



Proudly presents the 13th annual
HARRIERS THETIS LAKE 20K RELAY

DATE/TIME: Wednesday, November 11, 2009 (Remembrance Day). Race starts at 1:00 p.m. sharp.
LOCATION: Thetis Lake Park, Main Beach, Victoria, BC, at the end of Six Mile Road.
DISTANCE: 20 Kilometres (4 laps of 5 kilometres).
SANCTIONED: This cross country event is sanctioned by BC Athletics.
FEATURE PRODUCTS: Island Runner will have a special sale tent of Adidas products close to the finish line.
TEAM FORMAT: 4 runners/walkers per team. Each runner or walker will complete one 5K lap.
AGE CATEGORIES:

Junior Women (Under 20)	Junior Men (Under 20)	Junior Mixed (Under 20)
Senior Women (20-39)	Senior Men (20-39)	Senior Mixed (20-39)
Master Women (40-49)	Master Men (40-49)	Master Mixed (40-49)
Veteran Women (50 plus)	Veteran Men (50-59)	Veteran Mixed (50 plus)
Super Veteran Men (60 plus)	Family (Any age)	Solo (Any age)
Women's Walk (Any age)	Men's Walk (Any age)	Mixed Walk (Any age)

AGE DETERMINATION: The above age categories are determined by your **youngest** runner on the team.
MIXED TEAMS: All Mixed categories must have a minimum of **2 women**.
FAMILY TEAMS: All Family teams must have a minimum of **2 family members**.
REGISTRATION: Registrations will be accepted by mail or online up to November 10, 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 of **150 teams** is not reached. **Register early** to avoid disappointment. Last year the relay sold out 4 days before Nov. 11 and 40 teams were turned away on race day. No exceptions.
PACKAGE PICKUP: Tuesday, Nov. 10, 3:00 to 5:00 p.m., Island Runner Footwear, 1576 Fairfield Road, Victoria
 Wednesday, Nov. 11, 11:00 a.m. to 12:30 p.m., Thetis Lake, finish line, in camp ground.
ENTRY FEE: Early **\$30** per team to Oct. 10, Late **\$60** per team to Nov. 10 and **\$75** per team on race day.
ENTRY LIMIT: The first **150 teams (600 runners)** will be accepted for this race. No exceptions.
NO FRILLS: There will be limited food and fluid at the finish. Be prepared to bring your own refreshments and a dry, warm change of clothes. Hot chocolate and chicken soup is available.
AWARDS: Rosettes and ribbons for top three teams in all 18 age categories.
PRESENTATIONS: Awards and draw prizes will be presented at the finish line at 3:00 p.m. sharp.
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).
 Harriers Web Site: www.pih.bc.ca for online entry, race information and official results.

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2009 HARRIERS THETIS LAKE 20K RELAY ENTRY FORM

Team Name: _____

Team Captain: _____
Address: _____

Phone: _____ **E-mail:** _____

Team Category: Jr.Wom ___ Jr.Men ___ Jr.Mix ___ Sr.Wom ___ Sr.Men ___
 Sr.Mix ___ Mas.Wom ___ Mas.Men ___ Mas.Mix ___ Vet.Wom ___
 Vet.Men ___ Vet.Mix ___ Super Vet. Men ___ Walk-Wom ___ Walk-Men ___
 Walk-Mix ___ Family ___ Solo ___

See age categories above. All mixed teams must have a minimum of 2 women.

Team Members: Please list team members and ages on the back of this form. **IMPORTANT – Sign waiver.**

Team Members: 1. _____ Age ___ M ___ F ___
 2. _____ Age ___ M ___ F ___
 3. _____ Age ___ M ___ F ___

4. _____ Age ____ M ____ F ____

Team Entry Fee: Early: \$ 30 (to Oct. 10) _____ Late: \$60 (to Nov. 10) _____ Day of Race: \$75 _____

BC Athletics Members: Deduct \$3 per BCA member, please show name and membership number below.

BCA Membership Numbers: _____

Team Waiver: In consideration of accepting this entry, I hereby for myself, my heirs, executors, and administrators waive and release the Prairie Inn Harriers Running Club or race sponsors from any and all rights or claims for damages I may have against them for any and all illnesses, injuries or losses I may sustain as a result of my participation in this event. I, as Team Captain, accept full responsibility for my team members and have informed each member that I have signed this waiver on their behalf.

Captain's Signature: _____ **Date:** _____

**Please make cheques payable to PRAIRIE INN HARRIERS or 'P.I.H.' and mail entry to:
Bob Reid, Race Director, Harriers Thetis Lake 20K Relay, 1251 Tattersall Drive, Victoria, BC, V8P 1Z2
or drop off entries in person to Island Runner Footwear, 1576 Fairfield Road, Victoria.**