



# 30<sup>th</sup> Annual 2:18 RUN ELK/BEAVER ULTRAS



100K, 50K, 50 Mile, 40K Walk

Victoria, British Columbia, Canada

SATURDAY MAY 13, 2017, 6:00 AM

**PRAIRIE INN HARRIERS** running club is pleased to present the 30<sup>th</sup> annual **2:18 RUN ELK/BEAVER ULTRAS**.

The fast and flat 10 kilometer trail circuit around Elk and Beaver Lakes is considered as one of the premiere races of its type in North America. Runners complete 10 laps for the 100K division, 8+ laps for 50 Miles and 5 laps for 50K while walkers complete 4 laps for 40K.

Many North American open and age class records have been set at the Elk/Beaver race including the Andy Jones 100K course record of 6:46:09 and Ray Piva's North American M70 record of 10:49:41, both set in 1997. In 2000 Lori Bowden set an open women's 50K Canadian Record of 3:34:18 while Jim Swadling has established three 50K Canadian age class records, M50 – 3:26:20 in 2000, M55 – 3:32:39 in 2003 and M65 – 3:51:44 in 2012. In 2010 Ellie Greenwood won the 100K race outright and, in doing so, she set a trail World Record of 7:36:40 for open women.

The race attracts some of the elite Ultramarathoners from Canada and the United States. It is an excellent qualifier for 100 Mile events such as Leadville, Angeles Crest or Wasatch Front. The course is accurately measured with a Jones Counter and certified splits are available every 10 kilometres. You will not find a flatter trail ultra anywhere in Canada - P.R. material! You'll enjoy great organization, support, hospitality and race services.

Full results and lap times will be e-mailed to all finishers. Specific race information including entry fees, start/finish location, awards, services, online registration and other details are listed on the back of this Information Sheet.

## 2017 ELK/BEAVER ULTRAS ENTRY FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_ Estimated Finishing Time: \_\_\_\_\_

City: \_\_\_\_\_ Postal/Zip: \_\_\_\_\_ Previous Best 100K: \_\_\_\_\_ 50K: \_\_\_\_\_ 50Mile: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Previous Number of Ultras (All distances): \_\_\_\_\_

Running Division: 100K \_\_\_\_\_ 50K \_\_\_\_\_ 50Mile \_\_\_\_\_

Walking Division: 40K \_\_\_\_\_

Garment Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_

Please make cheques payable to **PRAIRIE INN HARRIERS** and mail entry form to:

Bob Reid, 2:18 Run Elk/Beaver Ultras, 2600 Herbate Road, Victoria, BC, V9B 6J7

**ATHLETE'S WAIVER:** In consideration of you accepting this entry, I hereby for myself, my heirs, executors and administrators w aive and release the Prairie Inn Harriers 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 am physically fit and have prepared for this race.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## 2017 Elk/Beaver Ultras - Race Details

<b>EVENT DATE</b>	Saturday, May 13, 2017.
<b>EVENT NAME</b>	2:18 Run Elk/Beaver Ultras
<b>DESCRIPTION</b>	Three different running distances and one walking distance
<b>START TIME</b>	6:00 a.m. sharp for runners and walkers (i.e. Everyone).
<b>CUT-OFF TIME</b>	6:00 p.m. All runners and walkers must finish in 12 hours or sooner.
<b>DISTANCES</b>	100 Kilometres - certified - accurately measured (10 laps). 50 Kilometres - certified - accurately measured (5 laps). 50 Miles - certified - accurately measured (8 laps plus 470 metres). 40 Kilometres, Walking Division Only - certified - accurately measured (4 laps).
<b>COURSE</b>	All trails, very flat, good footing, in excellent condition. Definitely a runner-friendly, P.R. type course!
<b>START / FINISH</b>	Hamsterley Beach, Elk Lake, 13 Kilometres North of Victoria, 20 kilometres south of Victoria airport and ferry terminal. Easy access to Start/Finish area, good parking.
<b>REGISTRATION</b>	Online registration available from <a href="http://RaceRoster.ca">RaceRoster.ca</a> . Mail registrations will be accepted if received up to one week before race day. Day-of-race entrants will only be accepted should entry limit not be reached.
<b>ENTRY LIMITS</b>	The first 200 entries will be accepted. Elite or far-travelled athletes will receive special consideration.
<b>CONFIRMATION</b>	Race confirmation and detailed instructions will be e-mailed to all registrants by April 30, 2016
<b>ENTRY FEE</b>	\$75.00 for all race divisions. Deadline: May 7, 2016. \$125.00 for day-of-race procrastinators (All distances). No t-shirt, no excuses, no whining, you're late!
<b>AGE CATEGORIES</b>	Open Men (20-39), Open Women (20-39), Master Men (40+), Master Women (40+).
<b>SERVICES</b>	Water at 5 locations on the course, washrooms at 5 locations, sheltered clothing drop, food, defizzed coke, Gatorade and water at Start/Finish area and approximately half way on the 10K loop. Fruit and cookies supplied, bring your own personal drinks and energy food.
<b>MEDICAL</b>	B.C. Ambulance Service will be available on call for the duration of the race.
<b>ACCOMMODATION</b>	A group rate has been negotiated with the local Howard Johnson Hotel. Please register early as reservations will only be accepted until the hotel is fully booked. Contact us for details.
<b>AWARDS</b>	Trophies for top male and female in all competitive divisions. Finishers' medals are available for all finishers.
<b>GARMENTS</b>	An attractive souvenir garment printed with the race logo for the first 60 registrants. Enter early for garment
<b>PACKAGE PICK-UP</b>	Pre-race package pick-up will take place at the Howard Johnson Hotel on Elk Lake Drive, between 4:00 pm and 6:00 pm on Friday May 12, 2017. Additional, earlier pick-up times will be announced on the PIH website closer to race day.
<b>RESULTS</b>	Detailed computer results e-mailed within one week following the race. Same day results on Website.
<b>WEBSITE</b>	Hit our entertaining website <a href="http://www.pih.bc.ca">www.pih.bc.ca</a> for info, past race results and link to online registration.
<b>CONTACT INFO</b>	Contact Darcy Kernel, Race Director, at 250-598-5127 (cell) or E-mail: <a href="mailto:elk.beaver.ultras@gmail.com">elk.beaver.ultras@gmail.com</a>



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