

FRONTRUNNERS

ISLAND RACE SERIES

Presented by



PROUD SPONSORS



FRONTRUNNERS

ISLAND RACE SERIES 2011

RACE	DATE	START	INFORMATION
Prairie Inn Pioneer 8k Saanchton	Jan 9	11 am	Randy Jones randy@pih.bc.ca
Cobble Hill 10k Cobble Hill	Jan 23	11 am	Glenn White cobblehill@vira.bc.ca
Cedar 12k Cedar	Feb 6	11 am	Patrick Ross cedar@vira.bc.ca
Hatley Castle 8k Colwood (Royal Roads)	Feb 20	11 am	Craig Tompkins or Gay Perry hatley@vira.bc.ca
Synergy Health Management Ltd. Bazan Bay 5k - Sidney	Mar 6	11 am	Dale Carter bazanbay@vira.bc.ca
Comox Valley Half Marathon Courtenay	Mar 20	11 am	Brad Crowe comox@vira.bc.ca
Merville 15k Merville	Apr 3	11 am	Jayne White merville@vira.bc.ca
Sooke River 10k & Series Awards - Sooke	Apr 17	11 am	Ken Chew 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 2011 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 2012 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.

Prairie Inn Pioneer Awards

- BC Athletics Championship Awards
- \$1,500 in prize money available.
- See <http://pih.bc.ca> for details.

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

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

FRONTRUNNERS

ISLAND RACE SERIES

Presented by



**SYNERGY HEALTH
MANAGEMENT LTD.
BAZAN BAY 5K**

**March 6, 2011
11:00 am**

Race

#5

Limited to 800 Runners

Race Number Pickup

FRONTRUNNERS Victoria, Saturday March 5, 10:00 am - 3:00 pm.
On race day, Mary Winspear Cultural Centre (Sancha Hall) 2243
Beacon Avenue, Sidney 7:00 - 8:30 am.

Race Day Registration (if limit is not reached)

7:00 - 8:30 am only, Mary Winspear Cultural Centre (Sancha
Hall), 2243 Beacon Ave, Sidney.

Race Start

9:00am for both runners and walkers.

Awards & Prizes

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

Refreshments

Post-race food and drink will be supplied courtesy of
Breadstuffs Bakery and Team West Coast.

Facilities


Change rooms, toilets, parking, medical staff in attendance.

Information

Dale Carter

Email: bazanbay@vira.bc.ca



Presented by 

SYNERGY HEALTH MANAGEMENT LTD. BAZAN BAY 5K

Sunday March 6, 2011 at 11:00 am

Special Thanks to Our Title Sponsor



Synergy Health Management Ltd is proud to sponsor the Bazan Bay 5K Race

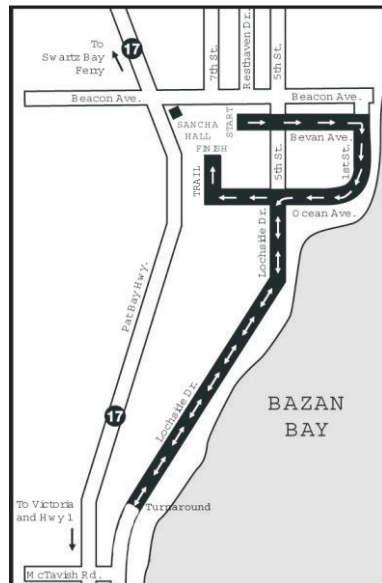
Synergy Health Management is a multi-disciplinary health care clinic committed to promoting community events and supporting athletes of all ages and abilities. Synergy's mission is to provide an environment for integrative health services - a model combining the best of conventional, complimentary and alternative medicine which cultivates awareness and empowers individuals toward obtaining optimum health and well being. Whether you're a recreational athlete trying to stay fit and have fun, or an aspiring elite athlete, the team at Synergy has the experience and expertise to serve all your needs. Our practitioners have worked at all levels of sport including local sport heroes, international Olympic medalists and superstars in many events including triathlon, middle distances, the sprints, and so many more. We have what it takes to get you to any level.

- Services Provided:
- Acupuncture
 - Chinese Medicine
 - Chiropractic
 - Active Release Technique
 - Physiotherapy
 - Exercise Rehabilitation/Kinesiology
 - Strength and Conditioning
 - Naturopath
 - Sports Medicine
 - Women's Health/Family Medicine
 - Prescription Orthotics
 - Runner's Biomechanical
 - Video Analysis
 - Nutrition Planning/Consulting
 - Massage Therapy
 - Shockwave Therapy

Tel: 250 727 3737

**Visit our website: www.synergyhealthmanagement.com
#106 - 3960 Quadra Street, Victoria**

Race Route



Very fast, certified, flat, looped, out and back course.

Start on Bevan Ave. near Mary Winspear Cultural Centre (2243 Beacon Ave., Sidney), run east towards water, turn right on First St., turn right on Ocean Ave., turn left on Lochside Drive and proceed along waterfront to the turnaround past Frost. Run back along Lochside (which becomes 5th), then turn left on Ocean, then right on 8th to the finish.

Race Day Number pickup, Race Day Registration, Awards, Prizes & Refreshments at:

Mary Winspear Cultural Centre (Sancha Hall)
2243 Beacon Avenue, Sidney BC

REGISTRATION FEE INFORMATION

TYPE	PER RACE (Student)	PRIOR TO RACE
Early	\$20 (\$15)	Up until 4 weeks (online + drop off only)
Regular	\$25 (\$20)	Wednesday before (online + drop off only)
Late	\$30 (\$25)	Saturday (drop-off only at Package Pickup.) * Only available at some races
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, 2011)

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

SYNERGY HEALTH MANAGEMENT LTD. BAZAN BAY 5K

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, 2011)

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:
Team West Coast
2659 Victor Street
Victoria, BC V8R 4E3

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