


# 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](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 

**COMOX VALLEY  
HALF MARATHON**  
March 21, 2010  
11:00 am

### Race #6

### Race Number Pickup & Registration

- Extreme Runners, 436 5th Ave. Courtenay  
Noon - 5pm Saturday Mar 20
- Race Day, 9:00am - 10:30am  
Florence Filberg Center

### Race Start

11:00am (10:00 am for walkers and any runners anticipating finishing in 2.5 hours or more)

### 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. Bring your travel mug and help us go green.

### Facilities

Change rooms and toilets. Showers available at Lewis Center (across bridge - 1 block)

### Information

Brad Crowe  
Email: [comox@vira.bc.ca](mailto:comox@vira.bc.ca)  
Website: [www.cvrr.ca](http://www.cvrr.ca)

Presented by 

## COMOX VALLEY 1/2 MARATHON



**Sunday, March 21, 2010 - 11:00 am**

\* 10:00am start for walkers and 2.5 hours or more runners

FLORENCE FILBERG CENTER

411 Anderton Ave. (downtown Courtenay)

FINISH LINE CLOSES / AWARDS START @ 1:30pm

- Rural out and back course with views of Mt. Washington, Forbidden Plateau and the Tsolum and Puntledge Rivers, Course Certified: BC-2005-086-BDC
- Always great food and lots of excellent door prizes
- Special Saturday night room rates available at:

Best Western Westerly Hotel - 1-800-668-7797  
 Courtenay Travelodge - 1-800-795-9486  
 Shantz Haus Hostel - 1-866-603-2060

(be sure to ask for the special Comox Valley 1/2 Marathon rate)

**Race Route & Directions to Venue Available online at [cvrr.ca](http://cvrr.ca)**

Race Records: Jon Brown 1:03:57 (2005) – Stephanie Andrews 1:16:55 (1998)

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

## COMOX VALLEY 1/2 MARATHON

### 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:**  
 Comox Valley Road Runners  
 Box 3521  
 Courtenay, BC V9N 6Z8

**Or drop off in an envelope at:**  
 Frontrunners Victoria  
 1200 Vancouver Street, Victoria  
 Frontrunners Westshore  
 133-735 Goldstream Avenue  
 Frontrunners Nanaimo  
 3-5767 Turner Road, Nanaimo

**Local drop-off at:**  
 Extreme Runners  
 436 5th Ave, Courtenay