



## Include your Race in the Interior Running Association Series

The Interior Running Association (IRA) strives to promote running and fitness in the Southern Interior of British Columbia with a series of road and cross-country/trail races hosted by member clubs in communities throughout the Okanagan and Thompson regions:

- The Road Race Series consists of races from 5 km to half marathon (21 km) distances. The routes are interesting, scenic, sometimes challenging, primarily on roads, but some with paved and gravel pathways. Currently there are 8 races in the road race series from February to September.
- The Cross-Country Race Series includes trail races of 7 to 10 km distances, mostly in community or Provincial parks. Currently there are 5 races in the cross-country race series from September to November.

## Benefits of being part of the Interior Running Association

The Interior Running Association executive supports the running clubs and race directors by:

- providing knowledge transfer on how to best host a race (best practices and guidance),
- providing race series registration for the series of races,
- obtaining sponsorship to the race series,
- providing race bibs for the races,
- providing cumulative race results for the race series based on each race
- providing a service to sanction the race,
- providing equipment to accurately measure race courses for official certification
- marketing the races,
- being present at the races to support the event and other events in the series
- presenting race awards
- providing and presenting series awards

## Requirements to have your race included in the Interior Running Association Series

To be included in the Road or Cross-Country Race Series:

- The event must be sanctioned by BC Athletics.
  - The purpose of sanctioning is to communicate to race participants, event partners and the general public that a designated event is being conducted in a fair, safe and responsible manner, in accordance with the rules and standards of the sport based on

the nature of event being offered. Where the event is registered as a competitive event, results achieved will be recognized by other national governing bodies for the sport and the IAAF. Race sanctioning is renewed annually.

- The IRA recommends that road race courses be certified. Course certification specifically references the distance and change in elevation of a course and are normally valid for 10 years. The Interior Running Association supports Race directors with course certification and race sanctioning.
- Your race must not fall on the same day as another race in the IRA series.

*If you are interested in including your race in the Interior Running Association race series, please contact a member of the IRA Executive.*