


FRONTRUNNERS

ISLAND RACE SERIES

Presented by 

PROUD SPONSORS



FRONTRUNNERS

ISLAND RACE SERIES 2010

RACE	DATE	START	INFORMATION
Prairie Inn Pioneer 8k Saanichton	Jan 10	11 am	Randy Jones randy@pih.bc.ca
Cobble Hill 10k Cobble Hill	Jan 24	11 am	Glenn White cobblehill@vira.bc.ca
Cedar 12k Cedar	Feb 7	11 am	Patrick Ross cedar@vira.bc.ca
Hatley Castle 8k Colwood (Royal Roads)	Feb 21	11 am	Stephen Cook hatley@vira.bc.ca
Synergy Health Management Ltd. Bazan Bay 5k - Sidney	Mar 7	9 am	Linda Walsh bazanbay@vira.bc.ca
Comox Valley Half Marathon Courtenay	Mar 21	11 am	Brad Crowe comox@vira.bc.ca
Merville 15k Merville	Apr 4	11 am	Mark Cryderman merville@vira.bc.ca
Sooke River 10k & Series Awards - Sooke	Apr 18	11 am	Rob Harmsworth sooke@vira.bc.ca



Part of the
Timex BC Series.



All 8 races are sanctioned
by BC Athletics



TEAMS/CLUBS

Teams may represent clubs, recreation centers, Y's, companies or other groups. There is no limit to the number of runners on a team and the members of a team can vary from event to event in the Series.

Your team/club name must be clearly indicated on your entry form in order to qualify your points towards that team/club's standings. No changes or additions will be permitted afterwards.

SCORING

Individual - Each runner's time will be recorded and points awarded according to performance. The five best scores (including at least one race over 10K) will be totaled to determine Series standings. Runners in the 16 to 19 category will have the four best scores of all races. Runners in the 15 and under category will have the three best scores. Runners under 20 or 70 and over do not have to run a race longer than 10K to qualify for Series awards.

STANDING AND FORFEITURE OF RACE PACKAGES

Full point standings will be posted at each event after the first race. Race packages not picked up by the commencement of the race are forfeited.

EIGHT RACE BONUS

Runners who complete all eight races in the 2010 series, or seven races and volunteer at their own race, will receive a gift certificate entitling them to 50% off the series registration (without shirts) for the 2011 Series.

Draw prizes will be drawn at each race that have been provided by our sponsors, including two pair of shoes from Adidas and Frontrunners. Runners must be present at the drawing of all prizes.

Note: No Dogs, Rollerblades, Strollers, Baby-Joggers, Bicycles or Skateboards allowed in races.

SERIES AWARDS AND PRIZES

Awards to tenth place for individuals in each category and trophies presented to:

- overall top male and female of the Series
- top male and female masters (40 yrs and older)
- top three teams/clubs in each of the three divisions and top three most improved teams/clubs (companies not eligible)

Age category awards

- 1st place - Adidas Shoes
- 2nd place - Timex Watch
- 3rd place - Adidas Technical Shirt

Grand Prize Draws

Island Race Series participants are eligible for the Grand Prize Draws:

- \$500 Adidas Running Package from Frontrunners
- \$500 Smile Card from Thrifty Foods

For the Thrifty Foods prize, runners must fill out a maximum of one (1) ballot per race and drop it off at any Thrifty Foods location (ballots can be printed off the VIRA website - www.vira.bc.ca)

Dates and details subject to change. For current information, please see www.vira.bc.ca

FRONTRUNNERS

ISLAND RACE SERIES

Presented by 

MERVILLE 15K
April 4, 2010
11:00 am

Race #7

Race Number Pickup & Registration

Race Day: 9:00 - 10:45 am, Merville Community Hall, Merville (about 15k north of Courtenay).

Race Start

11:00am for runners, 10:15 for walkers and runners who expect to take two or more hours - Poulton Road (2.5 - 3 hour drive from Victoria).

Race Course

This well-marked Certified 15k course is a flat and scenic loop at the base of Mt. Washington.

Awards & Prizes

Medals to 3rd place; ribbons to 10th (where applicable).
* Unclaimed awards may be picked up at the following Series Race

Refreshments


Post-race food and drink will be supplied.

Facilities

Two first aid stations (at 5k and 10k) and about 6 porta-potties and washrooms at the hall.

Information

Mark Cryderman 250 286 1364
Email: shorerrunners@telus.net

Presented by 

MERVILLE 15K

RIVER RUNNERS

Sunday, April 4

11:00 am

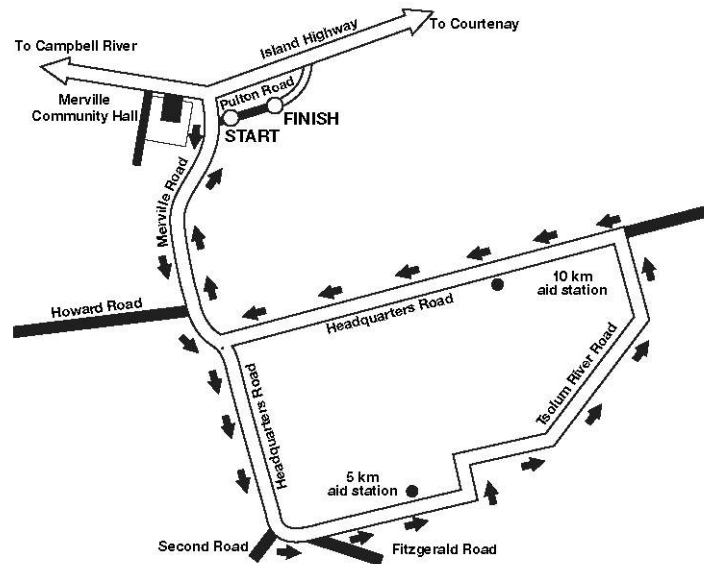
Early Start 10:30 am for walkers and runners who expect to take more than 2 hours

Directions

2.5- 3 hour drive from Victoria. Exit Highway 19 at Courtenay and head north on Highway 19a, the Old Island Highway. Merville is about 15k north of Courtenay. Turn left into the Merville Hall parking about 300 meters past the Merville General Store. Overflow parking is in the gravel parking lot across from the Merville General Store. If you exit Highway 19 at the Hamm Road exit (to Black Creek) you'll have to backtrack a few miles south on Highway 19A to get back to Merville.

Race Route

A flat, scenic panhandle loop. No turn-arounds. Start at Poulton Road, turn left onto Fitzgerald Road, turn left onto Tsolum River Road, turn left onto Headquarters, turn right onto Merville Road and back to Poulton Road and the finish. The finish line is about a half kilometer past the start. Certified Course: BC-2006-005-BDC



Special thanks to our local sponsors



REGISTRATION FEE INFORMATION

TYPE	PER RACE (Student)	PRIOR TO RACE
Early	\$20 (\$15)	Up until Monday (online + drop off only)
Regular	\$25 (\$20)	Tuesday + Wednesday (online + drop off only)
Late	\$30 (\$25)	Thursday, Friday and Saturday (drop off only)
Race Day	\$35 (\$35)	Sunday (in person only)

BC Athletics members deduct \$3.00 from above fees

Please Note: Entry fee is non-refundable & non-transferrable

No Dogs, Rollerblades, Strollers, Baby-Joggers, Bicycles or Skateboards

Race Series Categories

(Age as of December 31, 2010)

Men	Age Group	Women
M J	15 & under	F J
M16	16 to 19	F16
M20	20 to 24	F20
M25	25 to 29	F25
M30	30 to 34	F30
M35	35 to 39	F35
M40	40 to 44	F40
M45	45 to 49	F45
M50	50 to 54	F50
M55	55 to 59	F55
M60	60 to 64	F60
M65	65 to 69	F65
M70	70 to 74	F70
M75	75 to 79	F75
M80	80 plus	F80

Register online at:
www.vira.bc.ca

MERVILLE 15K

Entry Form (please print clearly)

First Name: _____

Last Name: _____

Address: _____

City: _____ Prov: _____ Postal: _____

Home Tel: _____

Email: _____

Birth Date: ____/____/____ Male Female
YY/MM/DD

Race Series Category: _____
(Age as of December 31, 2010)

Team/Club Name: _____

Sponsored by: _____

BC Athletics Membership No: _____

Student School Name: _____
full time

Total Amount Paid: _____
BC Athletics members receive a \$3.00 discount

No Dogs, Rollerblades, Strollers, Baby-Joggers, Bikes or Skateboards

Release: In consideration of you accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the organizers of this event and its sponsors from any and all rights of claims for damages I may have against them, their representatives, successors and assigns, for any and all illness, injuries and/or losses I may sustain as a result of my participation in this event.

Signature: _____
(if under 19 parent or guardian must sign)

Date: _____

Payable and mailed to:
River Runners Run Club
c/o Mark Cryderman
#2-1371 Greenwood St.
Campbell River BC
V9W 6K5

Or drop off in an envelope at:
ShoreRunners (Campbell River)
#2-1371 Greenwood Street
Frontrunners Victoria
1200 Vancouver Street, Victoria
Frontrunners Westshore
133-735 Goldstream Avenue
Frontrunners Nanaimo
3-5767 Turner Road, Nanaimo