

# LOWER MAINLAND

## ROAD RACE SERIES 2013

10 Races from January–August

5K • 8K • 10K • HALF-MARATHON

**TOP 5 AGE  
GROUP PRIZES!**  
Run 5 to qualify



Photo: Leo Lam



**TIMEX**



[www.lmrrs.com](http://www.lmrrs.com)

# LOWER MAINLAND ROAD RACE SERIES

1. Jan 27: Steveston Ice-Breaker 8k ..... Richmond
2. Mar 2: Dave Reed Spring Classic 5k ..... Vancouver
3. Mar 16: BMO St. Patrick's Day 5k..... Vancouver
4. Apr 7: BMO Sunshine Coast April Fool's Run 1/2 Mar ..... Gibsons
5. May 26: Running Room Shaughnessy 8k ..... Vancouver
6. Jun 9: Sandcastle City Classic 10k ..... White Rock
7. Jun 14: North Shore Credit Union Longest Day 5k... Vancouver
8. Jul 20: Summerfast 10k ..... Vancouver
9. Aug 4: Squamish Days 10k ..... Squamish
10. Aug 18: Richmond Olympic Oval 10k ..... Richmond

The **Lower Mainland Road Race Series** features ten of the best events in the Vancouver area, providing runners of all ages and abilities with the chance to compete against their peers. The series features races over 5K, 8K, 10K and the half marathon. All races are sanctioned by B.C. Athletics, and all courses are certified.

## Scoring Points

You score points based on your position within 5-year age groups, men and women: Under 20, 20-24, 25-29, ... 65-69, 70+. Age is calculated as of the date of the last Series race.

1st – 30 points, 2nd – 25, 3rd – 20, 4th – 18, 5th – 16, 6th – 15, 7th – 14, and so on, down to 20th – 1 point.

Your best 5 point scores will be added together to determine your series ranking. Rankings will be posted at [www.lmrrs.com](http://www.lmrrs.com) as soon as possible following each event.

## Qualifying for Series Awards

You must complete a minimum of 5 races in the series to qualify for Series awards. Top 5 in each age group win prizes! Check website for more details.

**For more information:**  
**[www.lmrrs.com](http://www.lmrrs.com)**