

**Squamish Titans Running Intervals – Winter 2010**  
**Local Running (Related) Events**

Road Races are in White background

Trail Runs in Green background (Note: Ultras are NOT listed)

Snowshoe Events in Blue background

Jan 17	Steveston Ice-Breaker 8k (Timex #2, LMRRS #1)* Richmond	JJ Schmidt 604 241-9094	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:info@kajaks.org">info@kajaks.org</a>
Jan 17	The Yeti Snowshoe Series Race #1 Mt. Washington		<a href="http://www.theyeti.ca">www.theyeti.ca</a>
Feb 21	The Historic Half Marathon, 10K, 5K* Fort Langley	Try Events 778 292-0619	Feb 21
Feb 27	The Yeti World Snowshoe Invitational Mt. Seymour		<a href="http://www.theyeti.ca">www.theyeti.ca</a>
Mar 7	Bazan Bay 5k (Timex #3, VIRA #5)* Sidney	Linda Walsh 250 598-2716	<a href="http://www.vira.bc.ca">www.vira.bc.ca</a> <a href="mailto:bazanbay@vira.bc.ca">bazanbay@vira.bc.ca</a>
Mar 7	Lakeside Resort 5k (Timex #4, IRA #2)* Penticton	Don Clark 250 770-1945	<a href="http://www.interiorrynning.ca">www.interiorrynning.ca</a> <a href="mailto:donzoalanzo@hotmail.com">donzoalanzo@hotmail.com</a>
Mar 7	Harry's Spring Run-Off 8K* Vancouver	Canada Running Series 778 786-4116	<a href="http://www.canadarunningseries.com">www.canadarunningseries.com</a> <a href="mailto:clifton@canadarunningseries.com">clifton@canadarunningseries.com</a>
Mar 7	Tread the Shed Delta	Nancy Hamilton 604-572-8081	<a href="http://www.newbalancevancouver.com/blog/tread-shed/">www.newbalancevancouver.com/blog/tread-shed/</a>
Mar 13	St. Patrick's Day 5K (LMRRS #2)* Vancouver	Karen Warrendorf 604 842-3834	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:info@stpatricks5k.com">info@stpatricks5k.com</a>
Mar 13	Green Glove Half Marathon & Shamrock 'n Race 10K, 5K Abbotsford	Try Events 778 292-0619	
Mar 14	St. Paddy's Day Dash 5k, 1k Port Moody	Runners' Den 604 461-8330	
Mar 27	Dave Reed Spring Classic 5k (Timex #7, LMRRS #3)* Vancouver	John Hill 604 688-8648	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:springclassic@vfac.ca">springclassic@vfac.ca</a>

Mar 28	<b>Diva on the Run 8K* Vancouver</b>	<b>Miranda Reece 604 317-0864</b>	<a href="http://www.reflexionclinics.com">www.reflexionclinics.com</a> <a href="mailto:miranda@reflexionclinics.com">miranda@reflexionclinics.com</a>
Apr 4	<b>My First Trail Race 5k, 10k North Vancouver</b>	Keith Nicoll 604-990-6888	Apr 4
Apr 11	<b>Sunshine Coast April Fool's Run Half Marathon (LMRRS #4) Gibsons</b>	<b>Teresa Nightingale 877 493-5163</b>	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:foolsrun@telus.net">foolsrun@telus.net</a>
Apr 25	<b>Times Colonist 10k (Timex #8)* Victoria</b>	<b>Event Hotline 250 818-0956</b>	<a href="http://www.tc10k.ca">www.tc10k.ca</a> <a href="mailto:info@tc10k.ca">info@tc10k.ca</a>
May 2	<b>BMO Vancouver Int. Marathon, Half Marathon, 8k* Vancouver</b>	<b>Marathon office 604 872-2928</b>	<a href="http://www.bmovanmarathon.ca">www.bmovanmarathon.ca</a> <a href="mailto:info@vanmarathon.bc.ca">info@vanmarathon.bc.ca</a>
May 8	<b>Pacific Spirit 5k, 10k Vancouver</b>	<b>Race Infoline 604 736-6107</b>	
May 9	<b>Vancouver Sun Run 10k (Timex #9)* Vancouver</b>	<b>Hotline 604 689-9441</b>	<a href="http://www.sunrun.com">www.sunrun.com</a> <a href="mailto:sunrun@direct.ca">sunrun@direct.ca</a>
May 30	<b>Rotary Seawalk Run 10k* West Vancouver</b>	<b>Rotary Club of West Van 604 736-7484</b>	<a href="http://www.seawalkrun.com">www.seawalkrun.com</a> <a href="mailto:info@seawalkrun.com">info@seawalkrun.com</a>
May 30	<b>Running Room Shaughnessy 8k (Timex #10, LMRRS #5), 5k* Vancouver</b>	<b>Geoffrey Buttner 604 739-9182</b>	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:gbuttner@hotmail.com">gbuttner@hotmail.com</a>
May 30	<b>PMC Sierra Science Fair Fun Run 5k Vancouver</b>	<b>Patti Leigh 604 443-7551</b>	
May 30	<b>Abbotsford Run for Water, Half Marathon, 10K, 5K Abbotsford</b>	<b>Ken Baerg 604 866-2624</b>	
May 30	<b>Eagle Harbour 5K Fun Run West Vancouver</b>	<b>Keith Nicoll 604-990-6888</b>	
May 30	<b>Tender Knee / Iron Knee North Vancouver</b>	<b>Keith Nicoll 604-990-6888</b>	May 30
Jun 5	<b>Ambleside Masters Mile West Van.</b>	<b>Frank Kurucz 604 925-7270</b>	
May 30	<b>PMC Sierra Science Fair Fun Run 5k Vancouver</b>	<b>Patti Leigh 604 443-7551</b>	

Jun 6	Sandcastle City Classic 10k (Timex #11, LMRRS #6)* White Rock	Paul Mathias 604-538-6584	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:pmathias@shaw.ca">pmathias@shaw.ca</a>
Jun 18	Longest Day 5k (Timex #12, LMRRS #7) & 10k* Vancouver	Graeme Fell 604 225-0222	<a href="http://www.lmrrs.com">www.lmrrs.com</a> <a href="mailto:longestday@thunderbirdstrack.org">longestday@thunderbirdstrack.org</a>
Jun 19	Chip's Not Dead Yet Mile* Vancouver	Neil McKinnon 604 816-1730	<a href="http://www.chipsnotdeadyet.com">www.chipsnotdeadyet.com</a> <a href="mailto:neil@toitevents.com">neil@toitevents.com</a>
Jun 19	Paavo Nurmi Run Burnaby	Frank Myrskog 604-767-0774	Jun 19
Jun 26	Comfortably Numb Whistler	Kevin Titus 604-894-5950	<a href="http://www.comfortablynumb.ca">www.comfortablynumb.ca</a> <a href="mailto:info@comfortablynumb.ca">info@comfortablynumb.ca</a>
Jun 27	Scotiabank Vancouver Half Marathon & 5k* Vancouver	Clifton Cunningham 778 786-3116	<a href="http://www.canadarunningseries.com">www.canadarunningseries.com</a> <a href="mailto:svhm@canadarunningseries.com">svhm@canadarunningseries.com</a>