

INTERIOR
RUNNING
ASSOCIATION

2014

**Canadian Tire Interior
Road Race Series**



**The Starting Block
X-Country Race Series**





Fresh Air Experience
#18 2070 Harvey Ave,
Kelowna, BC V1Y 8P8
(250) 763-9544
www.freshair.bc.ca



Peach City Runners
214 Main St.
Penticton, BC V2A 5B2
(250) 490-3334
www.peachcityrunners.com



Runners Sole
#74-1395 Hillside Dr.
Kamloops, BC, V2E 2R7
(250) 377-4055
www.runnerssole.com



Starting Block
3017B 30th Ave, Vernon, V1T 2C1 - Phone: 558-1088 -
Fax: 558-1048
www.startingblock.ca

INTERIOR RUNNING ASSOCIATION

2014 EXECUTIVE

Interim President	Cindy Rhodes 250-870-2906 (Cindy.Rhodes@sd23.bc.ca).
Past President	Rick Jenkner (Kamloops) 250- 374-1652 (ultramanrick@yahoo.ca)
Vice President	Peter Pollhammer (Kelowna) 250- 491-9414 (ppollham@pmp-software.com)
VP Promotions	Bill Stephens (Kelowna) 250-869-4989 (wgstephens@shaw.ca)
Secretary	Linda Conrad (Vernon) 250- 558-7823 (conrad@junction.net)
Treasurer	Jennifer Spencer (Kelowna) 250-763-8919 (jennifer.spencer@mnp.ca)

Club Reps

Kal R.A.T.S. (Vernon)	Linda Conrad (conrad@junction.net)
Kamloops Ridge Runners	Karen King (kingak360@gmail.com)
Kelowna Running Club	Bill Stephens (wgstephens@shaw.ca)
Okanagan Running Club	John Machuga (jmachuga@gmail.com)
Penticton Pounders	Neil Macdonald (oktrailrunnr@shaw.ca)
Revelstoke Alpine Runners	Jarrett Spannier (jspannier@sd19.bc.ca)
Vernon Pacers Running Club	Paul Filippi (pfilippi@shaw.ca)

President's Message

The Interior Running Association has another exciting year of running planned for 2014. Once again, we will have an eleven race road series, with, for the first time, a choice of two half marathons, as the Kamloops Half will join the Okanagan College Half in the series. The rest of the races remain the same with the exception of the Bike Barn 10K, which has been cancelled for the final time. All races in the trail series will continue in the same order in 2014. It is good to see the increased popularity of the children's fun runs which are run in conjunction with several of the series races. For 2014 at least six races will have kid's runs.

The Okanagan Running Club was founded in 2013 and is now part of the Association with plans to organize a 5K race next year to replace the Lakeside 5K which will be run for the last time this year. We will certainly miss this flat and fast race along the beach in Penticton.

Club running continues to face many challenges, including competition from private races, charity events, and other sports. The only way to continue to have an IRA with club race series is to have runners step up and join the local clubs. Once having joined, ask what you can do to help, and then follow through. I know there are lots of concerned people out there but the list of people taking on responsibility is small. If each of you who races is willing to join a club and actively assist in making it vibrant, the sport will remain strong. Note that for 2014, series awards will only be given to those who belong to one of our member clubs or to another BC Athletics registered club.

BC Athletics has agreed to host some sort of conference in our area this year in order to recruit and inform those interested in helping direct and time our races. It was agreed that all the clubs will work towards mentoring club members in these roles.

Rick Jenkner has moved on to become the RD of the Kamloops Marathon, and Cindy Rhodes is leading the society on an interim basis until a new president is found. Jennifer Spencer has taken over as Treasurer from Lynda Proce. The Association thanks Rick and Lynda (and the rest of the executive) for their dedicated service.

Our races are low-key affairs that offer great value and welcome runners of all ages and abilities, but retain a competitive aspect as well. Those not able to compete for the overall victory have age-group and age-graded awards to compete for, and as always, there is the thrill for new runners of completing their first race, or their first of a new distance. There are many reasons to race, but for me the biggest is the social aspect - there is so much positive energy in a group of people who have shared a fun physical challenge. Why not try a new race this year, and bring a friend! (or two).

Congratulations to all of the champions and especially to our award winners: Runners of the Year Peter Pollhammer and

Lynda Proce, Greenaway Cup: Sergio Pio, Muckle-Gader Cup: Liz Borrett. An honourable mention must be made of Hans Aabye, who ran 9 races and won 6 of them, including victories on consecutive weekends twice, and a course record at the Blackwell Dairy Run. Hans failed to win the Greenaway Cup by one point when he missed the final two races.

See you at the races!
Rick Jenkner, outgoing President

Runner of the Year Awards

The male and female Runners of the Year are decided at the Interior Running Association's AGM. Nominations are received from the member clubs, and then a vote is taken, with each club having one vote. In order to be eligible, a person must have run in enough races to qualify for series awards, and must belong to one of the member clubs. The award is based upon a combination of running success and club or IRA involvement. Neither of these two factors is paramount. In other words, a runner could win this award with an incredibly successful year of racing, even though they were not active in their club. Conversely, a runner could finish well down in the series standings, but win because of their tremendous contribution to the running community. Most recipients show a combination of both.

The 2013 recipients were Lynda Proce (Kal RATS) and Peter Pollhammer (KRC)

Female – Lynda Proce

Lynda is a mother of six and has been running seriously for about 20 years, showing consistent improvement since she began competing in the IRA series. She finally won her age group in 2013 after a string of seconds and thirds, and in addition, won her first race on age grading in the Oliver 10K, and finished third overall in the championship. She has also served the IRA as treasurer for the past four years.

Lynda's first running experience was in the early '80s when her husband (a seasoned runner) decided she should join him on "an easy 3-mile run". That convinced her she was not meant to be a runner and she didn't try again until 5 kids later! The family had moved to Pender Island and there was so little to do that she took up running.....gradually. She completed her first 10K in the Vancouver Sun Run in about 1994, ran through most of her pregnancy with her sixth child (now a runner herself) and did her first marathon in 1998. Seeking new challenges, she took up triathlon in 2006 in the Kal RATS sprint, and her first Half Iron was in 2012.

She lists her career highlights; Completing my first 10K - the Sun Run (I was on a high for a month!); cramping up in the Boston

Marathon and having a dentist from Wisconsin tell me he would get me to the finish line "even if he had to carry me"; watching a para-triathlete being carried out of the swim portion of the Apple Triathlon to his bike and thinking what a great sport it is; seeing Sherry cross the finish line hand-in-hand with Willis, when he did his last race.

Male – Peter Pollhammer

Peter has been a runner for most of his life. He started running in grade 9, (1958) and has kept at it, more or less consistently, for 56 years. He started keeping a running log in 1971 and it adds up to over 98,000K today!

Strictly a recreational runner at first, he got a bit more serious when he began doing lunchtime runs in Stanley Park with guys from the Alta Lake Sports Club (Al Fischer, Les McDonald, and Jim Bishop) His first race was the 1976 Vancouver Marathon where he hit the wall hard, but still managed a 2:59 time! Peter's fastest marathon was Victoria in 1982 where he ran 2:44:54. Peter has climbed the Grouse Grind over 347 times and raced it 4 times. Though he has remained remarkably injury free, a torn meniscus cartilage kept him off the roads for much of 2007 & 2008.

At the age of 70 in 2013, Peter ran 6 IRA races and won his group in all of them. In addition to his running, Peter has been a huge help to the IRA. He has been on the executive since 2006 and has taken over the responsibility for the results computer and generating the overall, age category and age graded results for the Canadian Tire Road Race Series.

2013 AGE-GRADED AWARDS

Willis Greenaway Cup	Sergio Pio	Penticton
Heidi Muckle-Gader Cup	Liz Borrett	Kelowna

Willis Greenaway Cup – Sergio Pio

Sergio ran his first IRA race in 1996, and always puts up a good performance. In his younger days, he often contended for the overall victory, and as he has moved well into the masters division, he still frequently remains in the top five overall finishers.

His passion is marathoning, and he won the Okanagan Marathon for three years in a row (2002-2004) and set his 2:40:07 personal best there in finishing third in 2006. He also scored a memorable victory over Doug Alward in the 2005 Peach City Marathon, with the two running side by side for many miles before Sergio edged ahead on the beach finish. He is most proud however, of qualifying for the elite field in the 2008 Canadian Marathon Championships in Ottawa.

When Sergio focuses on the IRA series, as he did in 2010, 2012, and 2013, he is not often beaten in his age group, and he now becomes the first male three-time winner of the Cup.

Heidi Muckle-Gader Cup – Liz Borrett

Liz is the classic example of a person who began running late in life and discovered that she had both a passion and a talent for it. A team sport player for much of her life, (volleyball, basketball, etc.), she started running in her early 60s, and like many of us, began to fall in love with it. Her first race was the Hawaii Marathon, followed by the Vancouver Marathon the next year. She ran her first Canadian Tire Series races in 2010; the Summerland Half and the Penticton 5K and 10Ks, winning her class in each of them. 2011 was the year she got serious about racing; she ran 7 Canadian Tire events, winning her age class with ease, just failing to garner enough points to win the Cup. She also ran the Victoria Half-marathon, the Palm Springs Half and the Las Vegas Half, winning her age class in all of them.

In 2012 she ran only six IRA races, but in 2013 she had an almost unblemished record on age-grading, with six firsts and only one second, and topped both genders at the OC Half. She also completed the Boston Marathon just two weeks later, and had just finished when the bomb went off, escaping uninjured.

The Heinrich Spiller Award of Courage

This award was presented for the first time in 2002. It is in memory of Heinrich, who was a top-notch age group runner in the 55-59 and 60-64 categories. Heinrich ran, and won, while battling the cancer that eventually took him from us. His widow Susan, son Rob, and Grant Turner of Canadian Tire in Vernon have donated this award to the series. The award honours the runner who best personified courage in the face of physical adversity.

Many people choose to face this sort of battle in private, and we respect your wishes, and salute all of you.

The 2013 award recipient is Bill Fuhrmeister

Bill's major problems began a couple of years ago, when a marauding dog took a big chunk out of his calf muscle during a run, which required a lot of stitches, treatment and time to heal. Bill did his best to keep mobile during this period, but his arthritis began to give more trouble and he also has a degenerative disc in his back which limits his running to flat surfaces. He has slowed a lot, which bothers him, but he is still active socially at the races and runs those he is able to. At his last event, the Bike Barn 10K, a few days before his 79th birthday, he extended himself so much that he was near collapse at the finish line from dehydration and over-exertion, but recovered in time to enjoy brunch afterwards in the company of friends. Bill exemplifies the character the award is intended to

honour, and is a worthy recipient.

Previous Spiller Award recipients

- 2002 Mel Doherty (Westbank)
- 2003 Fred Cox (Armstrong)
- 2004 not awarded
- 2005 Judy Westbrook (Kamloops)
- 2006 Larry Campbell (Penticton)
- 2007 Brian MacDonald (Penticton)
- 2008 Toni Crockett (Kelowna)
- 2009 Astrid Varga (Kelowna)
- 2010 Norm Drake (Kelowna)
Kathryne Flannery (Kamloops)
- 2011 not awarded
- 2012 not awarded

INTERIOR RUNNING ASSOCIATION RULES FOR X-COUNTRY AND ROAD RACES

- 1 Races **of standard distances** should be measured with a Jones Counter and should be certified for accuracy.
- 2 The race director will have the final say in any and all issues that may arise as a result of the race.
- 3 The IRA series age groups are as follows:
 - Road and Cross Country
 - Men and Women
 - Under 16,
 - 16-19, 20-29
 - 30-34, 35-39
 - 40-44, 45-49
 - 50-54, 55-59
 - 60-64, 65-69
 - 70-74, 75-79
 - 80-84, as necessary
- 4 For both race series, a runner shall compete in the same age division all year. Accordingly, a runner's age group for the year shall be determined by their age on December 31 of the race year.
- 5 It is necessary that all entrants in each series race be covered by BCA insurance. Runners who do not have a BCA recreational or competitive card must pay an additional \$3.00 with each race entry in order to receive a Day of Race card. Two thirds of the monies collected via this must be sent to B.C. Athletics to cover liability insurance. (Races may opt out of BCA insurance by signing proof of coverage and paying a fee.)

6 All races will have a Day of Race late entry fee, of \$10 for road races and \$5 for XC races.

7 Race results must be sent to the webmaster **jfbwilson@hotmail.com**, with copy to **ppollham@pmp-software.com**) by noon of the day following the race. IRA race fees and BCA sanctioning fees are due within 30 days of the race. The treasurer must be advised when the BCA fees are paid, to avoid unnecessary following up.

8 Host clubs must pay \$0.25 for each race finisher in both the IRA road and cross country series. This money goes towards advertising, administration, and awards for the series.

9 All races must use the custom printed race numbers with tear-off tags. **Contact Jennifer Spencer (jennifer.spencer@mnp.ca)** with the quantity required for your event. Clubs must pay \$0.50 for each number ordered. (Exemptions may be authorized by the board)

10 All series results will be done using the Runscore Program that can be run on any computer but is registered to the IRA. The IRA will prepare each race in a separate folder and make this available to the race organizers to score and produce the results. Race organizers are expected to have or obtain the expertise to run the Runscore program and complete their own results. The complete results folder is to be emailed back to the IRA, (see rule 7). Questions or concerns about the computer, or its use, should be directed to **Peter Pollhammer (250) 491-9414 (ppollham@pmp-software.com)**

11 Age graded results will be calculated for the Road Series events only, using 2006 age-graded tables. Race Directors will receive 190 points for their races.

12 All race directors shall take all the necessary precautions to ensure the safety of volunteers and runners.

13 The IRA requests that Racers refrain from wearing iPods and MP3s during the race for your own safety.

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Please consult the web-page (**www.interiorrynningassociation.com**) for updated changes that may occur after the printing of this booklet.

## **RACE ETIQUETTE GUIDELINES**

Pre-register if you can. Fill out your form completely and correctly. On-line registration is encouraged. If paying online make sure that you get a confirmation of payment to verify that you are officially registered.

Read the website, entry form or other race information before contacting the race director. All of the race details you need are

probably there.

Carefully check the information on your number. Before the race is the time to correct any errors. Pin your number on the FRONT of your shirt or shorts and keep it visible at all times, and most especially at the finish. The announcer and timers must be able to see it.

Do not run without a number, or if you did not register. People who do are called 'bandits', and are subject to being banned from races.

Do not allow another runner to use your number as it will affect the overall results and could prevent some runners from winning awards in their categories.

If you are part of a multi-race event, do not switch races without authorization, as you may not get an official finish, or it may prevent others from winning awards.

Seed yourself appropriately at the start. If you are walking, start at the back, and if you need to walk or slow abruptly while on course, move to the side first.

Run facing traffic unless directed differently by a race official.

The insurance policy covering BCA sanctioned races allows wheelchairs, both pushed and self-propelled, as well as baby joggers. BCA recommends that racing wheelchairs be given a separate start before the runners start, and that baby joggers and non-competitive wheelchairs start at the back of the field. Visually impaired runners accompanied by a guide are also encouraged to participate. Note that other forms of self-propulsion (rollerblades, skateboards, bicycles, etc.) and participants accompanied by animals are not allowed. Volunteers should not bring animals either. (Non-sanctioned events may have different insurance - in those events, be sure to obey instructions from the race.)

Remember cars have the right of way on the road. Only cross at intersections or when directed to do so.

Don't cut the course. If the course is open to traffic, do not cross the centre line of the road. Make sure to go around any cones or other markers on the appropriate side.

Don't block other runners at any time. At aid stations, move to the side if you slow down or stop. It is permissible to drop your cup or sponge near the tables, but be careful not to splash others. Littering anywhere else on course is not allowed.

While headphones are allowed under current insurance, their use is discouraged as users are less aware of their surroundings, and may not hear instructions. Communication devices of any sort are banned for racers.

Pacing by a non-participant is not permitted.

Aid from any person not involved in the race is not allowed except in emergencies. If you see a person in distress, give aid, or advise a race volunteer. If you receive aid, and continue, you may not be eligible for awards.

Remember there are other people in the race, be courteous and allow them to have the same experience that you expect. Think of others first if you need to spit, blow your nose, or anything else.

Respect private property. Use toilets provided by race organizers. If you must leave the course, be sure to return to it at the same point as you left it.

Stay in order in the finish chute until the volunteer takes the tag off your number, and then clear the chute.

If the race uses a timing chip, be sure to return it, even if you did not run.

Only cross the finish line once, and do not cross the line if you are not registered, or did not complete the course.

If you have to drop out after starting, make sure you or someone else informs race volunteers of your number.

Limit your consumption of post-race refreshments until you are sure everyone has been served. These are for participants only!

Be courteous to the volunteers. You have an event to run because of them. If you race, make sure you help out proportionally at other events.

If you won an award, stay to pick it up!

Smile!

(The Race Director generally has the final authority with respect to their race, subject to regulations of the sanctioning body. Some infractions may be subject to disqualification or sanctions such as being banned from other races. These include, but are not limited to: running without registering or registering incorrectly, failing to complete the full course, being paced by a non-participant, verbal or physical abuse of others, or causing danger to others.)



## 2014 CANADIAN TIRE INTERIOR ROAD RACE SERIES

**SERIES SCORING:** Points are awarded for each race in each category as follows: 1st - 30; 2nd - 25; 3rd - 22; 4th 20; 5th - 19; 6th - 18; points now decrease by one for each place down to 23rd place, worth one point. All other places past 23rd are awarded one point. Race directors receive 20 points for their race. Results are usually posted to the IRA website the same day. Website address is: [www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)

**AWARDS:** Competitors must complete five races to qualify for series awards and rankings. A maximum of seven races are counted towards a runner's point totals. Annual awards go ten deep in each age class.

**AGE GRADING:** Age-grading is a handicap system that levels the playing field so that performance comparisons can be made between runners of any age. The age-graded tables have been compiled by WAVA, the 'World Association of Veteran Athletes' (now World Masters Athletics WMA), and we are using the 2006 tables.

Age-graded scoring point assignments start at 200 for first place and decrease by the same amounts (200,195,192, 190, etc.) as the age category scoring. Age on race day is used for the calculations. Race directors receive 190 points for their race. A minimum of five races and a maximum of 7seven races will count for the award.

Thanks to donations from the Kelowna Running Club and the Penticton Pounders we have two trophies, the **Heidi Muckle-Gader Cup** and the **Willis Greenaway Cup** to present to the female and male runners scoring the most points. These trophies were awarded for the first time in 2007.

**DAY OF RACE REGISTRATION:** Normally closes one half hour before race start. Race start times may be subject to change. Please confirm with the race director, or check the website: [www.interiorrunningassociation.com](http://www.interiorrunningassociation.com) for latest updates and results.



## 2014 CANADIAN TIRE INTERIOR ROAD RACE SERIES SCHEDULE

Race Directors: Please send road race results to  
Peter Pollhammer (ppollham@pmp-software.com)

**A pair of New Balance shoes will be awarded as a draw prize  
at each Road Race**

- #1 February 16 THE STARTING BLOCK 10K  
Lavington Elementary School, 14 km east of Vernon on  
Hwy 6, turn south on School Rd in Lavington, 10:00  
a.m.  
Contact: Kim Young 250-542-3180  
(coach\_5@telus.net)  
Course: All paved; flat and gently rolling through rural-  
residential countryside. Re-certified in 2008. 3K fun run.
- #2 March 2 PENTICTON LAKESIDE RESORT 5K  
# 4 TIMEX SERIES RACE  
Penticton Lakeside Resort, Penticton, 10:00 a.m.  
Contact: Rick Jenkner 250-374-1652  
(ultramanrick@yahoo.ca)  
Course: Flat, fast, and certified.
- #3 March 16 THE RIVER'S SPRING RUN-OFF 10K  
#7 TIMEX SERIES RACE  
Arthur Stevenson School, 2890 Bank Rd. Kamloops  
(Westsyde) 10:00 a.m.  
Contact: Reggie Black 250-376-4102  
(regina\_black@telus.net)  
or Sherry Maligaspe 250-374-8492  
(maligaspe@shaw.ca)  
Course: Flat, some gravel trail, alternate route will be  
used if the dyke is icy. Great food!  
7km Nordic Walking course available
- #4 April 6 OKANAGAN COLLEGE HALF MARATHON  
KLO Campus, Kelowna, 8:15 a.m.  
Contact: Christine Ulmer 250-862-5616  
(culmer@okanagan.bc.ca)  
Course: Mostly flat through City Park with turnaround  
atop the first hill on Knox Mtn.  
Relay and 10K also available
- #5 April 13 OLIVER WINE CAPITAL OF CANADA 10K  
Oliver Community Centre, Oliver, 10:00 a.m.  
Contact: Carol Sheridan  
(carol@oliverrecreation.ca)  
Course: Flat, some gravel path, 3K fun run.  
Wines from local wineries to be awarded

- #6 May 11 PEACH CITY RUNNERS BLOSSOM 10 Miler  
Chute Lake Road, Naramata, 9:00 a.m.  
Transportation to the start, (2 buses) leaving the S.S.  
Sicamous at 8 a.m. Day of Race registration at finish  
line only, not at the start area.  
Contact: Carrey Martin  
(carreym@shaw.ca)  
Course: Point to point. Rolling hills, last 2 miles  
downhill & flat - Great scenery overlooking Okanagan  
Lake.
- #7 May 25 BLACKWELL DAIRY 15K  
RLClemiston Elementary School,  
Barnhartvale, 9:00 a.m.  
Contact: Reggie Black 250-376-4102  
(regina\_black@telus.net)  
or Sherry Maligaspe 250 374-8492  
(maligaspe@shaw.ca)  
Course: Hilly, scenic, tough. Fantastic food and of  
course great ice cream! 3K Fun Run.
- #8 July 1 PEACHLAND BEACH RUN 10K  
Heritage Park, Peachland, 8:30 a.m.  
Contact: Pelma Land 250-767-2133  
(pland@peachland.ca)  
Course: Flat with a hilly section in the middle  
Many draw prizes, 5K Fun run
- #9 July 6 KELOWNA MIDSUMMER 8K  
#14 TIMEX SERIES RACE  
Gyro Park Lakeshore Dr., Kelowna, 8:00a.m.  
Contact: RJ Dueck  
(rj@vcdecor.ca)  
Course: Flat, fast, certified course through Kelowna's  
Mission area. Includes a Strong Kids series race.
- #10 July 27 KAMLOOPS HALF MARATHON  
McArthur Island, Kamloops 6:30 a.m.  
Contact: : Rick Jenkner 250-374-1652  
(ultramanrick@yahoo.ca)  
Course: A flat loop through the Thompson River Valley.  
8K, 3K fun run, marathon and relay also available
- #11 September 21 PEAK TO BEAK RUN 18K  
Kelowna, 9:00 a.m.  
Contact: Trevor Haaheim 250-762-9252  
(trevorksc@shaw.ca) or Brian Wrightson  
(criskelowna@shaw.ca)  
Course: Knox Mountain to Quail's Gate Winery. Tough  
and challenging, but a very diverse course. Includes  
trail along Okanagan Lake and the final 500 metres  
through the vineyard.

## **THE STARTING BLOCK 2014 INTERIOR CROSS COUNTRY SERIES**

Race Directors: Please send cross-country results to Peter Pollhammer (ppollham@pmp-software.com)

**Series Scoring:** points are awarded for each race, for each category as follows: 1st - 30; 2nd - 25; 3rd - 22; 4th - 20; 5th - 19; 6th - 18; points now decrease by one for each place down to 23rd place, worth one point. All other places past 23rd are awarded one point. Race directors will receive 20 points for their race.

Competitors must complete three races to qualify for series awards and rankings. A maximum of four races will be counted towards a runner's point totals. Awards are given to the top five in each division.

**A pair of New Balance shoes will be awarded as a draw prize at each Cross Country Event**

- #1 Sep. 28 CAMPBELL MOUNTAIN TRAIL RUN 8.2K  
Greyback Lake Road, Penticton, 10:00 a.m.  
Contact: Stacey Cleveland  
(sbutter78@gmail.com)  
Course: Scenic course on single track trails and dirt roads with challenging finish.
  
- #2 Oct. 5 SUMMERLAND SWEETS X-C RUN 7.4K  
Summerland Rodeo Grounds, 10:00 a.m.  
Contact: Bill Head: (theheadband@live.com)  
Course: Scenic course on Trans Canada Trail and single track/dirt roads. 3K fun run
  
- #3 Oct. 19 REINO KESKI-SALMI MEMORIAL RUN 8.5K  
Larch Hills Ski Area, Salmon Arm, 10:00 a.m.  
Contact Abbigail May  
(abbimay71@yahoo.com)  
Course: Tough, hilly XC course. 2.5K fun run
  
- #4 Oct. 26 KAL PARK CROSS COUNTRY RUN 9.5K  
Kal Park, Vernon, 10:00 a.m.  
Contact: Laura Medcalf 250-558-0886  
(lauramedcalf@yahoo.ca)  
Course: Gorgeous scenery and challenging terrain.
  
- #5 Nov. 2 LARRY NICHOLAS MEMORIAL RUN 9K  
Mission Creek Park - 2363 Springfield Rd.  
Kelowna, 10:00 a.m.  
Contact: Cindy Rhodes 250-870-2906  
(Cindy.Rhodes@sd23.bc.ca)  
Course: A hilly, 3 loop course on trails. Includes a Strong Kids series race

# 2013 CANADIAN TIRE INTERIOR ROAD RACE SERIES STANDINGS

(Point totals based on min. of 5, max. of 7 races)

## FEMALE

|        |                    |            |     |
|--------|--------------------|------------|-----|
| F<16   | NO QUALIFIERS      |            |     |
| F16-19 | NO QUALIFIERS      |            |     |
| F20-29 | NO QUALIFIERS      |            |     |
| F30-34 | DELILAH TOPIC      | KELOWNA    | 200 |
|        | SHANDA HILL        | VERNON     | 132 |
| F35-39 | ERICA MALERBY      | KAMLOOPS   | 109 |
| F40-44 | MARIE-JOSEE BEDARD | MERRITT    | 200 |
|        | ROBIN LEVANT       | OLIVER     | 153 |
|        | TIFFANY FOWLER     | KELOWNA    | 145 |
|        | VANESSA MCLEAN     | OLIVER     | 131 |
| F45-49 | LISA SPALDING      | PENTICTON  | 185 |
|        | JANICE BRADSHAW    | W. KELOWNA | 182 |
|        | SUSAN FALKENHOLT   | KELOWNA    | 116 |
| F50-54 | DEB LOUGHEED       | PENTICTON  | 167 |
|        | SHERRY SIM         | KAMLOOPS   | 122 |
|        | REGINA BLACK       | KAMLOOPS   | 122 |
|        | KATHLEEN RENAUD    | VERNON     | 90  |
| F55-59 | LYNDA PROCE        | COLDSTREAM | 195 |
|        | CINDY RHODES       | KELOWNA    | 150 |
|        | SANDRA WIKE        | KELOWNA    | 124 |
|        | WENDY HENLY        | KELOWNA    | 117 |
|        | BECKY WILLIAMS     | WINFIELD   | 106 |
|        | KATHRYNE FLANNERY  | KAMLOOPS   | 77  |
|        | CAROL CHISHOLM     | VERNON     | 73  |
| F60-64 | SUSAN TEMPLIN      | KELOWNA    | 210 |
|        | CHARLOTTE HEIDT    | KELOWNA    | 174 |
|        | LINDA CONRAD       | VERNON     | 136 |
| F65-69 | DIANE LEONARD      | KELOWNA    | 210 |
|        | ARNIE GASH         | OK FALLS   | 176 |
|        | KATHLEEN YANKE     | SALMON ARM | 156 |
|        | PATRICIA RIEGEL    | VERNON     | 135 |
|        | LINDA WOODBURY     | KAMLOOPS   | 108 |
|        | KAREN WILLIES      | KAMLOOPS   | 99  |
| F70-74 | LIZ BORRETT        | KELOWNA    | 150 |

## MALE

|        |               |
|--------|---------------|
| M<16   | NO QUALIFIERS |
| M16-19 | NO QUALIFIERS |



|        |                  |            |     |
|--------|------------------|------------|-----|
| M20-29 | WADE CARLSON     | PENTICTON  | 145 |
| M30-34 | TIMOTHY MUNDALL  | SALMON ARM | 176 |
|        | JAMES MUNDALL    | SALMON ARM | 147 |
|        | JASON RODINE     | KELOWNA    | 139 |
|        | JOSH HEINRICH    | PENTICTON  | 119 |
|        | CURTIS WALLACE   | VERNON     | 111 |
| M35-39 | HANS AABYE       | MERRITT    | 210 |
|        | JOHN WILSON      | VERNON     | 161 |
|        | SCOTT MACDOUGALL | KELOWNA    | 143 |
| M40-44 | RICHARD DUECK    | KELOWNA    | 160 |
|        | KEN HILVERDA     | KELOWNA    | 91  |
| M45-49 | SERGIO PIO       | PENTICTON  | 200 |
|        | GARY WADE        | KELOWNA    | 140 |
|        | RORY BASS        | KELOWNA    | 131 |
|        | JAMES PALANIO    | PENTICTON  | 100 |
|        | DEAN FADDEN      | VERNON     | 99  |
| M50-54 | RANDY WERGER     | KELOWNA    | 205 |
|        | JORDAN SIM       | KAMLOOPS   | 152 |
|        | STEPHEN JOYCE    | COLDSTREAM | 140 |
|        | MARKUS HEINRICHS | KELOWNA    | 129 |
| M55-59 | TIM PURCER       | KELOWNA    | 192 |
|        | GERRY NAITO      | VERNON     | 151 |
|        | LANCE ZABLOTNEY  | PENTICTON  | 147 |
|        | PATRICK AMUNDSEN | SUMMERLAND | 124 |
|        | RICK JENKNER     | KAMLOOPS   | 122 |
|        | BILL SPILL       | KELOWNA    | 115 |
| M60-64 | BRUCE WARK       | MERRITT    | 180 |
|        | CHRIS GREENWAY   | KELOWNA    | 145 |
|        | FRASER STEWART   | KAMLOOPS   | 131 |
|        | MEL DOHERTY      | KAMLOOPS   | 129 |
|        | MIKE BRAID       | SUMMERLAND | 122 |
|        | HENRY PROCE      | COLDSTREAM | 122 |
|        | KEN RIEGEL       | VERNON     | 114 |
|        | ROLAND LAPLANTE  | PENTICTON  | 78  |
| M65-69 | BILL FAULKNER    | KALEDEN    | 195 |
|        | TEDDY BOYKO      | KELOWNA    | 192 |
|        | KEITH BURTON     | W. KELOWNA | 160 |
|        | LOUIS STUPAR     | KELOWNA    | 141 |
| M70-74 | BILL STEPHENS    | KELOWNA    | 187 |
|        | PETER POLLHAMMER | KELOWNA    | 180 |
|        | GARRY BELL       | KELOWNA    | 171 |
|        | TOM REED         | VERNON     | 102 |
| M75-79 | BRUCE BUTCHER    | KAMLOOPS   | 195 |
|        | GUENTER NAUMANN  | OK FALLS   | 150 |

# 2013 STARTING BLOCK CROSS COUNTRY SERIES STANDINGS

*(Point totals based on min. of 3, max. of 4 races)*

## FEMALE

|        |                  |            |     |
|--------|------------------|------------|-----|
| F<16   | NO QUALIFIERS    |            |     |
| F16-19 | EMMA MCLEOD      | KAMLOOPS   | 85  |
| F20-29 | KENDALL COWLEY   | KELOWNA    | 75  |
| F30-34 | ERIKA BISER      | KELOWNA    | 80  |
|        | JENNIFER SPENCER | KELOWNA    | 69  |
| F35-39 | NO QUALIFIERS    |            |     |
| F40-44 | JENNIFER JAKOBI  | VERNON     | 75  |
| F45-49 | CARREY MARTIN    | PENTICTON  | 94  |
|        | JANICE BRADSHAW  | W. KELOWNA | 92  |
|        | SUSAN BROWN      | ARMSTRONG  | 90  |
|        | ONNA STOLL       | VERNON     | 68  |
|        | MARIANNE BUTCHER | KAMLOOPS   | 66  |
| F50-54 | GLORIA WOOLNER   | PENTICTON  | 120 |
| F55-59 | DEBBIE FINNIE    | PENTICTON  | 107 |
|        | ALISON CRAWFORD  | PENTICTON  | 75  |
|        | CLAIRE PARKER    | VERNON     | 60  |
| F60-64 | ROBYN ABEAR      | REVELSTOKE | 80  |
| F65-69 | KAREN WILLIES    | KAMLOOPS   | 85  |
|        | LINDA WOODBURY   | KAMLOOPS   | 77  |
|        | KATHLEEN YANKE   | SALMON ARM | 69  |

## MALE

|        |                |               |     |
|--------|----------------|---------------|-----|
| M<16   | LIAM MCGRATH   | VERNON        | 115 |
| M16-19 | CAEL WARNER    | PENTICTON     | 90  |
| M20-29 | NO QUALIFIERS  |               |     |
| M30-34 | DREW MCLAREN   | KELOWNA       | 80  |
| M35-39 | JOHN WILSON    | VERNON        | 82  |
| M40-44 | SIMON REEVES   | GABRIOLA ISL. | 105 |
|        | TREVOR HAAHEIM | KELOWNA       | 90  |
|        | CAM ROBERTSON  | KELOWNA       | 76  |

|        |                  |            |     |
|--------|------------------|------------|-----|
| M45-49 | GARY WADE        | KELOWNA    | 120 |
|        | DIRK HANDKE      | KELOWNA    | 70  |
| M50-54 | MIKE BROWN       | ARMSTRONG  | 115 |
|        | ROBERT HAUTALA   | KELOWNA    | 102 |
|        | MARKUS HEINRICHS | KELOWNA    | 79  |
| M55-59 | MIKE MCGRATH     | VERNON     | 107 |
|        | PATRICK AMUNDSEN | SUMMERLAND | 62  |
| M60-64 | ROLY MULLER      | KELOWNA    | 115 |
|        | MEL DOHERTY      | KAMLOOPS   | 81  |
|        | ROB SAVAGE       | SALMON ARM | 61  |
| M65-69 | TEDDY BOYKO      | KELOWNA    | 120 |
|        | KEITH BURTON     | W. KELOWNA | 100 |
| M70-74 | JOHN BOSOMWORTH  | PENTICTON  | 90  |
| M75-79 | GUENTER NAUMANN  | OK FALLS   | 120 |
|        | BRUCE BUTCHER    | KAMLOOPS   | 100 |

## **2013 IRON LEGS AWARDS**

### **Runners who completed all 11 Canadian Tire Interior Road Race Series events**

(Or was a race director for missed race(s))

Keith Burton  
Mel Doherty  
Stephen Joyce  
Vanessa McLean  
Susan Templin  
Randy Werger  
John Wilson

### **Runners who completed all 5 Starting Block X-Country Series events**

(Or was a race director for missed race(s))

Teddy Boyko  
Janice Bradshaw  
Mike Brown  
Keith Burton  
Mel Doherty  
Robert Hautala  
Markus Heinrichs  
Carrey Martin  
Roly Muller  
Guenter Naumann  
Cam Robertson  
John Wilson

## 2013 LEGS OF STEEL AWARDS

Runners who completed all 16 IRA road  
and cross-country series events

Keith Burton  
Mel Doherty  
John Wilson

## 2013 AGE-GRADED AWARDS

Willis Greenaway Cup Sergio Pio Penticton Heidi  
Muckle-Gader Cup Liz Borrett Kelowna

## 2013 IRA RUNNERS OF THE YEAR

Male Peter Pollhammer Kelowna  
Female Lynda Proce Coldstream

## PREVIOUS IRA RUNNERS OF THE YEAR

|      |         |                    |            |
|------|---------|--------------------|------------|
| 1983 | Male:   | Alan Berry         | Kelowna    |
| 1984 | Male:   | Phil Ellis         | Kelowna    |
| 1985 | Male:   | Peter Findlay      | Kamloops   |
|      | Female: | Heidi Muckle       | Vernon     |
| 1986 | Male:   | Dave Adams         | Salmon Arm |
|      | Female: | Judy Stephens      | Kelowna    |
|      |         | Nancy Ludtke       | Kamloops   |
| 1987 | Male:   | Don Busch          | Kamloops   |
|      |         | Lorne Siemens      | Vernon     |
|      | Female: | Linda Stenseth     | Summerland |
| 1988 | Male:   | Steve King         | Penticton  |
|      | Female: | Helene Guillemette | Kamloops   |
| 1989 | Male:   | Rob Breathet       | Penticton  |
|      | Female: | Cindy Davy(Rhodes) | Kelowna    |
| 1990 | Male:   | George Geldart     | Vernon     |
|      | Female: | Simone Koller      | Penticton  |
| 1991 | Male:   | Allan Kerr         | Penticton  |
|      | Female: | Laurelee Welder    | Kelowna    |
| 1992 | Male:   | Ron Allen          | Kelowna    |
|      | Female: | Teresa Schofield   | Penticton  |
| 1993 | Male:   | Terry Dowhaniuk    | Kamloops   |
|      |         | Willis Greenaway   | Summerland |
|      | Female: | Cindy Davy(Rhodes) | Kelowna    |
| 1994 | Male:   | Dave Ellis         | Penticton  |
|      | Female: | Sue Guest          | Kelowna    |
| 1995 | Male:   | Alan Price         | Vernon     |
|      | Female: | Carol Campbell     | 100 Mile   |
| 1996 | Male:   | Frank Cunsolo      | Penticton  |
|      | Female: | Linda Woodbury     | Kamloops   |
| 1997 | Male:   | Dan Kunzelman      | Vernon     |
|      | Female: | Natalie Butler     | Kelowna    |

|             |                |                    |            |
|-------------|----------------|--------------------|------------|
| <b>1998</b> | <b>Male:</b>   | Greg Tellier       | Penticton  |
|             | <b>Female:</b> | Sarah Clark        | Vernon     |
| <b>1999</b> | <b>Male:</b>   | Neil Macdonald     | Penticton  |
|             | <b>Female:</b> | Donna Nicholas     | Kelowna    |
| <b>2000</b> | <b>Male:</b>   | Jud Thompson       | Kamloops   |
|             | <b>Female:</b> | Susan Croskery     | Salmon Arm |
| <b>2001</b> | <b>Male:</b>   | Mel Doherty        | Kamloops   |
|             |                | Bill Stephens      | Kelowna    |
|             | <b>Female:</b> | Jeanie Whittingham | Kamloops   |
| <b>2002</b> | <b>Male:</b>   | Neil Macdonald     | Penticton  |
|             | <b>Female:</b> | Sarah Clark        | Vernon     |
| <b>2003</b> | <b>Male:</b>   | Ken Manning        | Vernon     |
|             | <b>Female:</b> | Cornelia Cappus    | Kelowna    |
| <b>2004</b> | <b>Male:</b>   | Dan Kunzelman      | Vernon     |
|             | <b>Female:</b> | Pauline Hill       | Vernon     |
| <b>2005</b> | <b>Male:</b>   | Ron Sherk          | Summerland |
|             | <b>Female:</b> | Sherry Maligaspe   | Kamloops   |
| <b>2006</b> | <b>Male:</b>   | Jarrett Spannier   | Revelstoke |
|             | <b>Female:</b> | Wendy Schroeder    | Coldstream |
| <b>2007</b> | <b>Male:</b>   | Dirk Handke        | Kelowna    |
|             | <b>Female:</b> | Linda Woodbury     | Kamloops   |
| <b>2008</b> | <b>Male:</b>   | Ellis Andrews      | Penticton  |
|             | <b>Female:</b> | Kathryne Flannery  | Kamloops   |
| <b>2009</b> | <b>Male:</b>   | Rory Switzer       | Kelowna    |
|             | <b>Female:</b> | Sherry Maligaspe   | Kamloops   |
| <b>2010</b> | <b>Male:</b>   | Bruce Butcher      | Kamloops   |
|             | <b>Female:</b> | Laurelee Welder    | Kelowna    |
| <b>2011</b> | <b>Male:</b>   | Bill Stephens      | Kelowna    |
|             | <b>Female:</b> | Liz Borrett        | Kelowna    |
| <b>2012</b> | <b>Male:</b>   | Rick Jenkner       | Kamloops   |
|             | <b>Female:</b> | Diane Leonard      | Kelowna    |

## PREVIOUS IRA AGE-GRADED AWARDS

### Willis Greenaway Cup

|      |               |            |
|------|---------------|------------|
| 2007 | Roy Dagneau   | Salmon Arm |
| 2008 | Ellis Andrews | Penticton  |
| 2009 | Rory Switzer  | Kelowna    |
| 2010 | Sergio Pio    | Penticton  |
| 2011 | Ellis Andrews | Penticton  |
| 2012 | Sergio Pio    | Penticton  |

### Heidi Muckle-Gader Cup

|      |               |         |
|------|---------------|---------|
| 2007 | Cindy Rhodes  | Kelowna |
| 2008 | Cindy Rhodes  | Kelowna |
| 2009 | Cindy Rhodes  | Kelowna |
| 2010 | Cindy Rhodes  | Kelowna |
| 2011 | Cindy Rhodes  | Kelowna |
| 2012 | Diane Leonard | Kelowna |

## 2013 RACE WINNERS - IRRS

### Starting Block 10K

Hans Aabye                      Jessica Hannah

### Lakeside 5K

John Machuga                Jessica Hannah

### Spring Run Off 10K

John Machuga                Marie-Josée Bedard

### Okanagan College Half

Hans Aabye                      Mary Edgar

### Oliver 10K

Hans Aabye                      Stacey Cleveland

### Blossom 10 Miler

Hans Aabye                      Emily Allin

### Blackwell Dairy 15K

Hans Aabye                      Cindy Rhodes

### Peachland Beach Run 10K

Hans Aabye                      Emily Allin

### Midsummer 8K

Hans Aabye                      Dayna Pidhoresky

### Bike Barn 10K

Trevor Haaheim                Lisa Heidt

### Peak to Beak 18.5K

Trevor Haaheim                Dannica Wade

## **2013 RACE WINNERS – XC SERIES**

### **Campbell Mtn.8.2K**

Cael Warner      Jen Annett

### **Summerland 7.4K**

Cael Warner      Shelly Hack

### **Reino Keski-Salmi 8.5K**

Cael Warner      Glynis Sim

### **Kal Park 9.5K**

Matt Hewit      Christina Nilsen

### **Larry Nicholas Memorial 9K**

Jake Van Allen      Jen Bond







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



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Kelowna, BC, V1Y 8P8  
(250) 763-9544  
[www.freshair.bc.ca](http://www.freshair.bc.ca)

# **INTERESTED IN OTHER RUNNING AND RELATED EVENTS FOR 2014?**

**[www.bcathletics.org](http://www.bcathletics.org)**

## **IRA MEMBER RUNNING CLUBS**

**KAL R.A.T.S. (Vernon)**

Website: [www.kalrats.com](http://www.kalrats.com)

**KAMLOOPS RIDGE RUNNERS**

Website: [www.kamridgerunners.org](http://www.kamridgerunners.org)

**KELOWNA RUNNING CLUB**

Website: [www.kelownarunningclub.com](http://www.kelownarunningclub.com)

**OKANAGAN RUNNING CLUB**

Contact: [jmachuga@gmail.com](mailto:jmachuga@gmail.com)

**PENTICTON POUNDERS**

Email: [pounders@vip.net](mailto:pounders@vip.net)

Website: [www.clubrunner.ca/pprc/](http://www.clubrunner.ca/pprc/)

**REVELSTOKE ALPINE RUNNERS CLUB**

Contact: Jarrett Spannier (250 837-5303)

Box 3237 Revelstoke, B.C. V0E 2S0

Email: [jspannier@sd19.bc.ca](mailto:jspannier@sd19.bc.ca)

**VERNON PACERS RUNNING CLUB**

Contact: [vernonpacers@gmail.com](mailto:vernonpacers@gmail.com)

Website: [www.vernonpacers.ca](http://www.vernonpacers.ca)

**Interior Running Association Society**  
[www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)