



Proudly present the 27th annual
HARRIERS GUNNER SHAW CROSS COUNTRY CLASSIC

Date/Time: Saturday, November 19, 2011. Race starts at 1:00 p.m. sharp.
Location: Main Parking Lot, Thetis Lake Park, Victoria, BC, at the end of Six Mile Road.
Distance: Approximately 10 Kilometres (Running Division) and 5 Kilometres (Walking Division).
Course: All trails, many tough hills, rocky, rough, and always wet – an autumn classic race.
Features: Great course with roots, rocks, stumps, puddles, branches, boulders - no whining!
Interclub Challenge: PIH hosts LGRR for the interclub challenge between the two oldest running clubs in BC.
Sanctioned: This cross country event is sanctioned by BC Athletics.
Registration: Please pre-register online or by mail before the early deadline of September 1, 2011. 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 has not been reached. There will be **NO** day-of-race entries accepted once registration reaches **600**. Don't be disappointed **register early**.
Package Pickup: Friday, Nov. 18, 3:00 to 5:00 p.m., Island Runner Footwear, 1576 Fairfield Road, Victoria. Saturday, Nov. 19, 11:00 a.m. to 12:30 p.m., Thetis Lake, finish line at the main beach.
Entry Fee: \$ 25.00 **Early** registration fee if received by mail or online before September 1, 2011. \$ 30.00 **Late** registration fee received from September 1 to November 18, 2011. \$ 40.00 **Day-of-Race**, very late fee for procrastinators registering at the start line on Nov. 19.
Entry Limit: A maximum limit of **600 entries** will be accepted for this race. No exceptions.
Memorial Funds: All race proceeds will be directed to Harriers Foundation projects. To date the Prairie Inn Harriers Running Club has raised over \$ 250,000.00 towards Foundation projects in Greater Victoria including five major scholarships and bursaries at UVic and Camosun College.
Age Categories: M19 (Men 19 and under) M20 (Men 20-29) M30 (Men 30-39)
M40 (Men 40-49) M50 (Men 50-59) M60 (Men 60 and older)
W19 (Women 19 and under) W20 (Women 20-29) W30 (Women 30-39)
W40 (Women 40-49) W50 (Women 50-59) W60 (Women 60 and older)
Women's 5K Walk (All ages) Men's 5K Walk (All ages)
Presentations: Awards and Adidas draw prizes will be presented at the finish line immediately after the last runner/walker completes the course, at approximately 2:00 p.m.
No Frills: There will be limited food and fluid at the finish. Please be prepared by bringing your own refreshments and a dry, warm change of clothes. Hot chocolate and chicken soup available.
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). See the Harriers website: www.pih.bc.ca for online entry, race information and results.

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2011 HARRIERS GUNNER SHAW 10K CROSS COUNTRY CLASSIC ENTRY FORM

First Name: _____ Last Name: _____ Date of Birth: _____
Address: _____ City: _____ Postal Code: _____
Phone: _____ Age on Race Day: _____ Male: _____ or Female: _____
Running Club: _____ Email: _____

Circle Age Category: M19 M20 M30 M40 M50 M60 MWalk W19 W20 W30 W40 W50 W60 WWalk
Entry Fee: Early: \$25 (to Sept. 1) _____ Late: \$30 (to Nov. 18) _____ Day of Race: (Nov. 19) \$40 _____
BC Athletics Members: Deduct \$3 from above entry fee. 2011 BCA Membership Number: _____

Please make cheques payable to **PRAIRIE INN HARRIERS** or '**P.I.H.**' and mail entry form to:
Bob Reid, Race Director, 2600 Herbate Road, Victoria, B.C., V9B 6J7
or drop off entries in person to Island Runner Footwear, 1576 Fairfield Road, Victoria.

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: _____