

2020

39TH
ANNUAL

FRONTRUNNERS
ISLAND RACE SERIES

PRESENTED BY



Jan 12th, 11:30am

1 Harriers Pioneer 8K – North Saanich

REGISTER ONLINE AT ISLANDSERIES.ORG, MAIL OR DROP OFF ENTRIES MUST BE RECEIVED NO LATER THAN JAN 9TH AT:

Frontrunners Victoria, 1200 Vancouver St. | Frontrunners Shelbourne, 3659 Shelbourne Street | Frontrunners Westshore, 123-755 Goldstream Ave. | Frontrunners Nanaimo, 101-1825 Bowen Rd.

Adults			BCA Members			Youths (Under 19)			Race Director	Host Club	Make cheques payable to the host club and mail directly to their address
Early	Regular	Race Weekend	Early	Regular	Race Weekend	Early	Regular	Race Weekend			
\$25	\$30	\$50	\$22	\$27	\$47	\$20	\$25	\$50	Jeff Beddoes pioneer8k@pih.bc.ca	Prairie Inn Harriers	2600 Herbate Road, Victoria, BC V9B 6J7

RACE FEE STRUCTURE
Entry fee is non-refundable and non-transferable between races or participants

EARLY (Up to Dec 12, 2019)
 REGULAR (Up to Jan 9, 2020)

RACE WEEKEND
(Jan 11 & 12, 2020)

I would like to donate to Victoria Hospitals Foundation
 \$10 \$20 \$50 \$100 Other \$ _____

PAYMENT ENCLOSED: \$
(Registration + Donation)

Name: _____ Address: _____
FIRST NAME LAST NAME

City: _____ Province: _____ Postal Code: _____ Phone: (_____) _____

Email: _____ DOB: ____/____/____ Gender: Male Female
YY MM DD

Club Name: _____ School/Institution: _____ Are you employed by Island Health? Yes No
(YOUTH REGISTRATIONS ONLY)

Age Category: 1-15 16-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-99 2019/2020 BC Athletics Membership #: _____
AS OF DEC 31, 2020

WAIVER AGREEMENT (MUST BE CHECKED)

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the organizers of this event and its sponsors from any and all rights of claims and damages I may have against them, their representatives, successors and assigns, for any and all illness, injuries and/or losses I may sustain as a result of my participation in this event. I hereby acknowledge having read this Release and Waiver, and understand and accept its terms.

Signature: _____ Date: _____
GUARDIAN NAME & SIGNATURE IF PARTICIPANT IS UNDER 19 YEARS OF AGE

— TITLE SPONSOR —	— PRESENTING SPONSOR —	— GOLD SPONSOR —	— MEDIA PARTNERS —	— CHARITY PARTNER —	— SERIES SPONSORS —

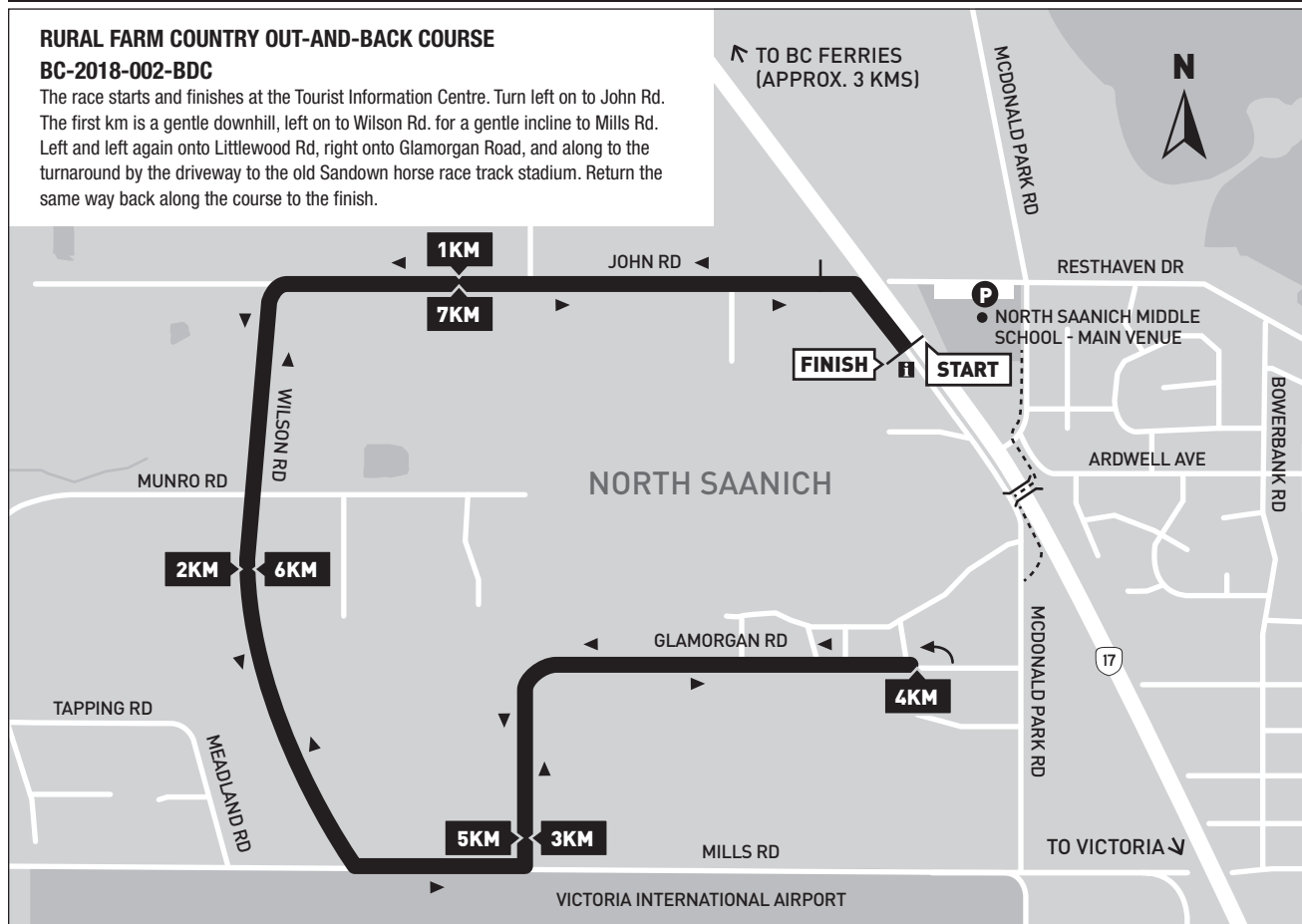
FOR LIABILITY INSURANCE REASONS the following are not allowed in races: Dogs, rollerblades, strollers, baby joggers, bikes and skateboards. Earbuds are strongly discouraged - consider one earbud only.

HARRIERS PIONEER 8K – NORTH SAANICH – MAP & ROUTE INFORMATION

RURAL FARM COUNTRY OUT-AND-BACK COURSE

BC-2018-002-BDC

The race starts and finishes at the Tourist Information Centre. Turn left on to John Rd. The first km is a gentle downhill, left on to Wilson Rd. for a gentle incline to Mills Rd. Left and left again onto Littlewood Rd, right onto Glamorgan Road, and along to the turnaround by the driveway to the old Sandown horse race track stadium. Return the same way back along the course to the finish.



CATEGORIES

AGE	MEN	WOMEN
1-15	MJ	FJ
16-19	M16	F16
20-24	M20	F20
25-29	M25	F25
30-34	M30	F30
35-39	M35	F35
40-44	M40	F40
45-49	M45	F45
50-54	M50	F50
55-59	M55	F55
60-64	M60	F60
65-69	M65	F65
70-74	M70	F70
75-79	M75	F75
80-84	M80	F80
85-89	M85	F85
90-99	M90	F90

ALL RACES

#	RACE TITLE	DATE	START
1	Harriers Pioneer 8K North Saanich	JAN 12	11:30 AM
2	Cobble Hill 10K Cobble Hill	JAN 26	11AM
3	Cedar 12K Cedar	FEB 9	11AM
4	Hatley Castle 8K Colwood (Royal Roads)	FEB 23	11AM
5	Port Alberni Paper Chase 15K Port Alberni	MAR 8	11AM
6	Comox Valley RV Half Marathon Courtenay	MAR 22	11AM
7	TriStars Sooke 10K Sooke	APR 5	11AM
8	Synergy Health Management Ltd. Bazan Bay 5K – Sidney	APR 19	11AM

PROUDLY HOSTED BY



Since 1978



www.pih.bc.ca

SERIES SCORING

Individual – Each runner will be recorded and points awarded according to performance. The five best scores (including at least one race over 10k) will be totaled to determine Series standings. Runners in the 16 to 19 category will have the four best scores of all races. Runners in the 15 and under category will have the three best scores. Runners under 20 or 70 and over do not have to run a race longer than 10k to qualify for Series

SERIES AWARDS

Awards to 10th place for individuals in each category and trophies presented to: Overall top male and female of the Series, top male and female masters.

EIGHT RACE BONUS

If you compete in all eight races of the 2020 Series or compete in seven races and volunteer for one race you will get a discount to register for the 2021 Series.

PHOTOS

Photos will be posted on the website and Facebook after each race.

RESULTS

Results are posted on racedaytiming.ca after each race.

REGISTRATION/ BIB PICK-UP

FRONTRUNNERS VICTORIA
1200 Vancouver St., Victoria, BC
Saturday, Jan 11th, 10am – 3pm

RACE DAY (NORTH SAANICH MIDDLE SCHOOL) 10400 McDonald Park Rd, North Saanich, BC, Sunday, Jan 12,
Limited late registration 9am – 11am

Race starts and finishes at the Tourist Information Centre off Pat Bay Hwy. Bags/clothing can be left at the school.

AWARDS & PRIZES

Draw prizes will be drawn at each race that have been provided by our sponsors. Runners must be present at the drawing of prizes to win.

AMENITIES

Post-Race food and drink will be provided, including hot food and drinks at North Saanich Middle School. Change room and toilets, ample parking, Medical staff in attendance, Showers for out-of-town registrants.

INFORMATION

JEFF BEDDOES
Race Director
T (250) 477-1466
pioneer8k@pih.bc.ca

BOB REID
High Performance Director
T (250) 384-1520
bobreid04@gmail.com

MAIL CHEQUES TO:
PRAIRIE INN HARRIERS
2600 Herbate Road
Victoria, BC V9B 6J7