



Proudly presents the 25th annual
HARRIERS GUNNER SHAW CROSS COUNTRY CLASSIC

Date/Time: Saturday, November 28, 2009. Race starts at 1:00 p.m. sharp.

Location: Main Parking Lot, Thetis Lake Park, Victoria, BC, at the end of Six Mile Road.

Distance: Accurately measured 10 Kilometres (Running Division) and 5 Kilometres (Walking Division).

Course: All trails, many tough hills, rocky, rough, and always wet – an autumn classic race.

Features: Great course with roots, rocks, stumps, puddles, branches, boulders - no whining!

Sanctioned: This cross country event is sanctioned by BC Athletics.

Registration: Please pre-register online or by mail before the early deadline of November 11, 2009. Day-of-race entries will only be accepted at the Start Line from 11:00 a.m. to 12:30 p.m. if the entry limit has not been reached. There will be **NO** day-of-race entries once registration reaches **600**. Last year the Thetis Relay sold out; don't be disappointed **register early**.
 Friday, Nov. 27, 3:00 to 5:00 p.m., Island Runner Footwear, 1576 Fairfield Road, Victoria.
 Saturday, Nov. 28, 11:00 a.m. to 12:30 p.m., Thetis Lake, finish line at the main beach.

Package Pickup: \$ 25.00 **Early** registration fee if received by mail or online by November 11, 2009.
 \$ 30.00 **Late** registration fee received from November 12 to November 27, 2009.
 \$ 35.00 **Day-of-Race**, very late fee for procrastinators registering at the start line on Nov. 28.

Adidas Shirt: A short sleeve technical shirt will be available to the first **500** registrations. No extra charge.

Entry Limit: A maximum limit of **600 entries** will be accepted for this race. No exceptions.

Memorial Funds: All race proceeds will be directed to Harriers Foundation projects. To date the Prairie Inn Harriers Running Club has raised over \$ 200,000.00 towards Foundation projects in Greater Victoria including five major scholarships and bursaries at UVic and Camosun College.

Age Categories:

M19 (Men 19 and under)	M20 (Men 20-29)	M30 (Men 30-39)
M40 (Men 40-49)	M50 (Men 50-59)	M60 (Men 60 and older)
W19 (Women 19 and under)	W20 (Women 20-29)	W30 (Women 30-39)
W40 (Women 40-49)	W50 (Women 50-59)	W60 (Women 60 and older)
Women's 5K Walk (All ages)	Men's 5K Walk (All ages)	

Presentations: Awards and Adidas draw prizes will be presented at the finish line immediately after the last runner/walker completes the course, at approximately 2:00 p.m.

No Frills: There will be limited food and fluid at the finish. Please be prepared by bringing your own refreshments and a dry, warm change of clothes. Hot chocolate and chicken soup available.

Race Results: Complete results will be available on race day on the Harriers website.

Information: Bob Reid at 250-384-1520 (phone), 250-686-7343 (cell), breid@islandnet.com (email). See the Harriers website: www.pih.bc.ca for online entry, race information and results.

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2009 HARRIERS GUNNER SHAW 10K CROSS COUNTRY CLASSIC ENTRY FORM

First Name: _____ Last Name: _____ Date of Birth: _____
 Address: _____ City: _____ Postal Code: _____
 Phone: _____ Age on Race Day: _____ Male: _____ or Female: _____
 Running Club: _____ Email: _____

Circle Age Category: M19 M20 M30 M40 M50 M60 MWalk W19 W20 W30 W40 W50 W60 WWalk
 Entry Fee: Early: \$25 (to Nov. 11) _____ Late: \$30 (to Nov. 27) _____ Day of Race: \$35 _____
 BC Athletics Members: Deduct \$3 from above entry fee. 2009 BCA Membership Number: _____
 First 500 entries include an attractive Adidas technical race shirt. Size: S _____ M _____ L _____ XL _____

Please make cheques payable to **PRAIRIE INN HARRIERS** or **'P.I.H.'** and mail entry form to:
 Bob Reid, Race Director, 1251 Tattersall Drive, Victoria, B.C., V8P 1Z2
 or drop off entries in person to Island Runner Footwear, 1576 Fairfield Road, Victoria.

ATHLETE'S WAIVER: In consideration of your accepting this entry I hereby, for myself, my heirs, executors, administrators, waive and release any and all rights or claims to damages I may have against the organizers holding this race, their agents, representatives, successors and assigns, and the race sponsors for any and all injuries I may sustain during the course of the event. I understand that the race course is very rough and challenging and I am physically prepared to participate in this event.

Signature: _____ Parent/Guardian (If under 19) Date: _____