



2017 VANCOUVER ISLAND RACE SERIES

MEDIA RELEASE

Sooke River 10K Re-scheduled - Sunday March 12

(Victoria, BC – March 7, 2017) The Sooke River 10K that was snowed out in February is all set to run on Sunday, March 12. It will be the fifth race in the Vancouver Island Race Series and will start at 11 am. There will be a 10:30 am start for walkers and slower runners. The race will start and finish at Edward Milne School, 6218 Sooke Rd, and is hosted by the Victoria Marathon Society.

Runners can register online until 6 pm Friday March 10 at www.islandseries.org or on race day at Edward Milne School from 9:00 am – 10:15 am. Race registration is \$30 for adults and \$25 for students until March 10. Race day fees are \$40.

This is the 17th year that the Sooke 10K has been part of the race series, and for the first time, the Victoria Marathon Society is hosting the race. “We are thrilled to be able to carry on the tradition that the Island Road Racers started in 2001, and host the Sooke 10K,” says Cathy Noel, Race Director. “We are working with the RCMP, Edward Milne School, the Lions Club, Girl Guides, the Sooke Trail Road Runners, and local volunteers to ensure participants have a safe and well organized event.”

The course records for Sooke were set in 2004 by Steve Osaduik (30:19) and Meghan Day (35:23).

Sooke River 10K will be followed by Comox Valley RV Half Marathon on March 19, Port Alberni Paper Chase 10K on April 2, and Cedar 12K and Series Awards on April 9.

To register for the races in the Island Race Series go to: www.islandseries.org

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