



HARRIERS STEWART MOUNTAIN 10 MILE & 5 MILE CROSS COUNTRY CHALLENGE

- Adventure series:** This is the final race in the Fall Adventure Series hosted by the Harriers in Thetis Lake Park.
- Date/Time:** **Sunday, December 8, 2019** with main start at **11:30 am Long** and **12:00 noon Short** course. *An early start of 11:00 am is available for all runners who expect to take 2.5 hours or longer.*
- Location:** Thetis Lake Park, Victoria, BC. Start and Finish near the main beach.
- Distances:** Approximately 10 Miles (16 km) Classic Long Course and approx. 5 Miles (8 km) Short Course. *Courses will be well-marked; participants are responsible for watching for directional indicators at all times.*
- Sanctioned:** This cross-country trail event is sanctioned by BC Athletics.
- Registration:** Online, mail, or day of race. **Please pre-register.** Best rates end October 31st, 2019. *Note: Online registration closes at 8:00 pm on Thursday December 5, 2019.*
- Entry Fees:** \$ 30.00 **Early** registration fee if received by October 31st, 2019.
\$ 35.00 **Late** registration fee if received from November 1st to December 5th, 2019.
\$ 40.00 **Day-of-Race.**
- Age categories:** Men's and Women's: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.
- Package pickup:** Only on race day, Sunday, Dec. 8, 10:00 am to 11:45 am, Thetis Lake main beach.
- Massage/Physio:** Physiotherapy and massage available to all participants after the race in the main tent. *Donated by Saanich Physiotherapy and Sports Clinic.*
- Awards:** Finisher medals. Overall and age-group award presentations at the beach post-race.
- Race results:** Complete results will be available on the PIH website and at racestats.org.
- Information:** Visit pih.bc.ca/stewartmountain, email stewartmountainpih@gmail.com

2019 STEWART MOUNTAIN 10 MILE / 5 MILE CROSS COUNTRY CHALLENGE ENTRY FORM

First Name: _____ **Last Name:** _____ **Date of Birth:** _____
Address: _____ **City:** _____ **Postal Code:** _____
Phone(s): _____ **Age on Race Day:** _____ **Male** **Female**
Club / Team: _____ **E-mail:** _____
 Circle **LONG COURSE** (approx. 10 Miles) _____ or **SHORT COURSE** (approx. 5 Miles) _____
 Circle age **category:** M-19 M20-29 M30-39 M40-49 M50-59 M60+ F-19 F20-29 F30-39 F40-49 F50-59 F60+
Select entry fee: Early: \$30 (to Oct. 31) _____ Late: \$35 _____ Day of Race: \$40 _____
BC Athletics members: deduct \$3 from above entry fee 2019 BCA membership number: _____
Additional Harriers Foundation donation: _____ **Total amount enclosed:** _____

Please make cheques payable to **PRAIRIE INN HARRIERS** and mail entry form to:
 Stewart Mountain XC Challenge, 2600 Herbate Road, Victoria, BC, V9B 6J7
 or drop off entries in person to 2:18 Run Corporation, 1576 Fairfield Road, Victoria, BC.

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:** _____