



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 1 mile (1.6 km) to half marathon (21.1 km) distances. The routes are interesting, scenic, sometimes challenging, primarily on roads (paved and/or gravel), but some with paved and gravel pathways. Currently there are 10 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 assistance with race 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 assistance with sanction the race,
- providing support for accurately measuring race courses for official certification
- marketing and promotion of the races,
- being present at the races to support the event and other events in the series
- presenting awards and draw prizes
- providing and presenting series awards

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

To be included in the IRA 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.

- For races that are designated as a BC Road Championship event, the event must also be sanctioned by World Athletics, which is done at the same time as BC Athletics sanctioning.
- The IRA expects that the road race courses are certified. Course certification specifically references the distance, separation between start and finish, and change in elevation of a course. Course certification by Athletics Canada is normally valid for 10 years. If a race is a BC Championship event, the course must be certified by World Athletics, which is valid for 5 years. The Interior Running Association assists the Race directors with course certification and race sanctioning.
- The race must not fall on the same day as another race in the IRA series.
- The race must purchase from IRA race bibs and use them in the series races (current cost is \$0.75 per bib). The IRA also collects a fee (currently \$0.75 per runner) for each runner in the series race to help cover costs of series awards and draw prizes.

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