

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

 BC Championship
Road Racing Event

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

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CEDAR 12K
February 7, 2010
11:00 am

Race #3

Race Number Pickup & Registration

Race day: Cedar Intermediate Secondary School
2215 Gould Road, Nanaimo 9:00 - 10:30 am

Race Start

11:00 am for runners, 10:30 am for walkers and runners who expect to take over 1.75 hours).

Awards & Prizes

Medals 1st to 3rd, Ribbons to 10th (where applicable)

Refreshments


Post-race food and drink will be supplied.

Facilities

Cedar Intermediate Secondary School, change rooms and toilets. Parking.

Information

Patrick Ross, 250 756 2497
Email: patrickrossconsulting@shaw.ca
Website: www.bastionrunning.ca

Presented by **CEDAR 12K****Sunday, February 7****11:00 am**

Early start 10:30 am for walkers and runners who expect to take more than 1.75 hours

Race Route12km out and back. Rolling hills.
Certified Course: BC-2004-012-BDC**Travel Tips****FROM VICTORIA**

Before the Nanaimo Airport, turn right onto Cedar Road at the Omega Restaurant and follow Cedar Road, travelling past the Cedar Hall for approximately 900m until you reach the Gould Road (watch for signs) turn left and obey traffic personnel.

FROM CAMPBELL RIVER, PORT ALBERNI AND COMOX

Follow the parkway right around Nanaimo until you reach the Cedar Road exit, follow Cedar Road turning right just after the green steel bridge, continue along Cedar Road until Gould Road. Turn right onto Gould Road and watch for traffic personnel.

Special thanks to:Cedar Fire Hall
Nanaimo RCMP Axillary
Food Chair, Carene Booth and her committee**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**CEDAR 12K****Entry Form** (please print clearly)

First Name: _____

Last Name: _____

Address: _____

City: _____ Prov: _____ Postal: _____

Home Tel: _____

Email: _____

Birth Date: ____/____/____ Male Female
YY/MM/DDRace Series Category: _____
(Age as of December 31, 2010)

Team/Club Name: _____

Sponsored by: _____

BC Athletics
Membership No: _____ Student School
full time Name: _____

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:
Patrick Ross
1338 Sherwood Drive
Nanaimo, BC V9T 1G5**Or drop off in an envelope at:**
Fronrunners Victoria
1200 Vancouver Street, Victoria
Fronrunners Westshore
133-735 Goldstream Avenue
Fronrunners Nanaimo
3-5767 Turner Road, Nanaimo