



Proudly presents the 6th annual
**HARRIERS STEWART MOUNTAIN 10 MILE
 CROSS COUNTRY CHALLENGE**

Date/Time: Saturday, December 12, 2009. Race starts at 12:00 noon sharp.
Location: Main Parking Lot, Thetis Lake Park, Victoria, BC, at the end of Six Mile Road.
Distance: Approx. 10 Miles (16 Kilometres).
Course: All trails, one tough hill with approx. 150 metres in elevation gain near the halfway point.
Sanctioned: This cross country event is sanctioned by BC Athletics.
Registration: Please pre-register online or by mail before the early deadline November 22, 2009.
 Day-of-race entries will be received at the Start Line from 10:00 a.m. to 11:30 a.m.
Package Pickup: Friday, Dec. 11, 3:00 to 5:00 p.m., Island Runner Footwear, 1576 Fairfield Road, Victoria.
 Saturday, Dec. 12, 10:00 a.m. to 11:30 a.m., Thetis Lake, finish line at the main beach.
Entry Fee: \$ 25.00 **Early** registration fee if received by mail or online by November 22, 2009.
 \$ 30.00 **Late** registration fee if received from November 23 to December 11, 2009.
 \$ 35.00 **Day-of-Race**, very late fee for procrastinators registering at the start line.
Entry Limit: A maximum limit of **600 entries** will be accepted for this race. No exceptions.
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 & older)
Presentations: Awards and Adidas draw prizes will be presented at the Finish Line immediately after the last runner 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.

----- Cut -----

2009 STEWART MOUNTAIN 10 MILE CROSS COUNTRY CHALLENGE 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 W19 W20 W30 W40 W50 W60

Entry Fee: Early: \$25 (to Nov. 22) _____ Late: \$30 (to Dec. 12) _____ Day of Race: \$35 _____

BC Athletics Members: Deduct \$3 from above entry fee. 2009 BCA Membership Number: _____

Please make cheques payable to **PRAIRIE INN HARRIERS** and mail entry form to:
 Bob Reid, Race Director, 1251 Tattersall Drive, Victoria, BC, 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: _____