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# ISLAND RUNNER ELK/BEAVER ULTRAS

100K, 50K, 50 Mile, 25 Mile Ultrawalk  
plus a "First Timers" 26.2 Mile Marathon  
Victoria, British Columbia, Canada



Association of Canadian Ultramarathoners

**SATURDAY, MAY 1, 2010, 6:00 a.m.**

**PRAIRIE INN HARRIERS** running club is pleased to present the 23<sup>rd</sup> annual **ISLAND RUNNER ELK/BEAVER ULTRAS**. The fast and flat 10 kilometre 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 25 Miles. The First-Timers Marathoners 26.2 Mile division will complete 4+laps.

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. The **50K Division** has been designated at the national championship for men and women by the **Assoc. of Canadian Ultramarathoners**.

The race attracts some of the most elite ultramarathoners in Canada and the United States. It is an excellent qualifier for 100 Mile events such as Western States, 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 – definitely P.R. material! You'll receive great organization, support, hospitality and race services.

Full results and lap times will be emailed 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.

## 2010 ISLAND RUNNER ELK/BEAVER ULTRAS ENTRY FORM

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
Address \_\_\_\_\_ Sex M \_\_\_ F \_\_\_ Est. Finish Time \_\_\_\_\_  
City \_\_\_\_\_ Postal/Zip \_\_\_\_\_ Previous Best Times for 100K \_\_\_\_\_ 50K \_\_\_\_\_ 50 Mi. \_\_\_\_\_  
Email Address \_\_\_\_\_ Previous No. of Ultras Run (All distances) \_\_\_\_\_

**Running Division:** 100K \_\_\_\_\_ 50 Miles \_\_\_\_\_ 50K \_\_\_\_\_ 26.2 Miles \_\_\_\_\_ **Walking Division:** 25 Miles \_\_\_\_\_

T-Shirt size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_

Please make cheques payable to **PRAIRIE INN HARRIERS** and mail entry form to:  
Carlos Castillo, Race Director, Island Runner Elk/Beaver Ultras, 1732 Llandaff Place, Victoria, B.C. V8N 4V1

**ATHLETE'S WAIVER:** In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release Island Runner, the Prairie Inn Harriers or their sponsors 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 understand that this race is a gruelling test of physical and mental fitness and I am prepared for this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## 2010 Island Runner Elk/Beaver Ultras - Race Details

<b>EVENT DATE:</b>	Saturday, May 1, 2010.
<b>EVENT NAME:</b>	Island Runner Elk/Beaver Ultras (Four different running distances and one walking distance).
<b>START TIME</b>	6:00 a.m. sharp for all runners and 25 Mile walkers
<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). <b>NATIONAL CHAMPIONSHIP.</b> 50 Miles - certified - accurately measured (8 laps plus 470 metres). 26.2 Miles – First-Timers Marathon – accurately measured (4 laps plus 2.2 Kilometres) 25 Miles, <b>Walking Division only</b> , - certified - accurately measured (4 laps).
<b>COURSE:</b>	All trails, very flat, good footing, excellent condition. Definitely a runner-friendly, P.R. type course!
<b>START/FINISH:</b>	Covered Shelter, Beaver Lake parking lot, on the Patricia Bay Highway, 10 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 at <a href="http://www.eventsonline.ca/events/pih_eb">www.eventsonline.ca/events/pih_eb</a> . Registrations will be accepted by mail up to one week before race day. Day-of-race entrants will <b>only</b> 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 emailed to all registrants by April 25, 2010.
<b>ENTRY FEES:</b>	\$50.00 for the "First-Timers" Marathon. Please register before April 25, 2010. \$55.00 for the 25 Mile Ultrawalk. Please register before April 25, 2010. \$65.00 for the 50K Division. Please register before April 25, 2010. <b>NATIONAL CHAMPIONSHIP.</b> \$75.00 for the 50 Mile Division. Please register before April 25, 2010 \$85.00 for the 100K Division. Please register before April 25, 2010. \$125.00 for day-of-race procrastinators (all distances). No t-shirt, no excuses, no whining, you're late! All entry fees are non-refundable and non-transferrable.
<b>AGE CATEGORIES:</b>	BC Athletics members, deduct \$3.00 from entry fees shown above. Event sanctioned by BC Athletics. 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.
<b>AID:</b>	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>AWARDS:</b>	Trophies for top male and female in all competitive divisions.
<b>DRAW PRIZES:</b>	Numerous merchandise prizes are donated by local merchants for random draws.
<b>JACKETS:</b>	An attractive Adidas jacket for the first 50 registrations before April 25, 2010.
<b>BANQUET:</b>	A pre-race pasta carbo loading dinner is available for all participants following package pick-up, Apr. 30.
<b>RESULTS:</b>	Detailed computer results emailed within one week after the race. <b>Same day results</b> on website.
<b>WEB SITE:</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 <b>online registration</b> .
<b>INFORMATION:</b>	Contact Carlos Castillo, Race Director, at 250-472-3347 or email: <a href="mailto:czc@shaw.ca">czc@shaw.ca</a>

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