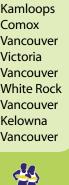
2013 TIMEX BRITISH COLUMBIA ROAD RUNNING SERIES

1.	Jan 13 th	Harriers Pioneer 8k	Saanichton
2.	Jan 27 th	Icebreaker 8k	Steveston
3.	Feb 10 th	"First Half" Half Marathon	Vancouver
4.	Mar 3 rd	Lakeside 5k	Penticton
5.	Mar 10 th	Bazan Bay 5k	Sidney
6.	Mar 16 th	St. Patrick's Day 5k	Vancouver
7.	Mar 17 th	Spring Run Off 10k	Kamloops
8.	Mar 24 th	Comox Valley Half Marathon	Comox
9.	Apr 21 st	Sun Run 10k	Vancouver
10.	Apr 28 th	ТС10К	Victoria
11.	May 26 th	Shaughnessy 8k	Vancouver
12.	Jun 9 th	Sandcastle City Classic 10k	White Rock
13.	Jun 14 th	Longest Day 5k	Vancouver
14.	Jul 7 th	Midsummer 8k	Kelowna
15.	Jul 20 th	Summerfast 10k	Vancouver

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www.bcathletics.org/RRSeries/



The Timex British Columbia Road Running Series is part of the national Road Racing Series, held in nine provinces and culminating in the Timex National Road Running Series Finale and National 10k Championships in September.

Qualifying for Series Awards

To be considered eligible for Series prizing, runners must complete a <u>minimum of 5</u> Series races out of a possible 15, and they must also be an athlete member (Junior, Senior, Master or Road & Trail) of BC Athletics.

Scoring Points

You score points in each race using a formula based on your official time, gender and race distance, which produces a score out of 1000. Points will be added together from your **best 5 races**.

Prizing

The final Series scores for those completing the required 5 races will determine the male & female recipients of the following prizes: 1st-\$1000, 2nd-\$500, 3rd-\$300, 4th-\$200, 5th-10th-merchandise prizes

BC Team Selection

The top 4 men and women in the Series will additionally be invited to represent BC at the 2013 Timex Series Finale and National 10K Championship in



September, if they are a competitive (Junior, Senior or Master) member of BC Athletics. Additional team places may be selected based on both individual performances and rankings in the Series. General criteria for BC Team selection will apply (see <u>www.bcathletics.org/gensel.htm</u> for details).

Contact Us

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> Visit the Series website for detailed Event List, Rankings, Photos, Race Results & Reports and more: www.bcathletics.org/RRSeries/