



*Proudly present the 15th annual*  
**HARRIERS THETIS LAKE 20K RELAY**

Island Runner Footwear, in conjunction with Victoria's Prairie Inn Harriers Running Club, is pleased to host the **Harriers Thetis Lake 20K Relay**. This popular trail relay is a good tune up for the Harriers Gunner Shaw 10K Cross Country Classic on November 19, 2011 and the Stewart Mountain 10 Mile Challenge on December 10, 2011. Schools, clubs, recreation centres, running clinics, competitive and recreational runners, and walkers of all paces are welcome to join the fun at Thetis Lake Park.

- DATE/TIME:** Friday, November 11, 2011 (Remembrance Day). Race starts at 1:00 p.m. sharp.  
**LOCATION:** Thetis Lake Park, Main Beach, Victoria, BC, at the end of Six Mile Road.  
**DISTANCE:** 20 Kilometres (4 laps of 5 kilometres per lap).  
**SANCTIONED:** This cross country event is sanctioned by BC Athletics.  
**FEATURE PRODUCTS:** Island Runner will have a special sale tent of Adidas products close to the finish line.  
**TEAM FORMAT:** 4 runners/walkers per team. Each runner or walker will complete one 5K lap.  
**AGE CATEGORIES:**
- |                             |                       |                         |
|-----------------------------|-----------------------|-------------------------|
| Junior Women (Under 20)     | Junior Men (Under 20) | Junior Mixed (Under 20) |
| Senior Women (20-39)        | Senior Men (20-39)    | Senior Mixed (20-39)    |
| Master Women (40-49)        | Master Men (40-49)    | Master Mixed (40-49)    |
| Veteran Women (50 plus)     | Veteran Men (50-59)   | Veteran Mixed (50 plus) |
| Super Veteran Men (60 plus) | Family (Any age)      | Solo (Any age)          |
| Women's Walk (Any age)      | Men's Walk (Any age)  | Mixed Walk (Any age)    |
- AGE DETERMINATION:** The above age categories are determined by your **youngest** runner on the team.  
**MIXED TEAMS:** All Mixed categories must have a minimum of **2 women**.  
**FAMILY TEAMS:** All Family teams must have a minimum of **2 family members**.  
**REGISTRATION:** Registrations will be accepted by mail or online up to November 10, 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 of **150 teams** is not reached. **Register early** to avoid disappointment. Last year the relay sold out and many teams were turned away on race day. No exceptions.  
**PACKAGE PICKUP:** Thursday, Nov. 10, 3:00 to 5:00 p.m., Island Runner Footwear, 1576 Fairfield Road. Friday, Nov. 11, 11:00 a.m. to 12:30 p.m., Thetis Lake, finish line, in the camp ground.  
**ENTRY FEE:** Early **\$40** per team to Oct. 10, Late **\$60** per team to Nov. 10 and **\$75** per team on race day.  
**ENTRY LIMIT:** The first **150 teams (600 runners)** will be accepted for this race. No exceptions.  
**NO FRILLS:** There will be limited food and fluid at the finish. Be prepared to bring your own refreshments and a dry, warm change of clothes. Hot chocolate and chicken soup is available.  
**AWARDS:** Rosettes and ribbons for top three teams in all 18 age categories.  
**PRESENTATIONS:** Awards and draw prizes will be presented at the finish line at 3:00 p.m. sharp.  
**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). Harriers Web Site: [www.pih.bc.ca](http://www.pih.bc.ca) for online entry, race information and official results.  
**ENTRY FORM:** Please complete entry form on the back of this Information Sheet and sign waiver.



*Proudly present the 15th annual*  
**HARRIERS THETIS LAKE 20K RELAY**



*Proudly present the 15th annual*  
**HARRIERS THETIS LAKE 20K RELAY**

**2011 HARRIERS THETIS LAKE 20K RELAY ENTRY FORM**

**Team Name:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Team Category:**

Jr.Wom ___	Jr.Men ___	Jr.Mix ___	Sr.Wom ___	Sr.Men ___
Sr.Mix ___	Mas.Wom ___	Mas.Men ___	Mas.Mix ___	Vet.Wom ___
Vet.Men ___	Vet.Mix ___	Super Vet. Men ___	Walk-Wom ___	Walk-Men ___
Walk-Mix ___	Family ___	Solo ___		

See age categories on Information Sheet.  
 Mixed teams must have a minimum of 2 women.  
 Family teams must have a minimum of 2 family members.

**Team Members:** Please list team members and ages below. **IMPORTANT – Captain to sign waiver.**

**Team Members:**

1. \_\_\_\_\_ Age \_\_\_ M \_\_\_ F \_\_\_
2. \_\_\_\_\_ Age \_\_\_ M \_\_\_ F \_\_\_
3. \_\_\_\_\_ Age \_\_\_ M \_\_\_ F \_\_\_
4. \_\_\_\_\_ Age \_\_\_ M \_\_\_ F \_\_\_

**Team Entry Fee:** Early: \$ 40 (to Oct. 10) \_\_\_\_\_ Late: \$60 (to Nov. 10) \_\_\_\_\_ Day of Race: \$75 \_\_\_\_\_

**BC Athletics Members:** Deduct \$3 per BCA member, please show name and membership number below.

**BCA Membership Numbers:** \_\_\_\_\_

**Team Waiver:** In consideration of accepting this entry, I hereby for myself, my heirs, executors, and administrators waive and release the Prairie Inn Harriers Running Club or race 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, as Team Captain, accept full responsibility for my team members and have informed each member that I have signed this waiver on their behalf.

**Captain's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please make cheques payable to PRAIRIE INN HARRIERS or 'P.I.H.' and mail entry to:

**Bob Reid, Race Director, Harriers Thetis Lake 20K Relay, 2600 Herbate Road, Victoria, BC, V9B 6J7**  
 or drop off entries in person to Island Runner Footwear, 1576 Fairfield Road, Victoria, BC, V8S 1G1