



## **BC Athletics 2010 5K Road Race Championship**

The BC Athletics 2010 5K Road Race Championship will be held in conjunction with the Dave Reed Spring Classic 5K hosted by VFAC in Stanley Park, Vancouver on Saturday, March 27..

### **Race Information**

A flat, fast and certified course along the Stanley Park seawall, starting and finishing at Lumberman's Arch. Post race home baked cakes and cookies, fruit, juice, coffee, bagels & great draw prizes. Race starts at 9:00am. Complete race details on the event website:

<http://vfac.ca/club-events/springclassic-5k/>.

### **Entry Information**

Enter online at: <https://www.raceonline.ca/Register/?id=97>

Entry fee is only \$22.00 for BC Athletics athlete members until March 13, rising to \$32.00 for race day registration.

### **Championship Eligibility**

The Championship portion of the event is open to all Junior, Senior and Masters members of BC Athletics. 2010 BCA memberships must be received by March 25, 2010 in order to be eligible.

### **Championship Awards**

Championship Medals will be presented to:

- The first 3 BCA Junior, Senior, or Masters members overall, men and women.

Championship Ribbons will be presented to:

- The first 3 BCA Junior, Senior, or Masters members, men and women, in each age category: 18-19, 20-24, 25-29, 30-34, ... 100+

### **High Performance Athletes**

- Cash and merchandise prizes for masters and open runners.
- See below for travel assistance for athletes travelling by BC Ferries.

### **Travel Assistance**

Through the Sporting Life on the Coast program, BC Ferries and Sport BC will assist with ferry travel costs for athletes participating in the BC Championships. For further details, see the Sport BC website: <http://www.sport.bc.ca/SpecialOffers/BCFerriesSportingLifeontheCoast/>. Applications for travel assistance must be received at least two weeks before the Championship.