

2016

35TH ANNUAL ISLAND RACE SERIES

PRESENTED BY



Feb 21st, 11am

4 Hatley Castle 8k – Colwood (Royal Roads)

REGISTER ONLINE AT WWW.VIRA.BC.CA, MAIL OR DROP OFF ENTRIES MUST BE RECEIVED NO LATER THAN FEB 18TH AT:

Fronrunners Victoria, 1200 Vancouver St. | Fronrunners Shelbourne, 3659 Shelbourne Street | Fronrunners Westshore, 123-755 Goldstream Ave. | Fronrunners Nanaimo, 101-1825 Bowen Rd.

Adults				BCA Members				Students				Race Director(s)	Host Club	Make cheques payable to the host club and mail directly to their address
Early	Regular	Late	Race Day	Early	Regular	Late	Race Day	Early	Regular	Late	Race Day			
\$25	\$30	\$35	\$40	\$22	\$27	\$32	\$37	\$20	\$25	\$30	\$40	Nick Walker hatley@vira.bc.ca	Fronrunners Athletic Club	123 - 755 Goldstream Avenue, Victoria, BC V9B 0H9

RACE FEE STRUCTURE

Entry Fee is non-refundable and non-transferable between races or participants

EARLY (Up to Jan 21, 2016)

LATE (On Feb 20, 2016)

REGULAR (Up to Feb 18, 2016)

RACE DAY (Cut off at 10:30am)



I would like to donate to Victoria Hospitals Foundation

\$10
 \$20
 \$50
 \$100
 Other
 \$ _____

PAYMENT ENCLOSED: \$
(Registration + Donation)

Name: _____ Address: _____
FIRST NAME LAST NAME

City: _____ Province: _____ Postal Code: _____ Phone: (____) _____

Email: _____ DOB: ____/____/____ Gender: Male Female
YY MM DD

Club Name: _____ Sponsor/Team Name: _____ Are you employed by Island Health? Yes No

Age Category: 1-15 16-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-99 2015/2016 BC Athletics Membership #: _____
AS OF DEC 31, 2016

WAIVER AGREEMENT (MUST BE CHECKED)



In consideration of your 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 and 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. I hereby acknowledge having read this Release and Waiver, and understand and accept its terms.

Signature: _____ Date: _____
GUARDIAN NAME & SIGNATURE IF PARTICIPANT IS UNDER 19 YEARS OF AGE

GOLD SERIES SPONSORS

CHARITY PARTNER

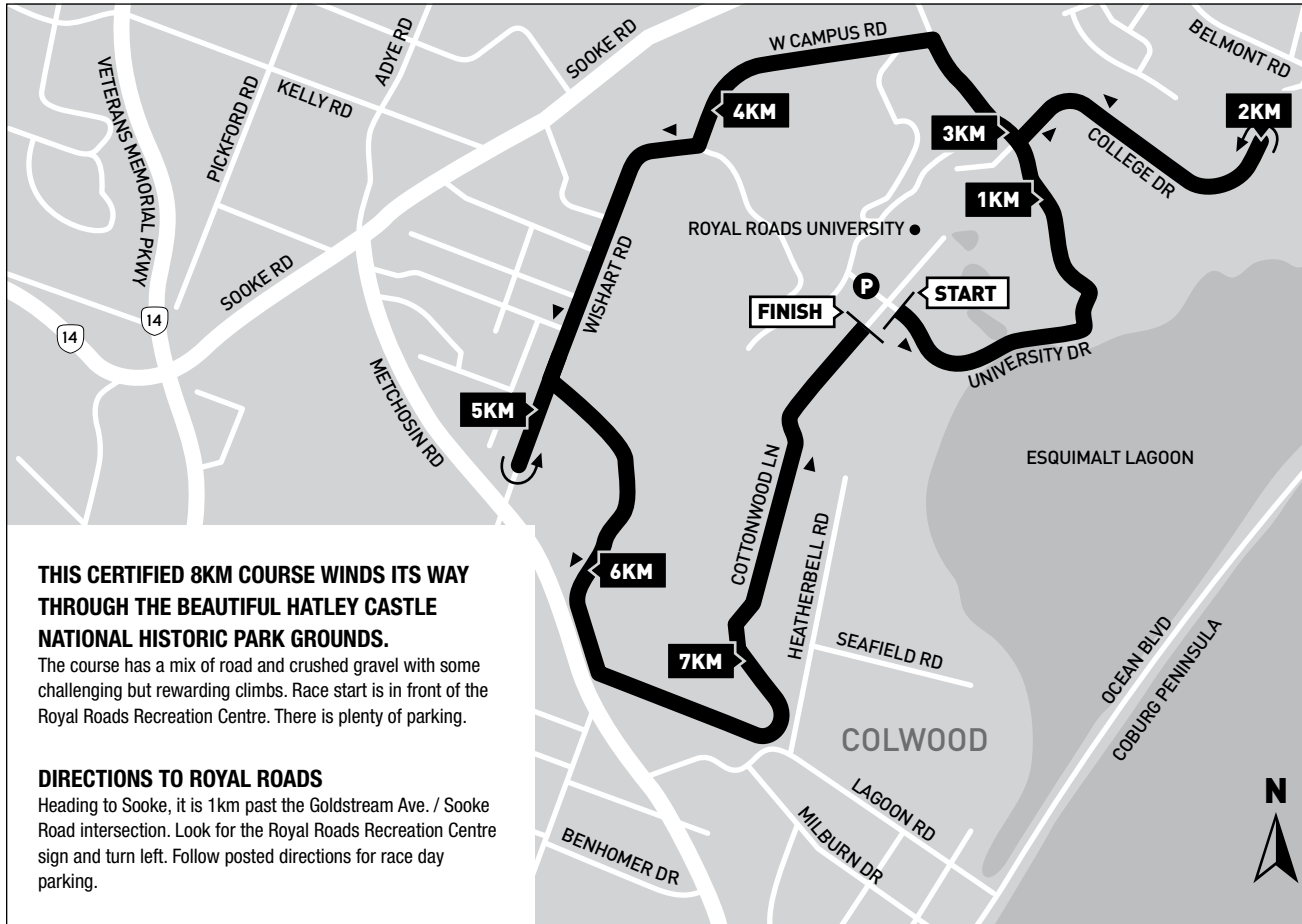
MEDIA PARTNERS

SERIES SPONSORS



FOR LIABILITY INSURANCE REASONS the following are not allowed in races: Dogs, rollerblades, strollers, baby joggers, bikes, or skateboards.

HATLEY CASTLE 8K – COLWOOD (ROYAL ROADS) – MAP & ROUTE INFORMATION



THIS CERTIFIED 8KM COURSE WINDS ITS WAY THROUGH THE BEAUTIFUL HATLEY CASTLE NATIONAL HISTORIC PARK GROUNDS.

The course has a mix of road and crushed gravel with some challenging but rewarding climbs. Race start is in front of the Royal Roads Recreation Centre. There is plenty of parking.

DIRECTIONS TO ROYAL ROADS

Heading to Sooke, it is 1km past the Goldstream Ave. / Sooke Road intersection. Look for the Royal Roads Recreation Centre sign and turn left. Follow posted directions for race day parking.

SERIES SCORING

Individual – Each runner will be recorded and points awarded according to performance. The four 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

SERIES AWARDS

Awards to 10th place for individuals in each category and trophies presented to: Overall top male and female of the Series, Top male and female.

SEVEN RACE BONUS

If you compete in all seven races of the 2015 Series you will get a discount to register for the 2016 Series awards.

FACEBOOK

Like VIRa on Facebook and be entered to win monthly random prizes.

PHOTOS

Will be posted on the website and Facebook after each race.

RESULTS

Results are posted on racedaytiming.ca after each race.

REGISTRATION

FRONTRUNNERS WESTSHORE
#123-755 Goldstream Ave, Victoria, BC
Saturday, Feb 21st, 12pm – 4pm

RACE DAY (Royal Roads Gymnasium)
2005 Sooke Road, Victoria, BC
Sunday, Feb 21st,
9:30am – 10:15am

STARTS FEB 21, 11AM

Royal Roads Gymnasium
2005 Sooke Road, Victoria, BC
Sunday, Feb 21st, 11am

CATEGORIES

AGE	MEN	WOMEN
1-15	MJ	FJ
16-19	M16	F16
20-24	M20	F20
25-29	M25	F25
30-34	M30	F30
35-39	M35	F35
40-44	M40	F40
45-49	M45	F45
50-54	M50	F50
55-59	M55	F55
60-64	M60	F60
65-69	M65	F65
70-74	M70	F70
75-79	M75	F75
80-84	M80	F80
85-89	M85	F85
90-99	M90	F90

ALL RACES

#	RACE TITLE	DATE	START
1	Harriers Pioneer 8k Saanichton	JAN 10	11AM
2	Cobble Hill 10K Cobble Hill	JAN 24	11AM
3	Cedar 12K – Cedar	FEB 7	11AM
4	Hatley Castle 8K Colwood (Royal Roads)	FEB 21	11AM
5	Synergy Health Management Ltd. Bagan Bay 5K – Sidney	MAR 6	11AM
6	Comox Valley RV Half Marathon Courtenay	MAR 20	11AM
7	Sooke River 10K & Series Awards Sooke	APR 3	11AM

PROUDLY HOSTED BY



AWARDS & PRIZES

Draw prizes will be drawn at each race that have been provided by our sponsors, including two pair of shoes from Saucony® and Frontrunners. Runners must be present at the drawing of prizes to win.

AMENITIES

Post-Race food and drink will be provided, including hot food and drinks. Change room and toilets, ample parking, Medical staff in attendance.

INFORMATION

NICK WALKER
hatley@vira.bc.ca

FRONTRUNNERS ATHLETIC CLUB
123 - 755 Goldstream Avenue
Victoria, BC
V9B 0H9