



2023

B.C. TRAIL RACE CALENDAR

WWW.CORERUNNING.COM

[@RUN.SWEAT.BEERS](https://www.instagram.com/run.sweat.beers)

Race & Distance

Location

Date

Run Ridge Run

13km, 25km

Anmore

Feb 25

Dirty Duo

16/32/50km

North Vancouver

Mar 11

Diez Vista

50km

Port Moody

Apr 8

5Peaks Alice Lake

9/13km

Squamish

Apr 15

Royal Roads

6/10km

Victoria

Apr 15

Dirty Feet Trail Run 1

5/10/21km

Kamloops

Apr 16

Nimble Bear

25/50km

West Kelowna

Apr 22

www.corerunning.com



Race & Distance	Location	Date
<u>5Peaks Golden Ears</u> 8/13km	Maple Ridge	May 6
<u>The Cumby</u> 7.5/15/25km	Cumberland	May 6
<u>DirtyFeet Kal Park 50</u> 8/25/50km	Vernon	May 7
<u>Cobble Hill</u> 12/20km	Cobble Hill	May 13
<u>Elk Beaver Ultras</u> 50/100km/50M	Victoria	May 13
<u>Survival of Fittest</u> 18/35km	Squamish	May 13
<u>Wildhorse Traverse</u> 54km	Kelowna	May 13
<u>Iron & Tender Knee</u> 13/25km	North Vancouver	May 27
<u>Crazy Soles Nipika</u> 5/10/25km	Kootney Nat'l Park	May 27
<u>Trail Run for Water</u> 10/25/50km	Abbotsford	May 27
<u>Conquer the Vedder</u> SUP, bike, run	Chilliwack	May 27-28
<u>Nanaimo</u> 10/17km	Nanaimo	June 3

Race & Distance	Location	Date
<u>Myra Bellevue Park</u> 5/10/21km	Kelowna	June 4
<u>Run Comfy Numb</u> 25/50km	Whistler	June 10
<u>Beat the Buzzer</u> backyard ultra	Kamloops	June 17
<u>Kusan Klimb</u> 23km	Sayward	June 24
<u>Slay the Dragon</u> 13/25/50km	Silver Star Mountain	June 24
<u>Tenderfoot Boogie</u> 13/28/50km	Squamish	June 24
<u>Soup 2 Nutz</u> Duathlon	Silver Star Mountain	July 8
<u>Thirsty Elk</u> 5/25km	Chilliwack	July 8
<u>Knee Knacker</u> 30M	West Vancouver	July 8
<u>Broken Goat</u> 12/25/52km	Rossland	July 15
<u>Port Alberni</u> 10/21km	Port Alberni	July 15
<u>Kalamaka Park</u> 5/10/21km	Vernon	July 16

Race & Distance**Location****Date**

**Brokenagan
Backyard ultra**

Silver Star

July 22

**Buckin' Hell
35/50km, relay**

North Vancouver

July 22

**5Peaks Cypress Mtn
5/9km**

West Vancouver

July 22

**Elk Valley Ultra
50km**

Fernie

July 22

**Fat Dog ultra
40/50/120M, 100km**

Manning Prov Park

Aug 11-13

**Heartbreak ultra
25/50/100km, relay**

Kamloops

Aug 19

**Mt Washington
8/14km**

Comox

Aug 19

**Squamish 50
23/50km, 50M, 50/50**

Squamish

Aug 19-20

**5Peaks Whistler
6/10km**

Whistler

Aug 26

**Blackspur Ultra
54/108km, relay**

Kimberley

Aug 26-27

**Finlayson Arm Ultra
28/50/100km**

Victoria

Sep 8-10

**TranSelkirks
100km, 100M**

Revelstoke

Sep 10-14

Race & Distance	Location	Date
<u>Golden Ultras</u> 13-60km options	Golden	Sep 15-17
<u>Freaky Creeky</u> 13/27/50km, 50M	Vernon	Sep 16
<u>Frosty Mountain</u> 13/27/50km	Manning Prov Park	Sep 16
<u>KennaCarwright Park</u> 5/10/21km	Kamloops	Sep 24
<u>Predator Ridge</u> 5/10/21km	Predator Ridge	Oct 22
<u>Qualicum Bay</u> 11/26km	Qualicum Bay	Oct 23
<u>Hallow's Eve</u> 10/21/42km	North Vancouver	Oct 28
<u>Loop the Vedder</u> 10/21km	Chilliwack	Oct 28
<u>5Peaks Mt Seymour</u> 6/11km	North Vancouver	Oct 28
<u>The Phantom Run</u> 12/19.5/25km	North Vancouver	Nov 18

