



25th Annual
ISLAND RUNNER
ELK/BEAVER ULTRAS

*100K, 50K, 50 Mile, 25 Mile Ultra-Walk
 plus, a "First Timers" Marathon
 Victoria, British Columbia, Canada
 SATURDAY MAY 12th, 2012 6:00 AM*

PRAIRIE INN HARRIERS running club is pleased to present the 25th 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 Marathoners 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 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 find 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.

2012 ELK/BEAVER ULTRAS ENTRY FORM

Name: _____ Phone: _____ Age On Race Day: _____
 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 _____ Marathon _____
 Walking Division: 25 Mile _____
 Garment 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 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 _____

2012 Elk/Beaver Ultras - Race Details

EVENT DATE	Saturday, May 12th, 2012.
EVENT NAME	Island Runner Elk/Beaver Ultras
DESCRIPTION	Four different running distances and one walking distance
START TIME	6:00 a.m. sharp for runners and 25 Mile walkers (i.e. Everyone)
CUT-OFF TIME	6:00 p.m. All runners and walkers must finish in 12 hours or sooner.
DISTANCES	100 Kilometres - certified - accurately measured (10 laps). 50 Kilometres - certified - accurately measured (5 laps). 50 Miles - certified - accurately measured (8 laps plus 470 metres). 25 Miles, Walking Division only (4 laps: 40K). First Timers Marathon, four laps plus 2.2 Kilometres (run prior to the first lap.)
COURSE	All trails, very flat, good footing, excellent condition. Definitely a runner-friendly, P.R. type course!
START / FINISH	Hamsterly 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.
REGISTRATION	Online registration available from Events Online: www.eventsonline.ca . Mail registration 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.
ENTRY LIMITS	The first 200 entries will be accepted. Elite or far-travelled athletes will receive special consideration.
CONFIRMATION	Race confirmation and detailed instructions will be e-mailed to all registrants by April 28, 2012
ENTRY FEES	\$60.00 for the "First Timers" Marathon. Please register before May 5, 2012. \$55.00 for the 25 Mile Ultrawalk. Please register before May 5, 2012. \$65.00 for the 50K Division. Please register before May 5, 2012. \$75.00 for the 50 Mile Division. Please register before May 5, 2012. \$85.00 for the 100K Division. Please register before May 5, 2012. \$125.00 for day-of-race procrastinators (all distances). No t-shirt, no excuses, you're late!
AGE CATEGORIES	Open Men (20-39), Open Women (20-39), Master Men (40+), Master Women (40+).
SERVICES	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.
MEDICAL	B.C. Ambulance Service will be available on call for the duration of the race.
ACCOMMODATION	A group rate at the local Howard Johnson's (a short distance from race) has been negotiated. Reservation must be made by April 11, 2012. Contact us for details.
AWARDS	Trophies for top male and female in all competitive divisions. Finishers' medals are available for all finishers.
GARMENTS	An attractive technical material shirt with the race logo for the first 60 registrants.
RESULTS	Detailed computer results e-mailed within one week following the race. Same day results on Web Site.
WEB SITE	Hit our entertaining web site www.pih.bc.ca for info, past race results and link to online registration.
INFORMATION	Contact Carlos Castillo, Race Director, at (250) 472-3327 or E-mail: jackal57@telus.net

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