



Prairie Inn Pioneer 8K – High Performance Athletes

COMPLIMENTARY ENTRIES

Athletes who have run under certain time standards within the last 12 months may be eligible for a complimentary entry to the Prairie Inn Pioneer 8K. Please contact Bob Reid, Elite Athlete Director, at bob@pih.bc.ca with any questions. Complimentary entry qualifying standards are as follows:

	Men		Women	
	Open	Masters (40+)	Open	Masters (40+)
8K Road Race	25:00	27:00	29:00	31:00

To apply, please send a brief summary of past performances to bob@pih.bc.ca. 5K and 10K times will be considered if an 8K standard has not been achieved in 2009.

PRIZE MONEY

The following prize money is available in 2010:

	Open Men	Open Women	Master Men (40+)	Master Women (40+)
1 st Place	\$ 300	\$ 300	\$ 100	\$ 100
2 nd Place	\$ 200	\$ 200		
3 rd Place	\$ 100	\$ 100		
1st Place	Junior Men - \$ 50		Junior Women - \$ 50	

Total prize money for 2010 is \$ 1,500. An Overall Course Record Bonus of **\$ 1,000** is also available for both men and women should the following times be broken.

Men's Course Record is 22:58, set in 1985 by Carey Nelson. Women's Course Record is 26:08 set in 1986 by Debbie Scott.

Master athletes must be 40 years old on January 10, 2010 to be eligible for master's prize money. Master athletes can win **both** open and master's prize money.