


# FRONTRUNNERS

## ISLAND RACE SERIES




Presented by 

**PROUD SPONSORS**



# FRONTRUNNERS

## ISLAND RACE SERIES 2010

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

Dates and details subject to change. For current information, please see [www.vira.bc.ca](http://www.vira.bc.ca)

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Presented by 

**COBBLE HILL 10K**  
January 24, 2010  
11:00 am

### Race #2

### Race Number Pickup & Registration

Race day: January 24th, 9:30 - 10:30 am  
George Bonner School, Cobble Hill.

### Race Start

11:00 am, George Bonner School, Cobble Hill.

### Awards & Prizes

Medals to 3rd place, ribbons to 10th (where applicable).

### Refreshments


Post-race food and drink will be supplied.

### Facilities

Change rooms and toilets. Ample parking. Medical staff in attendance.

### Information

Glenn White 250 743 0756  
Email: [cobblehill@vira.bc.ca](mailto:cobblehill@vira.bc.ca)  
Website: [www.ceevacs.com/index.shtml](http://www.ceevacs.com/index.shtml)

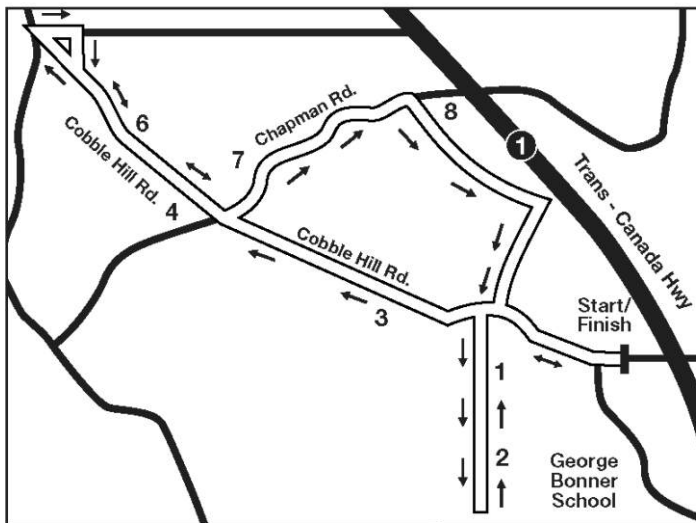
Presented by 

## COBBLE HILL 10K

**Sunday, January 24**  
**11:00 am**

## Race Route

A great run on scenic country roads of Cobble Hill. This flat course should create some very fast times for many runners.



### DIRECTIONS:

#### Heading North

North on Island Highway to traffic lights at Cobble Hill and Kilmalu. Turn left onto Cobble Hill Road. George Bonner School is a short distance up the road on the left.

#### Heading South

South on Island Highway to traffic lights at Cobble Hill and Kilmalu. Turn right onto Cobble Hill Road. George Bonner School is a short distance up the road on the left.

### Special thanks to our local sponsors

Thrifty Foods, Mill Bay

### Ceevacs Support:

Support a number of charitable organizations including:  
Chesterfield Sports Society - Cowichan Sportsplex  
Canadian Breast Cancer Foundation

## 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](http://www.vira.bc.ca)

## COBBLE HILL 10K

### 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:**  
Ceevacs Road Runners  
c/o Glenn White  
9-2190 Renfrew Road  
Shawmigan Lake, BC  
V0R 2W1

**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