

# FRONTRUNNERS

## ISLAND RACE SERIES

Presented by



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# FRONTRUNNERS

## ISLAND RACE SERIES 2011

RACE	DATE	START	INFORMATION
Prairie Inn Pioneer 8k Saanichton	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](http://www.vira.bc.ca)

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**COBBLE HILL 10K**  
January 23, 2011  
11:00 am

### Race #2

### Race Number Pickup & Registration

Race day: January 23rd, 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)

