507 (irrobertson@shaw.ca)
Treasurer	Sherry Maligaspe (Kamloops).....374-8492 (maligaspe@shaw.ca)

Club Reps

Kal R.A.T.S. (Vernon).....	Gwen Smith
Kelowna Running Club	Annick deGooyer
Kamloops Ridge Runners.....	Ian Robertson
Penticton Pounders	Neil MacDonald Revelstoke
Alpine Runners.....	Jarrett Spannier
Shuswap Hill Runners (Salmon Arm).....	Calvin VanBuskirk
Tulameen Sports Club.....	Leslie Hassell
Vernon Pacers Running Club.....	Bill Fair

Dear Runners;

A new year of running is upon us. The 2007 Interior Running Association Race Series will begin again in February and run through to November with 13 road races and 5 cross country races.

We welcome back all of last years races with some new courses for you to try. Be sure to check out the Summerland Half Marathon in February. This is a scenic tour of Summerland and what better way to kickstart your distance training than 21.1 km early in the year. The River's Spring Run-Off in Kamloops offers a new track for runners this year and the Bike Barn Run in September will now be a flat and fast 10k to measure your speed after a summer full of training.

The Starting Block will once again be the sponsor of our Cross Country Series offering up great prizes at each of the 5 XC races. Canadian Tire will sponsor our Road Series. A special thanks to all race directors out there as your hard work does not go unnoticed. Attendance was up for many races in 2006 and we hope this trend continues in 2007. It would be nice to see some more young runners in 2007 as the under 19 crowd at races is way too small to help sustain these races in the future. Bring a friend, bring a cousin, or bring your kids; help promote the sport in any way you can.

A final thank you to Pauline Hill and Dan Kunzelman for 3 years of service as president and treasurer of the IRA. The executive welcomes Sherry Maligaspe as the new treasurer and welcomes the other returning members.

As I look ahead to the 2007 running season as your new president, I anticipate a great year of running. I encourage all of you to set of goal of doing at least one more race than you did last year. Hey with the new half marathon, even Mel Doherty will have to set this goal to keep his streak of consecutive races alive! Take the time to travel to some of the smaller venues and you will run in some fantastic races. I made the trek from Revelstoke to Princeton last year and I can't wait to do it again. We love handing out mugs at the end of the season so plan to qualify for awards in both the Road Race and Cross Country Series, then come out and enjoy the banquet hosted by the Kelowna Running Club on November

17th, 2007.

Wishing you safe driving, happy running and an injury free, prosperous season,

Your new IRA president,
Jarrett Spannier (Revelstoke)

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 I.R.A. 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 2006 runners of the year are Wendy Schroeder and Jarrett Spanner.

Wendy qualified 3rd in both the road race and cross country standings in 2006; while picking up iron-legs for the XC series. She is an energetic member of the Kal-Rats running club and the sponsor of the IRA XC series. She actively attempts to promote the sport of running with her learn to run program as well as training seasoned runners for completing the half marathon. You can find Wendy running with those she trains rather than for personal pride. Her wonderful personality and passion for the sport set Wendy a step ahead of the rest.

Jarrett Spanner is the president of the Revelstoke Alpine Runners and race director of the ever-popular Grizzly Bear 12k road race, which he helped save in 2004. He actively promotes running in the local high school and elementary schools with his 100k's in a 100 days challenge. Jarrett had his best year of running as he qualified 2nd in the men's 30-34 category setting personal best times in 5 of 7 races. Further, the IRA's new president met his personal goal and qualified for the Boston Marathon.

Again, congratulations to Wendy and Jarrett

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 personified courage in the face of physical adversity.

This award is presented to Larry Campbell for 2006. Larry fractured his hip in a cycling accident in 2004. While still on crutches he suffered a serious stroke, which hampered his

speech and mobility. Once his fracture healed and mobility returned, Larry harassed his training partners to go for a 'little' run and worked his way to completion of the Vernon 10k. He had set a race calendar for himself and did a couple more races before his doctor got wind of his racing activities and put a halt on them. He continues to strengthen his muscles and work on his speech in preparation for the next year's schedule. Good Luck Larry. We hope to see you out there in 2007.

INTERIOR RUNNING ASSOCIATION RULES FOR CROSS COUNTRY AND ROAD RACES

- 1 Races of **standard distances** must be measured with a Jones Counter and should be certified for accuracy.
- 2 The I.R.A. age classes should be followed in all series events.
- 3 The I.R.A. age groups are as follows:

ROAD		X-COUNTRY	
Men	Women	Men	Women
U 16	U 16	U20	U20
16-19	16-19	20-29	20-29
20-29	20-29	30-39	30-39
30-34;35-39	30-34;35-39	40-49	40-49
40-44;45-49	40-44;45-49	60-69	60-69
50-54;55-59	50-54;55-59	70-79	70-79
60-64;65-69	60-64;65-69	80+	80+
70-79	70-79		
80+	80+		

- 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 that in which his or her age falls on the last race of the series, in this case Sep. 24, 2006(Road) and Nov. 5, 2006(X-Country).
- 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 At the Race Director's discretion, races will have a Day of Race late entry fee.
- 7 Host clubs must submit a copy of race results to the email address below as soon after their race as possible. This is very important for accurate maintenance of series results. Ron Sherk (ronsherk@yahoo.ca) Backup diskettes with results should also be given to or sent to Ron.
- 8 Host clubs must pay the I.R.A. \$0.75 for each finisher in their Road race, and \$0.50 for each finisher in their X-Country race. This money goes towards advertising, administration, and awards for the series.
- 9 All races must use the Canadian Tire/Starting Block custom printed race numbers with tear-off tags. Contact Sherry Maligaspe (374-8492) (maligaspe@shaw.ca) for the quantity you require for your event. Clubs must pay 50 cents for each number ordered.
- 10 All Interior Road Race series results will be done using the computer program purchased by the I.R.A. The computer is pre-loaded with the race results program and the results of all previous races. Race organizers should be able to complete their own results. Questions or concerns about the computer should be directed to Ron Sherk. (403-821-0377) or e-mail ronsherk@yahoo.ca
- 11 Please consult the web-page (www.interiorrunning.ca) for updated changes that may occur after the printing of this booklet.



2007 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. 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.

IMPORTANT: Day of race registration 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

- #1 FEBRUARY 11 □ THE STARTING BLOCK 10K**
Lavington Elementary School, 12k East of Vernon on Hwy 6, turn right on School Rd in Lavington, 10:00a.m.
Contact: Paul Filippi 250-542-4341
(titan.paul@shaw.ca)
Course: Relatively flat.
- #2 FEBRUARY 25 SUMMERLAND CENTENNIAL HALF (21.1km)**
IOOF Hall Main St. Summerland. 10:00 AM
Contact: ronsherk@yahoo.ca
Course: Certified, challenging, and scenic. Finisher medal, great food, draw prizes. More info and map at www.summerlandchamber.bc.ca
- #3 MARCH 11 PENTICTON LAKESIDE RESORT 5KM**
Penticton Lakeside Resort, Penticton 10:00 a.m.
Contact: Bruce Fairweather & Jeanne Fairweather
250-492 -2929 □ (bgfair@shaw.ca) □
Course: Flat and fast
- #4 MARCH 18 'THE RIVER'S SPRING RUN-OFF 10KM'**
(ALSO A TIMEX SERIES RACE) □ Arthur Stevenson School (Westsyde) 2890 Bank Rd. 10:00 a.m.
Contact: Rick Cameron 851-8605 ricameron@shaw.ca
Course: New Course for 2007, Flat, good P.B. course.
- #5 APRIL 1 OLIVER OK Photo 10K**
Oliver Community Centre, Oliver 10:00 a.m.
Contact: Jack Wessel 250-498-2030 □ (jwessel@img.net) □
Course: Flat, some gravel path, 3K fun run. Awards; wine from Gehringer Bros, Hester Creek and Tinhorn Creek.

- #6 MAY 13 PEACH CITY RUNNERS BLOSSOM 10 MILER**
 Chute Lake Road, Naramata, 9:00 a.m. There is transportation to the start, (two buses) meet at the S.S. Sicamous at 8 a.m.
 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.
- #7 MAY 27 BLACKWELL DAIRY 15K**
 RL Clemitson Elementary School, Barnhartvale (district of Kamloops) 9:00 a.m.
 Contact: Rick Cameron 250-851-8605
 (rlcameron@shaw.ca)
 Course: Hilly, scenic, tough, great food! 3km Fun Run.
- #8 JUNE 10 PEACH CITY RUNNERS COALMONT TO PRINCETON 18.5K**
 Meet at Princeton Arena 8:00 a.m. Race starts in Coalmont at 9:00 a.m (new start time) There will be transportation to the start.
 Contact: Leslie Hassell @ 250-295-7380 or Jim Hardin 250-295-7620. (lhassell@telus.net)
 Course: Tough and hilly (one big hill), country roads, point to point.
- #9 July 8 KELOWNA MIDSUMMER 8KM (also a Timex race).**
 Capital News Center, Gordon Drive, Kelowna, 8:00a.m.
 Contact: Annick deGooyer 250-769-4296
a.degooyer@shaw.ca
 Course: Flat, fast, certified course through Kelowna's mission area.
- #10 JULY 22 GRIZZLY BEAR RUN 12K**
 Arrow Heights Elementary School, 1950 Park Drive, Revelstoke, 9:00 a.m.
 Contact: Jarrett Spannier 250-837-5303
 (jspannier@sd19.bc.ca)
 Course: Flat start, one large climb, then rolling hills to a downhill and flat finish. Great Prizes and food!
- #11 AUG 19 RAVEN RUN 10K**
 Salmon Arm Senior Secondary 1641 30th Street NE Salmon Arm Start: 9:00 A. M.
 Contact: Pat Danforth 250-832-2172
 (calvinvb@sunwave.net)
 Course: Scenic course, some challenging hills, awesome finish.
- #12 SEPT 9 BIKE BARN 10K**
 Penticton 9:00 a.m.
 Contact: Val Tuhkala 250-494-3470
 (vtuhkala@okanagan.bc.ca)
 Course: A flat and fast 10km loop course starting at Lakeside resort. Good PB course.
- #13 SEPT 23 PEAK TO BEAK RUN 18K**
 Kelowna, 9:00 a.m
 Contact: Annick deGooyer 250-769-4296
a.degooyer@shaw.ca
 Course: T.B.A. Due to bridge construction in Kelowna course may be altered. Race info will be sent to IRA website as it becomes available.

 **STARTING BLOCK**
RUNNING & FITNESS GEAR
VERNON, BC



THE STARTING BLOCK CROSS-COUNTRY SERIES - 2007

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.

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 three in each division.

A pair of shoes will be awarded as a door prize at each Cross Country Event.

CROSS-COUNTRY RACE SCHEDULE

#1 September 30th REINO KESKI-SALMI MEMORIAL 10K

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 14 CAMPBELL MOUNTAIN TRAIL RUN 6.5K

Greyback Lake Road, Penticton, 10:00 a.m.

Contact: Bill Head (250-492-6107) billhead@shaw.ca

Course: Very hilly, challenging course on trails and dirt roads.

#3 OCT 21

LARRY NICHOLAS MEMORIAL CROSS COUNTRY RUN 9K

Mission Creek -Springfield Rd, Kelowna, 10:00 a.m.

Contact: Norm Drake 250-763-5535.

Norm.Drake@gov.bc.ca

Course: A loop course on trails and hills.

#4 OCT 28 SUMMERLAND CROSS COUNTRY RUN 8K

Cartwright Mountain, 10:00 AM

Contact: ronsherk@yahoo.ca

Course: Very scenic, challenging single track, no roads. Slightly shorter course and new start location for 2007.

#5 NOV 4 KAL PARK CROSS COUNTRY RUN 9.5K

□ Kal Park, Vernon, 10:00 a.m.

Contact: Myra Mattila. myramattila@telus.net

Course: Gorgeous scenery and challenging terrain.

2006 Canadian Tire Interior Road Race Series standings

(point totals based on top seven races)

(all qualifiers listed)

Women U 16

0	No qualifiers	0
Women 16-19		
1	EMMA LUJAN (Penticton)	157
Women 20-29		
1	JESSICA SOLYMOSI (Vernon)	150
2	MANDY VENTRESCA (Vernon)	110
Women 30-34		
1	CATHY ROOKE (Penticton)	190
2	KIRSTIN BARR (Penticton)	149
Women 35-39		
1	ROBIN LEVANT (Oliver)	147
2	SARAH CLARK (Vernon)	135
3	CINDY GAMMIE (Vernon)	127
4	ANGI SAVENYE (Vancouver)	126
5	DARLENE WOOD (Vernon)	120
6	DIANNA ROBERTSON (Vernon)	119
7	HEATHER MCALPINE (Kamloops)	115
Women 40-44		
1	CAROLINE RAINE (Kelowna)	175
2	DEB LOUGHEED (Penticton)	167
3	CHERYL CORBETT (Penticton)	143
4	DEBBIE TAYLOR (Barriere)	129
5	ONNA STOLL (Vernon)	121
6	LINDA HANSEN (Winfield)	36
Women 45-49		
1	DONNA MAZURKEWICH (Penticton)	132
2	CHARLENE FAIR (Vernon)	130
3	ELAINE SAGER (Williams Lake)	124
4	MARTHA BELICKA (Kamloops)	109
5	SHERRY SIM (Kamloops)	106
6	SHERRY MALIGASPE (Kamloops)	88
Women 50-54		
1	LYNDA PROCE (Vernon)	210
2	PAULINE HILL (Vernon)	153
3	WENDY SCHROEDER (Coldstream)	143
4	KATHRYNE FLANNERY (Kamloops)	134
5	CAROL CHISHOLM (Vernon)	121
6	JOANNE MONTGOMERY (Penticton)	119
7	PAT COUCH (Vernon)	117
8	DEBBIE KINNEAR (Vernon)	117
9	MARIE ESAU (Vernon)	116
10	LINDA CONRAD (Vernon)	92
Women 55-59		
1	JACQUIE BIRD (Penticton)	210
2	MARGRET KAROW (Penticton)	

3	JUDY SEDGE (Vernon)	102
Women 60-64		
1	KATHLEEN YANKE (Salmon Arm)	205
2	KAREN WILLIES (Kamloops)	182
3	LINDA WOODBURY (Kamloops)	161
4	DEE DUGGAN (Penticton)	149
Women 65-69		
1	MARGARET DELF (Kelowna)	197
2	DOREEN MAYNE (Penticton)	120
Men U 16 ,16-19		
0	No qualifiers	0
Men 20-29		
1	HANS AABYE (Merritt)	192
2	COLIN BARTHEL (Kelowna)	137
Men 30-34		
1	GREG JOHNSON (Vernon)	200
2	JARRETT SPANNIER (Revelstoke)	157
3	CHRIS TORRIE (Vernon)	115
Men 35-39		
1	MICHAEL STOLL (Vernon)	187
2	DARIN JOHANESON (Vernon)	160
3	BRAD HANSEN (Vernon)	141
4	GREG YANKE (Vancouver)	140
Men 40-44		
1	JOHN WIEBE (Armstrong)	154
2	DAN KUNZELMAN (Coldstream)	146
3	MICHAEL KASCAK (Penticton)	129
4	TREVOR JORDAN (Vernon)	124
5	JENS JACOBSEN (Peachland)	101
6	DAVID HANSEN (Lake Country)	100
7	NEIL MACDONALD (Penticton)	92
8	DEAN ROBERTSON (Vernon)	91
9	DON TAYLOR (Kamloops)	80
Men 45-49		
1	STEVE BRIGGEMAN (Vernon)	171
2	JORDAN SIM (Kamloops)	161
3	GERRY NAITO (Vernon)	153
4	KIM YOUNG (Coldstream)	141
5	VANCE POTTER (Okanagan Falls)	116
6	BILL RAINE (Kelowna)	113
7	BILL SPILL (Kelowna)	94
8	LEE OSWALD (Vernon)	86
9	DALE WARD (Penticton)	84
10	NATHEN LARENT (Kelowna)	75
11	ROD LAWSON (Kelowna)	60

Men 50-54

1	BILL MAH (Vernon)	195
2	BILL HEAD (Penticton)	138
3	JOHN CHISHOLM (Vernon)	132
4	MIKE BRAID (Summerland)	127
5	CHRIS SWAYZE (Revelstoke)	98
6	BILL FAIR (Vernon)	94

Men 55-59

1	RON SHERK (Summerland)	181
2	LEO RANKIN (Williams Lake)	180
3	WYN WEST (Kelowna)	152
4	MELVIN DOHERTY (Kamloops)	145
5	RON SEDGE (Vernon)	129
6	DAVID GRAHAM (Kamloops)	125

Men 60-64

1	PETER POLLHAMMER (Kelowna)	190
2	JOHN BOSOMWORTH (Princeton)	178
3	BILL FAULKNER (Kaleden)	152
4	NIKLAUS FUX (Vernon)	140
5	TOM REED (Vernon)	125
6	ROBERT MAYNE (Penticton)	101
7	BRIAN MACDONALD (Penticton)	92

Men 65-69

1	BLAINE MACPHERSON (Vernon)	210
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Men 70-79

1	GUENTER NAUMANN (Okanagan Falls)	205
2	BRUCE BUTCHER (Kamloops)	175

2006 Fresh Air Experience Cross Country Series standings

*(point totals based on top four races)
(all qualifiers listed)*

Women 16-19

1	EMMA LUJAN (Penticton)	85
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Women 20-29

1	ANDY FANCY (Silver Star)	105
2	ROXANA TANSLEY (Penticton)	56

Women 30-39

1	MELISSA SPOONER (VERNON)	107
2	DIANNA ROBERTSON (VERNON)	85

Women 40-49

1	JENNY AYERS (Penticton)	115
2	DONNA MAZURKEWICH (Penticton)	100

3 SANDRA MACDONALD (Enderby) 60

Women 50-59

1 PAT COUCH (Vernon) 120
2 PAULINE HILL (Vernon) 100
3 WENDY SCHROEDER (Coldstream) 86
4 KATHRYNE FLANNERY (Kamloops) 82
5 CAROL CHISHOLM (Vernon) 73

Women 60-69

1 SHIRLEY GRAY (Penticton) 120
2 KATHLEEN YANKE (Salmon Arm) 97
3 KAREN WILLIES (Kamloops) 80

Men 16-19

1 IAN FLOCK (Vernon) 92

Men 20-29

1 STEPHAN LOWRY (Vernon) 80

Men 30-39

1 TREVOR HAAHEIM (Kelowna) 120
2 GLENN BOND (Silver Star) 84
3 SEAN WILLIAMS (Vernon) 52
4 WARREN BELL (Vernon) 51

Men 40-49

1 DIRK HANDKE (Kelowna) 92
2 JORDAN SIM (Kamloops) 78
3 DEAN ROBERTSON (Vernon) 82
4 BROCK BUSBY (Kelowna) 61
5 NEIL MACDONALD (Penticton) 56
6 DAVE WILKINS (Kelowna) 56

Men 50-59

1 MURRAY FLOCK (Vernon) 120
2 BRIAN SCHROEDER (Penticton) 94
3 MARK FROMBERG (Kelowna) 91
4 CHRYS BELL (Vernon) 77
5 ED KINNEAR (Vernon) 74
6 JOHN O'BRIEN (Penticton) 68
7 MELVIN DOHERTY (Kamloops) 68
8 PAT AMUNDSEN (Summerland) 61
9 STAN GRAY (Penticton) 53

Men 60-69

1 BILL STEPHENS (Kelowna) 115
2 ROBERT MAYNE (Penticton) 88

MEN 70-79

1 BRUCE BUTCHER (Kamloops) 120

2006 IRON LEGS AWARDS
Runners who completed all twelve Canadian Tire
Interior Road Race Series events

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

CINDY GAMMIE.....Vernon
DARLENE WOODVernon
DAN KUNZELMANColdstream
BILL SPILLKelowna
JOHN CHISHOLMVernon

Runners who completed all five Starting Block
X-Country Series events

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

ANDY FANCYSilver Star
MELISSA SPOONER Vernon
DONNA MAZURKEWICHPenticton
PAT COUCHVernon
PAULINE HILLVernon
WENDY SCHROEDERColdstream
TREVOR HAAHEIM.....Kelowna
GLENN BONDSilver Star
DIRK HANDKEKelowna
JORDAN SIMKamloops
BROCK BUSBY.....Kelowna
MURRAY FLOCK.....Vernon
CHRY'S BELLVernon
ED KINNEARVernon
JOHN O'BRIENPenticton
PAT AMUNDSEN.....Summerland
STAN GRAYPenticton
BILL STEPHENSKelowna
BRUCE BUTCHERKamloops

2006 LEGS OF STEEL AWARDS
Runners who completed all 17 IRA road and cross-
country series events

KATHRYNE FLANNERYKamloops
MEL DOHERTYKamloops

I.R.A. RUNNERS OF THE YEAR

Congratulations to the 2006 Runners of the Year !!
Women: WENDY SCHROEDER Coldstream

AWARDS CEREMONY and BANQUET

November 17, 2007 Kelowna

Watch for details on the website later in the season.

Previous IRA "Runner of the Year" Winners:

1983	Men:	Alan Berry	Kelowna
1984	Men:	Phil Ellis	Kelowna
1985	Men:	Peter Findlay	Kamloops
	Women:	Heidi Muckle	Vernon
1986	Men:	Dave Adams	Salmon Arm
	Women:	Judy Stephens	Kelowna
		Nancy Ludtke	Kamloops
1987	Men:	Don Busch	Kamloops
		Lorne Siemens	Vernon
	Women:	Linda Stenseth	Summerland
1988	Men:	Steve King	Penticton
	Women:	Helene Guillemette	Kamloops
1989	Men:	Rob Breathet	Penticton
	Women:	Cindy Davy	Kelowna
1990	Men:	George Geldart	Vernon
	Women:	Simone Koller	Penticton
1991	Men:	Allan Kerr	Penticton
	Women:	Laurelee Welder	Kelowna
1992	Men:	Ron Allen	Kelowna
	Women:	Teresa Schofield	Penticton
1993	Men:	Terry Dowhaniuk	Kamloops
		Willis Greenaway	Summerland
	Women:	Cindy Davy	Kelowna
1994	Men:	Dave Ellis	Penticton
	Women:	Sue Guest	Kelowna
1995	Men:	Alan Price	Vernon
	Women:	Carol Campbell	100 Mile
1996	Men:	Frank Cunsolo	Penticton
	Women:	Linda Woodbury	Kamloops
1997	Men:	Dan Kunzelman	Vernon
	Women:	Natalie Butler	Kelowna
1998	Men:	Greg Tellier	Penticton
	Women:	Sarah Clark	Vernon
1999	Men:	Neil Macdonald	Penticton
	Women:	Donna Nicholas	Kelowna
2000	Men:	Jud Thompson	Kamloops
	Women:	Susan Croskery	Salmon Arm
2001	Men:	Mel Doherty	Kamloops
		Bill Stephens	Kelowna
	Women:	Jeanie Whittingham	Kamloops
2002	Men:	Neil Macdonald	Penticton
	Women:	Sarah Clark	Vernon
2003	Men:	Ken Manning	Vernon

	Women	Cornelia Cappus	Kelowna
2004	Men:	Dan Kunzelman	Vernon
	Women	Pauline Hill	Vernon
2005	Men:	Ron Sherk	Summerland
	Women	Sherry Maligaspe	Kamloops



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Email: gesmith@telus.net.

Website: □ www.kalrats.com □

KAMLOOPS RIDGE RUNNERS □

Contact : Ian Robertson (250-377-8507)

Email: ir Robertson@shaw.ca

Website: Ridge Runners Web Site

KELOWNA RUNNING CLUB

Contact: Annick deGooyer (250-769-4296)

PO Box 20215 Kelowna, BC V1Y 9H2

Email: a.degooyer@shaw.ca

Website: <http://business.silk.net/krc>

PENTICTON POUNDERS

Contact : Neil MacDonald (250-490-3334)

Box 20056 Penticton, B.C. V2A 8K3

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: jspannier@sd19.bc.ca

SHUSWAP HILL RUNNERS

Contact : Calvin VanBuskirk (832-4894)

2420 20th St. NE Salmon Arm, B.C. V1E 3C9

Email: calvinvb@sunwave.net

TULAMEEN SPORTS CLUB

Contact: Leslie Hassell (250-295-7380)

Site 3D, Comp. 5, Tulameen, B.C., V0X 2L0

email - lhassell@telus.net

website - www.tulameen.com

VERNON PACERS RUNNING CLUB □

Contact : Paul Filippi 250-542-4341 Vernon, B.C.

email: titan.paul@shaw.ca

Website: www.members.shaw.ca/vernonpacers □ □ □

Interior Running Association

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