



# 2:18 RUN

## ELK/BEAVER ULTRAS



*100K, 50 Mile, 50K, 40K Walk  
Victoria, British Columbia, Canada  
SATURDAY MAY 11, 2019, 6:00 AM*

**PRAIRIE INN HARRIERS** running club is pleased to present the 32nd 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.

### 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 waive 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 \_\_\_\_\_

## Elk/Beaver Ultras - Race Details

<b>EVENT DATE</b>	Saturday, May 11, 2019.
<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. A runner-friendly, P.R. type course!
<b>START / FINISH</b>	This year we start/finish at Beaver Beach! The south end of the Elk/Beaver Lake. 730 Beaver Lake Road, Near the Filter Beds. Approx. 11 kilometers north of downtown Victoria, 20 kilometers south of Victoria airport and ferry terminal. Easy access to Start/Finish area, good parking, and sheltered picnic tables from the weather if needed.
<b>REGISTRATION</b>	Online registration available from <a href="http://raceroster.com">raceroster.com</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>PACING</b>	ACU Events do not permit pacers, and the ACU follows the same rules as the IAU which in turn follows the rules of the IAAF. See IAU Technical Guidelines, Article 3.41.
<b>ENTRY LIMITS</b>	The first 200 entries will be accepted. Elite or far-travelled athletes will receive special consideration.
<b>ENTRY FEE</b>	\$75.00 for all race divisions. Deadline: May 10, 2019. \$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 4 locations on the course, washrooms at 5 locations, sheltered clothing drop, food, electrolyte drinks and water at Start/Finish area. Fruit and cookies supplied, bring your own personal drinks and energy food.
<b>MEDICAL</b>	Medix Ambulance Service will be available on site for the duration of the race.
<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: 2:18 Run store location at 1576 Fairfield Road from 12:00 Noon to 3:00 pm, and the Howard Johnson Hotel on Elk Lake Drive, between 4:00 pm and 6:00 pm on Friday May 10, 2019.
<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 <a href="mailto:elk.beaver.ultras@gmail.com">elk.beaver.ultras@gmail.com</a>

