

## Host & Partner Hotels

See our website for special Marathon rates. Ask for the Marathon rate when you book!



Accommodation and other event information at [www.tourismvictoria.com/victoriamarathon](http://www.tourismvictoria.com/victoriamarathon) or call 1-800-663-3883.

## Royal Host Hotel – The Fairmont Empress

721 Government Street  
Victoria, BC V8W 1W5  
Distance to Start Line: 0.46 km



Triumph in luxury from start to finish at The Fairmont Empress. Situated overlooking Victoria's spectacular Inner Harbour, this landmark chateau-style resort features 477 beautifully appointed guest rooms and suites, award-winning fine dining room, signature cocktail lounge, indoor pool, fitness centre and luxurious 8,000 sq. foot Willow Stream Spa.

\$225.00 for one night, additional \$30.00 for late checkout.

Reservation Code: PRVMA1

\$215.00 per night for a minimum three-night stay (includes late checkout). Reservation Code: PRRVM1

Reservations: 1-800-441-1414

Email: [emp.reservation@fairmont.com](mailto:emp.reservation@fairmont.com)

Web: [www.fairmont.com/emp/marathon/](http://www.fairmont.com/emp/marathon/)

Dining Reservations: 250-389-2727

Spa Reservations: 1-866-854-7444

## Royal Host Hotel – Super 8 Hotel

2915 Douglas Street, Victoria, BC V8T 4M8  
Distance to Start Line: 3.05 km



Conveniently located on Douglas Street, only minutes from downtown and the Inner Harbour. Our commitment to you is one of first class service, comfortable, clean and affordable accommodations.

The Hotel offers rooms with Two Double beds or rooms with One Queen bed. Continental Breakfast, Free WiFi, Local Calls, Free Parking. In-room coffee/tea, hairdryers and irons in every room. 100 Percent Smoke Free Facility. Hotel requires ID and Credit Card at check-in.

### Special Rates:

**2 Double Beds** - \$85 for Single/Double (1 or 2 pp) per night, plus tax, additional persons add \$10 per.

**1 Queen Bed** - \$75 Single/Double (1 or 2 pp) per night, plus tax.

Reservation Code: LXGF

Reservations: 1-800-385-6703 • Local Calls: 250-385-6731

Email: [reservations@super8victoria.com](mailto:reservations@super8victoria.com)

Web: [www.super8victoria.com](http://www.super8victoria.com)

# GoodLife Fitness Victoria Marathon

Please Print (One Entry per Person)

October 9, 2011  
Victoria, BC, Canada

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/State \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Sex: M F DOB: YEAR / MO / DAY Age on Oct. 9, 2011 \_\_\_\_\_

Circle Shirt Size Female: S M L XL XXL / Male: S M L XL XXL

Kids Run Only (Youth Sizes): YS YM YL

Phone (evening): \_\_\_\_\_ (day): \_\_\_\_\_

Email Address \_\_\_\_\_

Club/Affiliation \_\_\_\_\_

Wheelchair competitor?  Visually Impaired?

Using Victoria Marathon to qualify for Boston Marathon?

Please place a check mark beside the race of your choice:

**Marathon: Early Start** (5:30-7 hours only) - 6:30 a.m.  
\*Finishers with a time of less than 5:15:00 will be disqualified.

**Marathon: Main Start** (5:30 and under) - 8:45 a.m.  
Completed Marathons: Victoria \_\_\_\_\_ Other \_\_\_\_\_ Total \_\_\_\_\_

Select Team Category (if applicable):

Open (all ages)  Master (40+)  Husband & Wife

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

**Half Marathon** - 7:30 a.m.

Completed Half Marathons: Victoria \_\_\_\_\_ Other \_\_\_\_\_ Total \_\_\_\_\_

Select Team Category (if applicable):

Open (all ages)  Master (40+)  Husband & Wife

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

**8K Road Race** - 7:15 a.m.

Select Team Category (if applicable):  Open (all ages)

Master (40+)  Junior (19 & Under)  Parent/Child (15 & Under)

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

▶ Predicted Time: hr \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_

\* Marathon Participants with a time over 5:30 must start at 6:30 a.m.

Previous best time: hr \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_

When? \_\_\_\_\_ Where? \_\_\_\_\_

**THRIFTY FOODS Kids Run & Marathon**  
(12 & Under) - 10:15 a.m.

School Name: \_\_\_\_\_

Any Current Medical Problems/Medications: \_\_\_\_\_

Waiver (If under 19, parent Signature Required)

Waiver of Liability: In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, that I may at any time have against the Victoria Marathon Society, City of Victoria, Municipality of Oak Bay, all GoodLife Fitness Victoria Marathon race committee persons, officials, and volunteers and all sponsors of the marathon, for any and all injuries suffered by me as a result of participating in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event.

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

Register Online – [www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)

### Marathon Entry Fees

Special (until May 15)	\$85.00	
Early Bird (May 16 to July 15)	\$95.00	
Regular (July 16 to September 15)	\$105.00	
Late (September 16 to October 8)	\$130.00	

\* Shirt not guaranteed after October 6

### Half Marathon Entry Fees

Special (until May 15)	\$60.00	
Early Bird (May 16 to July 15)	\$70.00	
Regular (July 16 to September 15)	\$80.00	
Late (September 16 to October 8)	\$90.00	

\* Shirt not guaranteed after October 6

### 8K Road Race Entry Fees

Special (until May 15)	\$30.00	
Early Bird (May 16 to July 15)	\$35.00	
Regular (July 16 to September 15)	\$40.00	
Late (September 16 to October 8)	\$45.00	

\* Shirt not guaranteed after October 2

### THRIFTY FOODS Kids Run & Marathon Entry Fee

Regular (until October 8)	\$15.00	
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### Optional Marathon Weekend Events

Bus Tours (October 8) from the Conference Centre		
10:30 a.m. 12:30 p.m. 2:30 p.m.	\$10.00	
Carbo Gala Dinner (October 8, 6:30 p.m.)	\$40.00	
Post-Race Massage - Conference Centre	\$20.00	

### Official Charities

Donate \$\$\$ to KidSport	\$	
Donate \$\$\$ to Raise A Reader	\$	
Donate \$\$\$ to GoodLife Kids Foundation	\$	
Donate \$\$\$ to Kilee Patchell-Evans Autism Research Group	\$	

### BC Athletics Members (deduct \$3.00)

2011 Membership #: \_\_\_\_\_ - \$ \_\_\_\_\_

▶ **TOTAL PAYMENT** \$ \_\_\_\_\_

### Method of Payment

Cash (Do not enclose cash if registering by mail)  
 Cheque  Money Order  Bank Draft (Attach to this form)

\_\_\_\_\_ Visa / M/C

Expiry (mm/yy) \_\_\_\_ / \_\_\_\_ Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Sorry, no post-dated cheques. For USA residents, please visit a bank and arrange for a money order or bank draft payable in Canadian Funds. All cheques, money orders and bank drafts should be made payable to: **Victoria Marathon Society**.

### Refund and Payment Policy:

Sorry, no refunds, no transfers, no deferrals.

### Mailing Address:

GOODLIFE FITNESS VICTORIA MARATHON  
Box 675, 185 - 911 Yates St., Victoria, BC, V8V 4Y9, Canada  
Phone: (250) 658-4520  
Email: [info@runvictoriamarathon.com](mailto:info@runvictoriamarathon.com)

Office Use Only

Auth: \_\_\_\_\_ Initials: \_\_\_\_\_

## Race Weekend Schedule

Friday, October 7, 2011

• 3:00 p.m. – 7:30 p.m.

- Race Expo, Race Package Pickup and Late Registration
- Pre-Race Massage (Drop-in)

Saturday, October 8, 2011

• 9:00 a.m. – 6:00 p.m.

- Race Expo, Race Package Pickup and Late Registration
- Pre-Race Massage (Drop-in)

• 10:30 a.m., 12:30 p.m. and 2:30 p.m. **Course Tours.** Guided bus tour includes the Marathon and Half Marathon. Tickets – \$10. Book with your registration.

• 12:00 noon – 3:45 p.m. **Speaker Series.** FREE to participants & the general public.

• 6:30 p.m. **32nd Anniversary Carbo Gala Dinner** presented by Traumeel at The Fairmont Empress, Crystal Ballroom. Tickets – \$40. Book with your registration.

Sunday, October 9, 2011

- 6:30 a.m. **Marathon (Early Start - 5:30-7:00 hours ONLY)**
- 7:10 a.m. **8K Road Race (Wheelchair and Visually Impaired Start)**
- 7:15 a.m. **8K Road Race**
- 7:25 a.m. **Half Marathon (Wheelchair and Visually Impaired Start)**
- 7:30 a.m. **Half Marathon**
- 8:40 a.m. (NEW Time) **Marathon (Wheelchair and Visually Impaired Start)**
- 8:45 a.m. (NEW Time) **Marathon (Main Start - 5:30 or less)**
- 10:15 a.m. **THRIFTY FOODS Kids Run & Marathon**
- 9:00 a.m. – 3:30 p.m.

- Race Expo and Award Ceremonies
- Post-Race Massage. Book with your registration.

- 10:00 a.m. **8K Road Race Awards**
- 12:00 noon **Half Marathon Awards**
- 2:30 p.m. **Marathon Awards**



## Thank You To Our Sponsors

Title Sponsor **GoodLife FITNESS**

Presenting Sponsor **new balance**

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Media Partner **TIMES COLONIST**

Silver Sponsors **new balance** **FOR RUNNERS** **brighthouse** **ISLAND TENTS & EVENTS**

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GoodLife Fitness Victoria Marathon

Box 675, 185 - 911 Yates St., Victoria, BC, V8V 4Y9, Canada

Phone: 250-658-4520

Email: [info@runvictoriamarathon.com](mailto:info@runvictoriamarathon.com)

Website: [www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)

Run Victoria • Celebrating 32 Years!  
Sunday, October 9, 2011



**GoodLife FITNESS**  
**VICTORIA MARATHON**

Presented by **new balance**

**Marathon | Half Marathon**  
**8K Road Race**

**Thrifty Foods Kids Run & Marathon**

A Certified Boston Marathon Qualifier



Photo: Tony Austin

**BC ROAD RUNNING** **BC MARATHON CHAMPIONSHIPS**  
A Division of BC Athletics

[www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)

# Run Victoria 2011 • Celebrating 32 Years!

## Join Us!

The GoodLife Fitness Victoria Marathon has been named the Best Marathon (Western Canada) in Get Out There Magazine's 2010 Readers' Choice Awards. We welcome over 14,000 runners and walkers from around the world to participate and experience what Victoria has to offer.



## 2011 Official Charities and Times Colonist Charity Pledge Program

The Victoria Marathon, over the last 10 years, has helped to donate over \$870,000 to charity. Our four official charities are KidSport Greater Victoria, Raise A Reader, GoodLife Kids Foundation and the Kilee Patchell-Evans Autism Research Group. You can also choose to collect pledges and run for one of our 22 recognized Pledge Charities. Make your next challenge count!

## GoodLife Fitness Victoria Marathon (Limit: 4,000)

Beautiful, seaside course, with lots of mild undulations, but with a maximum elevation change of only 74 ft (22.5 m). Through downtown to a turnaround in Oak Bay and back along the waterfront.

**Early Start:** 6:30 a.m. (Marathoners with an estimated finish time of 5:30-7:00 hours ONLY).

**Main Start:** (NEW Time) 8:45 a.m. (Marathoners with an estimated finish time of 5:30 or less).

**Wheelchair and Visually Impaired Start:** (NEW Time) 8:40 a.m.

## GoodLife Fitness Victoria Half Marathon (Limit: 6,800)

Runs through Downtown Victoria, Beacon Hill Park, and out and back along the scenic waterfront.

**Main Start:** 7:30 a.m.

**Wheelchair and Visually Impaired Start:** 7:25 a.m.

## GoodLife Fitness Victoria 8K Road Race (Limit: 4,000)

The course is an out-and-back along the waterfront on Dallas Road, to a turnaround in Beacon Hill Park.

**Main Start:** 7:15 a.m.

**Wheelchair and Visually Impaired Start:** 7:10 a.m.



All three courses are AIMS certified and sanctioned by BC Athletics.

## THRIFTY FOODS Kids Run & Marathon (Limit: 1,000)

**Start:** 10:15 a.m. 1.2km run for kids 12 & under. In support of KidSport Greater Victoria ([www.kidsportvictoria.ca](http://www.kidsportvictoria.ca)). Participate in the healthy eating and activity tracker program; complete a "marathon" - 41km before race day and the last 1.2km on Oct. 9. Register as part of a school team until Sept. 23 (minimum 10 required) and get your school name printed on your shirt.

Entry fee includes a t-shirt (100% cotton), goody bag, race number and medal.

## Wheelchair and Visually Impaired Athletes

For more information on athlete guidelines, please refer to our website.

## Dairyland Elite Athlete Program

Athletes who have run under certain time standards may be eligible for a complimentary entry. See our website for more information about the program, eligibility, complimentary entries, prize money and other benefits for this program.

\$37,300 in prize money is available between the Marathon and Half Marathon. Course record bonus money is only available to Canadian citizens. Time incentive cash prize information is located on our website.

## Participant Shirts

Participants in the Marathon, Half Marathon and 8K Road Race will receive a New Balance technical garment, featuring artwork by local First Nations artist, Tom Spetter, if registered prior to posted deadlines. THRIFTY FOODS Kids Run & Marathon participants will receive a 100% cotton t-shirt.



## Personalize Your Race Number

Register by Sept. 7 to choose the name/nickname that goes on your race number.

## Race Expo

October 7-9, 2011. Victoria Conference Centre, 720 Douglas St. Free and open to the public. Visit over 40 exhibitors featuring sponsors, souvenirs, merchandise, running apparel and accessories, nutritional and fitness products, samples, interactive displays, speakers, and much more.

Register Online  
[www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)

## Race Package Pick-Up and Late Registration

Victoria Conference Centre, 720 Douglas Street

- **Friday, October 7, 2011** 3:00 p.m. – 7:30 p.m.
- **Saturday, October 8, 2011** 9:00 a.m. – 6:00 p.m.
- **There is NO day-of-race registration.**

## 32<sup>nd</sup> Anniversary Carbo Gala Dinner

Presented by Traumeel. Sat., Oct. 8, 6:30 p.m. at The Fairmont Empress, Crystal Ballroom. Join us for a buffet dinner; special address by Kathrine Switzer and motivational address by Bart Yasso. Emcee: Steve King. Limited seating. Tickets - \$40. Purchase with your registration.

## Volunteer Crew

Over 1,400 volunteers make the GoodLife Fitness Victoria Marathon event weekend a success. Join our team! Positions are available on and off the course. Volunteers will receive a volunteer shirt and a certificate. Register online today!

## Training Programs

Our website features Marathon and Half Marathon training programs developed and maintained by two-time Olympic marathoner, 2004 Victoria Marathon winner, Bruce Deacon.

## Course Markers

Every kilometre will be marked, in addition to one mile and one mile to go. The Marathon route will also have markers every 5 miles.

## Course Safety / Road Closures

The GoodLife Fitness Victoria Marathon is a foot race. For safety and liability reasons all events are limited to registered participants only. **Baby joggers, bicycles, skateboards, rollerblades, skates, pacing and running with dogs are strictly prohibited on the course.** Non-compliance with these safety rules will result in disqualification. Check our website for course closure and parking information.

## Aid Stations

Water, sport drink, and porta-potties will be located along the course approximately every 3km. PowerBar Gels will be available in the PowerBar Zone on course at 13km and 34km.

## Runner Services

- Race Expo and Speaker Series
- Timing/results by Race Headquarters ([www.raceheadquarters.com](http://www.raceheadquarters.com))
- Course Tours of the Marathon and Half Marathon Routes
- Pre and Post-Race Massage
- Finish Line Announcer – Steve King
- Clothing Check and Change Tents
- "The Ultimate" Recovery Zone and Food Area
- Charity Cheering Stations & Course Entertainment
- Portrait Service by Brightroom ([www.brightroom.com](http://www.brightroom.com))
- Medical Services (on course and at the finish line)

## Finisher Medals / Certificates

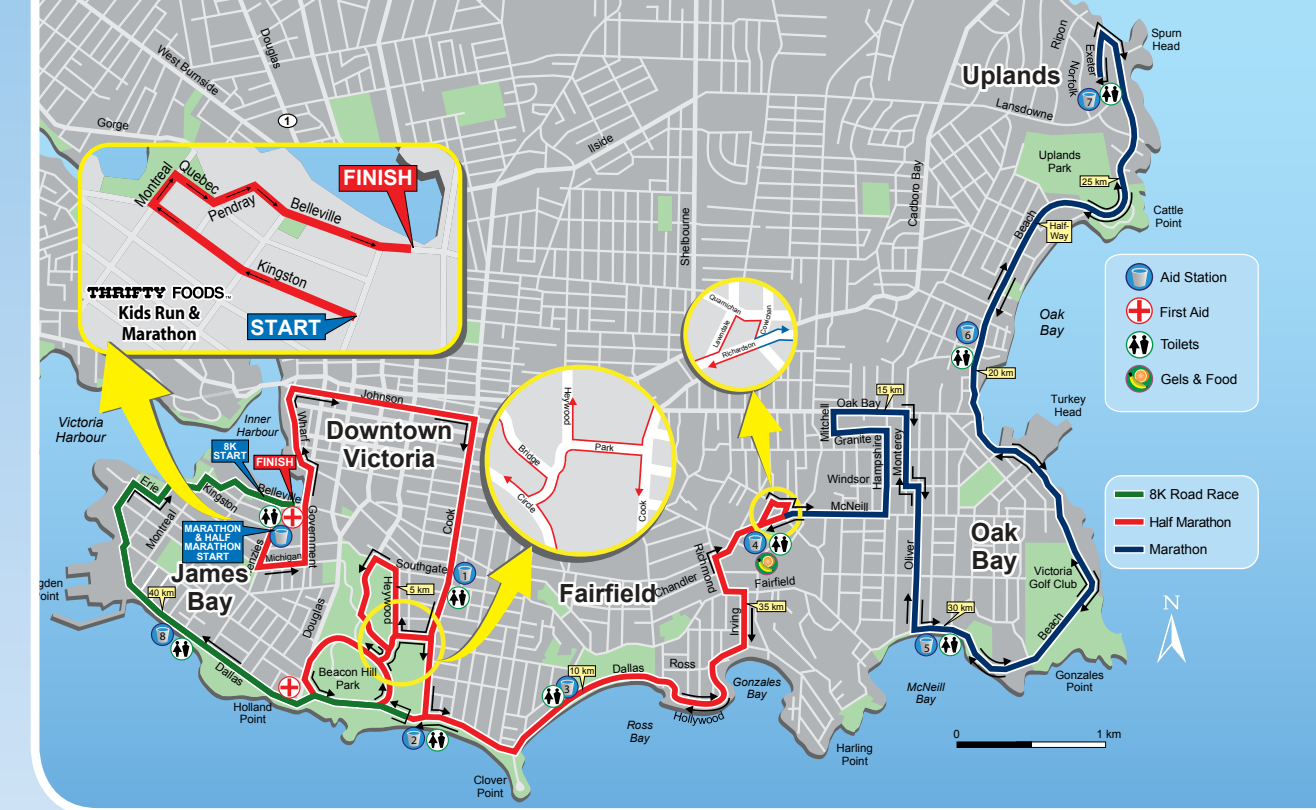
All finishers in the Marathon and Half Marathon will receive a medal upon crossing the finish line; downloadable finisher's certificates will be available from within the website results after the race.

## Race Results

Same-day online results will be posted as soon as possible for the Marathon, Half Marathon and 8K Road Race. Race coverage and abbreviated results will be published in the Times Colonist newspaper on Wed., October 12, 2011.

## Weather

The average temperature on race day is 14° C (57° F).



## Awards

The top 5 places in each 5-year age category in the Marathon, Half Marathon and 8K Road Race receive awards. In addition, awards are given to the overall male and female winners, top masters (40+) of all three events, top wheelchair and top visually impaired athletes.

**Team Awards.** The top 3 teams in each category receive an award.

- **Marathon and Half Marathon:** Open, Masters (40+), and Husband & Wife.
- **8K Road Race:** Open, Masters (40+), Junior (19 & under), and (NEW) Parent/Child (for children 15 and under).

## Transportation To Victoria

30 minutes by plane from Vancouver, BC and Seattle, WA. The Victoria International Airport is 30 minutes and the Swartz Bay Ferry terminal is 35 minutes drive from Downtown Victoria and the Victoria Conference Centre. Visit our website for transportation carriers. The start line is a 5 minute walk from the Victoria Conference Centre and The Fairmont Empress Hotel.

## Car Rentals

The GoodLife Fitness Victoria Marathon has secured a preferred rate with Budget Rent-A-Car for all race participants. Save 10% off your rental car for the duration of your stay. Call 1-800-668-9833 and ask for the GoodLife Fitness Victoria Marathon rate. [www.budgetvictoria.com](http://www.budgetvictoria.com). Reservations recommended.

## 2011 Souvenir Program

 **GET THE GEAR**  
EXCLUSIVELY AT THE RACE EXPO



T 250 382 9327 | Toll-Free 1 877 882 9327 | [newbalancevictoria.com](http://newbalancevictoria.com)