

## 2010 B.C. INTERIOR RACE SCHEDULE

Kamloops Kelowna Oliver Peachland Penticton Revelstoke Salmon Arm Summerland

1 Jan POLAR BEAR RUN & WALK, 2 or 5K - Penticton

1 Jan RESOLUTION RUN 5K - Kelowna

**7 Feb IRA #1 – THE STARTING BLOCK 10K – Lavington / Vernon**

**07 Mar IRA #2 – LAKESIDE 5K - Penticton**

**21 Mar IRA #3 – SPRING RUN OFF 10K – Kamloops**

28 Mar CAMPUS to CAMPUS HALF MARATHON - Kelowna

**11 Apr IRA #4 – WINE CAPITAL 10 K – Oliver**

25 Apr Peachland Centennial Half Marathon – Peachland

02 May VANCOUVER MARATHON

02 May BOOGIE the BRIDGE 5K/12K & 1/2 marathon - Kamloops

09 May SUN RUN 10K – Vancouver

**16 May IRA #5 – BLOSSOM 10 MILER - Penticton**

23 May PEACH CITY HALF MARATHON & 10K - Penticton

**30 May IRA #6 – BLACKWELL DAIRY 15K - Kamloops**

13 Jun Okanagan Mountain Trail Race, 4, 9.5 & 19K, OK Mtn **(Race has been cancelled)**

19 Jun Goats' Run to Commando Bay and Back

20 Jun Mr. T's KOS & Sprint Tri, Vernon

26 Jun SCORCHED SOLE 25K / 50 K / 50 MILE Kelowna

**27 Jun IRA #7 – GRIZZLY BEAR 12K – Revelstoke**

27 Jun Kal RATS Sprint Triathlon, Vernon

01 Jul CANADA DAY RUN 5 & 10 K - Peachland

10 Jul 2<sup>nd</sup> Annual Strawberry Fest 5km Run/Walk, Clearwater , BC

**11 Jul IRA #8 – MIDSUMMER 8K - Kelowna**

**01 Aug IRA #9 – WILLIS GREENAWAY HALF - Summerland**

**15 Aug IRA #10 – SALMON ARM RAVEN 10K**

**22 Aug IRA #1 XC RUN – GOOFY 10K – Kamloops**

22 Aug Kelowna – Apple Triathlon

29 Aug Penticton – Subaru Ironman

5 Sep Walk in the Park 18k/36k/54k - Kamloops

**12 Sep IRA #11 – BIKE BARN 10K – Penticton**

**19 Sep IRA #12 – PEAK TO BEAK 18K – Kelowna**

19 Sep Terry Fox Runs, various locations

**26 Sep IRA #2 XC RUN – REINO KESKI-SALMI 10K – Salmon Arm**

**03 Oct IRA #3 XC RUN – SUMMERLAND 8.4K – Summerland**

10 Oct OKANAGAN INTERNATIONAL MARATHON - Kelowna

**17 Oct IRA #4 XC RUN – LARRY NICHOLAS 9K - Kelowna**

**24 Oct IRA #5 XC RUN – CAMPBELL MTN 6.5K - Penticton**

**31 Oct IRA #6 XC RUN – KAL PARK 9.5K - Vernon**

06 Nov HANEY-2-HARRISON RELAY - Mission

**15 Nov IRA Annual Banquet - Vernon**

21 Nov TROUT CREEK TRESTLE 25K - Penticton

04 Dec SANTA SHUFFLE 1K/5K – Kelowna

June/10 (Corrections to peterpoll@pmp-software.com)