


# 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)

# FRONTRUNNERS

## ISLAND RACE SERIES

Presented by 

**SOOKE RIVER  
10k  
April 18, 2010  
11:00 am**

### Race #8

### Race Number Pickup & Registration

FRONTRUNNERS: Saturday April 17, 11:00am to 3:00 pm. On race day, Edward Milne Community School, 6218 Sooke Road, 9:00 am to 10:30 am.

### Race Start

11:00am (10:30 am for walkers and any runners who expect to take over 1.5 hours).

### Awards & Prizes

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

### Refreshments


Post-race food and drink will be supplied.

### Facilities

Showers, washrooms, locker rooms, ample parking, medical staff in attendance.

### Information

Rob Harmsworth  
Email: [sooke@vira.bc.ca](mailto:sooke@vira.bc.ca)  
Website: [www.irr.bc.ca](http://www.irr.bc.ca)

Presented by 

## SOOKE RIVER 10K

**Sunday, April 18**

**11:00 am**

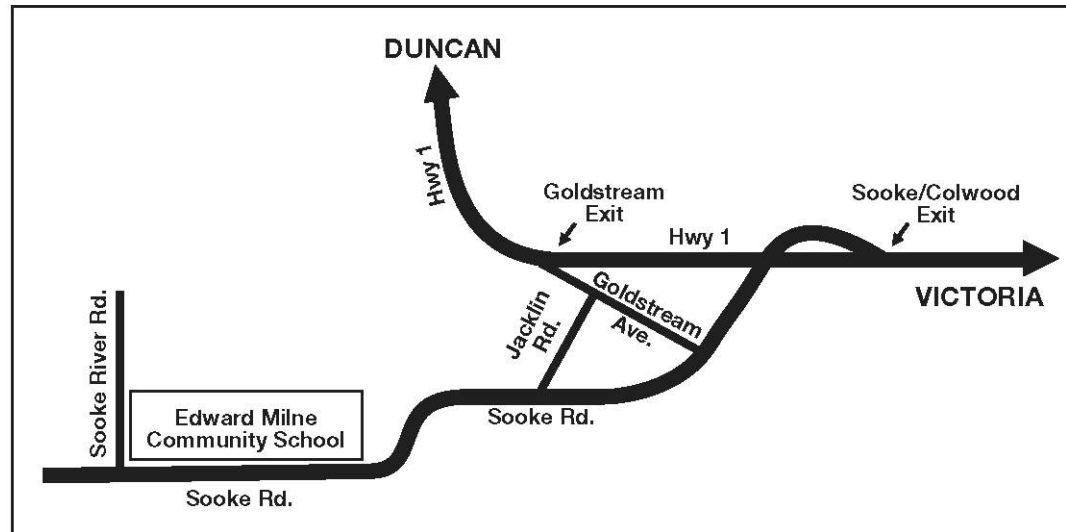
\* 10:30am start for walkers and runners who expect to take more than 1.5 hours

## Race Route

Undulating scenic course on paved road. The course runs out and back along Sooke River Road toward the potholes.  
Certified course: BC-2001-019-BDC

### Heading North

Edward Milne Community School, 6218 Sooke Road  
Right-hand side of Sooke Road just before the Park 'n Ride. Plenty of parking.



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

## SOOKE RIVER 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  
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:

Island Road Racers  
c/o Brent Blackhall  
1776 Knight Ave.  
Victoria BC, V8P 1LP

#### 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