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Victoria, BC, Canada

Souvenir Race Guide

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CONTENTS

GM/Race Director and President's Greeting	4
Title Sponsor Greeting	6
Mayor of Victoria Greeting	8
Mayor of Oak Bay Greeting	10
Schedule of Events	12
Speaker Series	16
Marathon Field set for Gun	18
Course Descriptions	20
Thrifty Foods Kids Run	25
Victoria Celebrates the big 40	26
Marathon Elevation Map	28
Marathon Map	30
Half Marathon Map	32
Half Marathon Elevation Map	34
8K Turkey Trot Road Race Map	36
40 Years of the Marathon	38
Race Day Information	40
Start/Finish Line Map	41
Victoria Marathon Champions	47
Best Spectator Viewing Spots	50
Prize Money	52
Great Charities to Run For	53
2019 Organizing Committee	54
Thank you to our Sponsors	55

2019 GoodLife Fitness Victoria Marathon Race Guide

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GM/RACE DIRECTOR AND PRESIDENT'S GREETING



Welcome to the 40th Annual GoodLife Fitness Victoria Marathon. We look forward to hosting you on Thanksgiving weekend in our beautiful city.

I want to congratulate all of you for the commitment you have made to train and prepare yourself for October 13th. Whether you are doing the 8k, half marathon or the marathon, it takes time, money and sacrifices to get to that start line and on behalf of the organizing committee, thank you for choosing to run / walk in the GoodLife Fitness Victoria Marathon. I have had the pleasure to be working on this event for over 19 years in my role as General Manager / Race Director. I treasure the memories from each and every event and I look forward to meeting participants and families from all over the world year after year. I also get to travel to other events and in May at the BMO Vancouver Marathon I met Tom Howard, the winner of the first Victoria Marathon in 1980 (see photo - left).

Thank you to the Organizing Committee, many whom have been helping for over a decade and one person that has been involved since day one, Bob Reid. The dedication and pride that each and every volunteer has for this event is amazing and greatly appreciated. Enjoy your race on Sunday as it is your race and we will look forward to seeing you at the start line, cheer you on, on the course and present you with your finisher's medal at the end.

Run fast, run hard and take time to enjoy the gorgeous scenery, if not during the race then over the race weekend.

Congratulations in advance,

Cathy Noel
GM/Race Director



Celebrating the 40th Annual GoodLife Fitness Victoria Marathon this year is a testament to all of those involved over the past 40 years, both as a volunteer or participant. This marathon has survived and thrived where other races have fallen by the wayside, while weathering a number of different fitness trends.

The strength of this event also lies in its scenic course that shows off so much of Victoria's and Oak Bay's beauty. We have a few route tweaks this year and will finish our course redesign next year, making it even more inspiring – so make sure you come back next year for even more beautiful views!

This race is also known for the amazing indigenous art that graces our official race garments. As an organization we are proud to be partnering with Tom Spetter who has designed our logos since 2008. Our race takes place on the traditional territories of the Lekwungen peoples, specifically the Esquimalt and Songhees First Nations and we thank them for their gift.

Charities continue to be strong supporters of the event and this year we hope to pass the \$2 million mark in terms of funds raised through the CHEK Charity Pledge Program. A lot of this fundraising is from individuals pledging for a charity that is close to their hearts or a runner that they know personally. That is the strength of our charity program.

On behalf of the board and race committee welcome to Victoria. I hope you have a great race and achieve the personal goals you have set. Come back next year to help us celebrate the 41st annual marathon on October 11, 2020.

Jonathan Foweraker
President



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TITLE SPONSOR GREETING



You are about to run 8K, a half marathon or full marathon. You have invested countless hours into training. No matter what happens during your race today, you have already achieved so much.

To be a runner takes dedication, working through injuries and sacrificing time with your family and friends. Be proud of everything you've done to get yourself ready for today. Take a moment to thank yourself, your loved ones, and your body. You are capable of anything you put your mind to.

Organizing a marathon also takes countless hours. It is through the tireless dedication of volunteers and organizers that this event runs like a well-oiled machine. I encourage you to take a moment to personally thank at least one of the 1,600+ volunteers whose efforts make the GoodLife Fitness Victoria Marathon Vancouver Island's premier running event.

I would like to thank the incredibly devoted leadership team, including Jonathan Foweraker, President of the Victoria Marathon Society, and Cathy Noel, General Manager at GoodLife Fitness Victoria Marathon. It is because of your commitment, knowledge and passion that this event exceeds expectations year after year.

Not only does this race provide the athlete a world class experience, it also supports KidSport Greater Victoria, GoodLife Kids Foundation, and The Pacific Autism Family Centre through the charity program. All of these organizations are near and dear to my heart. Their missions align with my passion for encouraging fitness and health at any age and enabling those facing challenges to live their good life.

I do have to admit; this year is especially sentimental for me. GoodLife Fitness is celebrating 40 years. We started with one club in London, Ontario in 1979 and have grown to hundreds of clubs across Canada. I find it fitting that the GoodLife Fitness Victoria Marathon is also celebrating its 40th event. Starting small with 700 runners, the event now has over 8,000 participants and has truly become a "must-do" on every runner's list.

Whether you're visiting beautiful Victoria for the first time, or running the same streets you train on, I hope you take the time to enjoy everything that makes Victoria unique. I personally love to go paddle boarding off the coast with the sea lions, dolphins and once even a killer whale. It's a beautiful way to immerse oneself in the natural delights of island life.

Congratulations to all of the runners participating in the 40th Annual GoodLife Fitness Victoria Marathon! Breathe in deeply, put one foot in front of the other, and make it a great day. You've earned it.

David 'Patch' Patchell-Evans
Founder and CEO, GoodLife Fitness



Photo: Matt Cecill



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Photos by: Brynn Feather

MAYOR OF VICTORIA GREETING



THE CITY OF VICTORIA



OFFICE OF THE MAYOR

On behalf of the City of Victoria, it is my great pleasure to welcome you to the 40th Annual GoodLife Fitness Victoria Marathon.

The GoodLife Fitness Victoria Marathon provides an exciting, elite-level race for athletes while also giving back to our community through the Charity Pledge Program, which allows athletes to walk and run while raising money for local charities. It is astonishing that in its 40-year history, the Marathon has raised nearly two million dollars to help those in need.

At the City of Victoria, we are passionate about providing opportunities for recreation and wellness. Healthy pursuits contribute to our community's well-being and make for stronger individuals and families.

Whether your race is the full, the half, the 8K or the Kids Run, be sure to dig deep and strive for a personal best – and be sure to have some fun along the way.

Congratulations to the organizers, volunteers and participants for making this exciting event possible. I wish you all the best for a great race!

Sincerely,

Lisa Helps
Victoria Mayor



Photo: Jessica Going



VANCOUVER ISLAND
TRAIL RUNNING SERIES



Photo by Lorenz Jiminez

MAYOR OF OAK BAY GREETING



Municipality of Oak Bay

On behalf of the Council of the District of Oak Bay I would like to extend congratulations to all who are participating in the 40th Annual GoodLife Fitness Victoria Marathon.

Every year our residents come out to cheer the runners, supporting those persevering to reach their personal goal as well as celebrating the amazing athletes competing for the podium. You are an inspiration to all.

Best wishes for a successful event.

Kind Regards,

Kevin Murdoch
Oak Bay Mayor



Photo: Simon Desrochers



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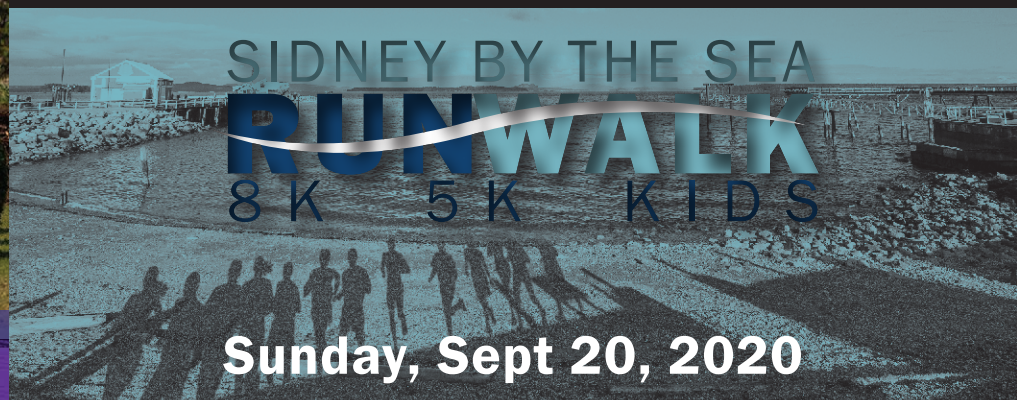
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SCHEDULE OF EVENTS

All events take place at the Victoria Conference Centre, 720 Douglas Street, unless stated otherwise.

Friday, October 11

10:30 a.m. **Press Conference at Victoria Conference Centre.**
Meet elite athletes, sponsors and charities and help kick off race weekend.

12:00 - 6:00 p.m. **Race Expo, Race Package Pickup and Late Registration. Pre-Race Massage.** A limited number of pre-race massages will be available on a first-come, first-served basis. \$20 for 15 minutes.

Saturday, October 12

8:00 a.m. **Run with Rob Reid and Bart Yasso - meet at Frontrunners, 1200 Vancouver Street.**
Enjoy a 4km shake-out run to the Terry Fox statue and back.

9:00 a.m. - 6:00 p.m. **Race Expo, Race Package Pickup and Late Registration, Pre-Race Massage.** A limited number of pre-race massages and chiropractic will be available on a first-come, first-served basis. \$20 for 15 minutes.

10:00 a.m. - 3:00 p.m. **Speaker Series - FREE** to participants, and the general public. (see page 16 for more information).

10:30 a.m. and 1:30 p.m. **Bus Tours of the Marathon Route** (includes Half Marathon route). Departs from the Victoria Conference Centre, **Duration:** 2hrs - 2hr 15min. **Tickets:** \$10. Advance tickets will be attached to your race number. Additional tickets may be available at the Race Expo Tickets Kiosk.

6:30 p.m. - 8:30 p.m. **Carbo Gala Dinner**
Fairmont Empress Hotel, Crystal Ballroom, 721 Government Street. Join us for a spectacular pre-race buffet dinner. **Emcee:** Steve King. **Special Address:** Bart Yasso Great draw prizes. **Tickets:** \$45. Advance tickets will be available at the Race Expo Tickets Kiosk, inside the Race Expo.

Sunday, October 13 (see Race Day Information p. 40)

6:30 a.m. **Marathon - Early Start** (Time Limit: 5.30-7 hours)

7:55 a.m. **Marathon & Half Marathon Wheelchair and Visually Impaired Start**

8:00 a.m. **Marathon - Main Start** (Time Limit: 5.30 hours) **and Half Marathon Start**

8:45 a.m. **8K Turkey Trot Road Race Wheelchair and Visually Impaired Start**

8:50 a.m. **8K Turkey Trot Road Race Start**

10:30 a.m. **Thrifty Foods Kids Run Start**

9:00 a.m. - 2:00 p.m. **Race Day Expo and Award Ceremonies.**
Overall and age category awards. Great draw prizes!

11:00 a.m.	8K Turkey Trot Road Race Awards
12:00 noon	Half Marathon Awards
1:00 p.m.	Marathon Awards

Congrats Victoria Marathon Finishers!

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Post-Race Massage. Book with your registration. Please note: Space is not guaranteed to participants registering on race weekend. After you finish your race and collect your post-race refreshments, check in at the Massage Desk on Level 2 at the Race Expo. Pre-registered participants will be treated in order of arrival. \$20 for 15 minutes.



Photo: Matt Cecill

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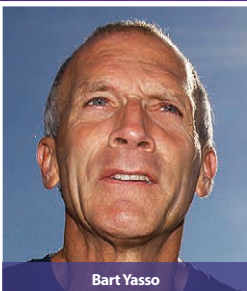
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Speaker Series



Mike Haddow



Bart Yasso



Lucy Smith



Adam Campbell

Saturday, October 12

All speaker sessions held in the Victoria Conference Centre, Carson Hall (Race Expo)
Emcee: Rod McCrimmon

10:00 a.m. **The Ins and Outs on Race Day: run your best race by knowing what to expect on the course**
GM/Race Director, Cathy Noel and VMS Director, Rob Reid.
Cathy and Rob offer tips and answer questions in this Q & A session.

11:00 a.m. **Weight training during marathon prep: good or bad?**
Mike Haddow, Nutrition Expert and Personal Trainer, GoodLife Fitness.
Mike Haddow will explain how much and what kind of weight training is beneficial and how not to over train and hinder performance on race day. You can feel strong in your body and look great too! Mike has been a personal trainer for over 20 years (10 years with GoodLife). He specializes in cooking, nutrition, lifestyle coaching and working with special needs children. He is the personal trainer/chef to David Patchell-Evans and Silken Laumann.

12:00 p.m. **Never limit where running can take you**
Bart Yasso, the 'Mayor of Running' and retired Runners' World Chief Running Officer.
Join Bart as he returns to Victoria to share lessons, wisdom, and insights learned from running in more than 1,500 races near and far. Creator of the Yasso 800's, hear how Bart's training tips and practical advice make us all better runners and see how his infectious spirit and love of life make us all better people. Bart has been inducted into Running USA Hall of Champions and recently into the Road Runners Club of America Distance Running Hall of Fame. Before and after the speaker session Bart will be signing books at the Russell Books booth.

1:00 p.m. **Running through time – four decades of women's running**
Canadian 1500 metre bronze medalist Mariah Kelly, World Championship Ultra Marathoner Catrin Jones, 19-time National Champion, Lucy Smith and Boston Marathon age-group winner Roslyn Smith.
Women's running has come a long way in 40 years. Enjoy a panel discussion – emceed by Victoria 8k record holder Ulla Hansen – with four phenomenal females who span the decades. Featuring Mariah Kelly, Canadian 1500 metre bronze medalist and six-time Canadian National 1500 metre finalist; Catrin Jones two-time winner of the GoodLife Fitness Victoria Marathon, who in June came ninth in the iconic Comrades Marathon; Lucy Smith, runner, duathlete and triathlete, who has competed for Canada in over 20 World Championship events including winning 19 National Championship titles, and two Silver World Championships Medals, and Roslyn Smith, who has placed in 25 marathons, set five Canadian records in the 8k, half marathon and marathon and in her 70th year won her age group in the 2019 Boston Marathon.

2:00 p.m. **Suffering in beautiful places**
Adam Campbell, Ultra Marathoner and Guinness World Record Holder.
Hear Adam speak about the importance of creativity in establishing personal challenges in endurance sports and how that can help revitalize and rejuvenate your running and recover from injuries. Adam is a professional mountain endurance athlete and one of the best mountain runners in the world with podium finishes at major international races. After a serious mountain accident that almost killed him, Adam re-evaluated his approach to sport and competition and shifted his focus away from racing and more into pure alpine pursuits on foot, rock and skis. When he's not racing through the mountains, he moonlights as a lawyer in the Canadian Rockies. He also holds the Guinness World Record for running a marathon in a suit – in Victoria in 2014!

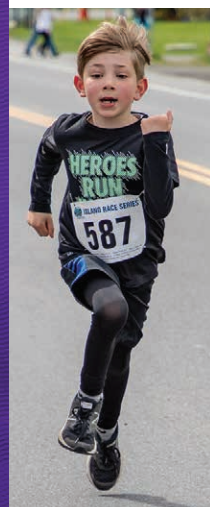
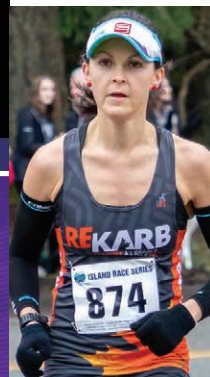


Photo credits: Kris DeEll and John Berger



RUN

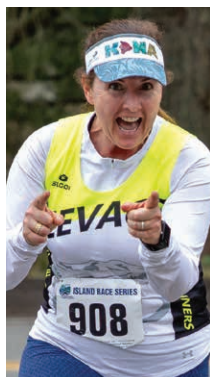
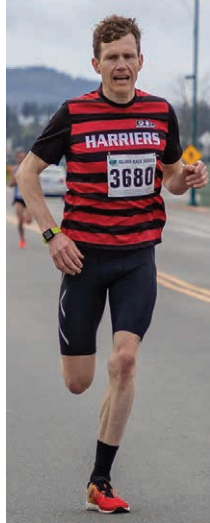
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MARATHON FIELD SET FOR GUN

By Max Low



Eric Roberts, 1980 Official Race Starter



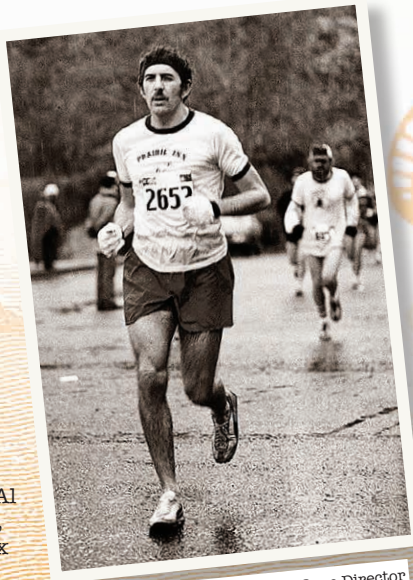
The official 1982 Royal Victoria Marathon invitation

All systems are go for the first annual Royal Victoria Marathon. The 26-mile, 385-yard race around the city's scenic Marine Drive starts at 7.30 a.m. Saturday from Mile 'O' on the outskirts of Beacon Hill Park. A starting field of around 800 runners

will make two laps of a 13-mile course to Willows Beach and

back. While the early starting time might discourage some potential race watchers, Marathon committee chairman Peter Wheaton, expecting the winner to complete the course in around 2 hours and 20 minutes, points out that the leading runners will complete the first lap and be back at Mile 'O' about 8:30 to 8:45 and the first one home could be crossing the finish line (also at Mile 'O') about 9:45. To give fans an idea of just who they're watching, race organizers have seeded the first 21

runners in the open men's division and they'll wear numbers from one to 21. But apart from favorite Tom Howard, of Surrey, they won't necessarily be in order of seeding. Howard, fourth in the 1975 Boston Marathon and a bronze medalist in the Pan American Games in Mexico City the same year, has a best time of 2 hours, 13 minutes, 24 seconds and he'll be wearing No. 1 on his shirt. The other seeded runners are: 2. Wolf Schamberger, formerly of Duncan and now of Burnaby; 3. Bruce Shaw of Victoria; 4. Vladimir Pomajzl of Salt Spring Island; 5. Gary Hocking of Seattle; 6. Stewart Fall of Victoria; 7. David Waller of Fort St. John; 8. Lance Carey of Richmond; 9. Chris Garrett-Petts of Victoria; 10. Don Gillman of Victoria; 11. Neil Campbell of Vancouver; 12. Bill McIntosh of Vancouver; 13. Jack Taunton of Vancouver; 14. Neil Wakelin of Burnaby; 15. John Coffey of Portland, Ore.; 16. Peter Dunnett of Victoria; 17. Al Howie of Victoria; 18. Jerome Peterson of Tigard, Ore.; 19. Bill Wirtanen of Burnaby; 20. Randy Cox of Victoria; 21. Paul Eichenberger of Seattle.



Peter Wheaton, 1980 RVM Race Director

McIntosh is one of the next favorites after Howard and organizers expect Howie, a long-time fund-raising runner for the United Way Appeal, to be among the early finishers after his third place in the recent Edmonton Marathon and his subsequent 900-mile run in 11 days from the Prairie city to Victoria. A late entrant who could prove to be a dark horse is Frank Bozanich of Seattle, current U.S. 50 and 100 mile road race champion. Top seeded woman runner is Wendy Robertson of Vancouver who will be wearing No. 50. And others of interest to look for are three real old-timers who will be wearing their age as their number: 60 year-old Sverre Hietanen of Vancouver will be No. 60, 64 year-old Lindsay Holt of Victoria will be No. 64 and the grand-daddy of all the runners, 72 year-old Victorian Andy Green, will be wearing No. 72. A traditional 'carbohydrate loading party' will be staged from 6 to 8 p.m. tonight on the third floor of the Harbor Square shopping mall on Government Street where runners can stuff themselves with spaghetti, beer and slices of a huge marathon cake as they prepare themselves for the grueling ordeal of the next morning. Those at the party will be asked to sign a large card - anyone who misses it there can sign at the starting line Saturday morning - to Terry Fox as a personal tribute from fellow runners. As well as open men's, and women's categories, there are divisions for junior men and women (16-and-under), pre-masters (30 to 39) and five lots of masters groups (40 to 44, 45 to 49, 50 to 54, 55 to 59 and 60 and over). And a final word from marathon committee chairman Wheaton: "We would like everyone who lives on one of the streets along the route to please keep their pets inside as the runners might scare the life out of them. And those who keep cars on the street please try to put them somewhere else for the day. And if it's warm, don't forget those sprinklers!"

(Reproduced from the Times Colonist September 19, 1980)



Paul Eichenberger, finishing second in the 1980 RVM



Tom Howard winning the first RVM (1980)

COURSE DESCRIPTIONS



Photo: Jessica Going

The GoodLife Fitness Victoria Marathon is a beautiful, seaside course with mild undulations. It has a maximum elevation change of only 22 metres (74 feet). There are some small course changes for 2019 for the Marathon, Half Marathon and 8K Turkey Trot Road Race. All three races are sanctioned and certified by BC Athletics.

The course includes:

- All kilometres marked along the route, markers every 5 miles and at halfway for the Marathon, one-mile marker and one-mile-to-go marker.
- Porta-potties at every aid station.
- Medical services on the route and at the finish line.

The Marathon

The GoodLife Fitness Victoria Marathon is an AIMS and Athletics Canada/Run Canada-certified 42.195 km course, and is accepted as a Boston Marathon qualifier. Walkers are welcome in the Early Start as long as completion time is less than seven hours. If you are not sure about your predicted time when you register, select the main start. As you get closer to Race Weekend, if you know you will not be faster than 5:30, then you can switch to the Early Start before Race Day. Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the Marathon for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders will be available for the Marathon – for pace times see p.42.

The Marathon starts on Menzies at Quebec. Run south, away from the Inner Harbour, turn left on Simcoe and left again on Government Street. Run down a slight decline on Government Street, past The Empress Hotel, continue straight along Government Street. Turn right on Yates Street, then right on Cook Street. The first aid station is just past Fairfield Avenue at Cook Street and Pakington.

Turn right onto Park, right onto Heywood, left on Southgate, and left onto Arbutus Way, entering Beacon Hill Park. Arbutus blends left into Bridge Way. Turn right onto Heywood and right onto Circle Drive. Run a complete counter clockwise loop of Circle Drive and Dallas Road (1-mile), staying to the left, and turn right on Heywood, and right on Park; completing an early race loop. Turn right on Cook Street. Turn left on Dallas Road (the second aid station is on Dallas Road near Cambridge where there will be Honey Stinger Gels) and run to Hollywood Crescent, keeping to the left. The third aid station is at Dallas Road and Memorial. Stay on Hollywood Crescent, past its southern intersection with Robertson, until Hollywood blends into Robertson just before the intersection with Ross and Crescent. Cross Crescent and turn right onto Lillian.

Turn left onto Richmond, cross Fairfield and right onto Richardson. You're now approaching the point where the Marathon route splits from the Half Marathon. The next aid station is beside the park on Richardson, just before turning left onto Lawndale. Turn right on Quamichan (careful of the speed bump!) and right again on Cowichan. When Cowichan reaches Richardson, you're at the 13 km mark of the race. **It's here that the Marathon goes left and the Half Marathon goes right.**



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Photos: Jessica Going

Cross Foul Bay Avenue and Richardson becomes McNeill. Now you run the Oak Bay "finger." Turn left onto Hampshire, left on Granite, right on Mitchell, and right on Oak Bay Avenue. Run Oak Bay Avenue for five blocks. Then turn right on Monterey, left on Windsor, and right on Oliver down to Beach Drive. Turn left on Beach Drive. The next water stop is just after turning onto Beach Drive, at Transit. Run the Beach Drive waterfront past the Victoria Golf Club, Oak Bay Beach Hotel, and Oak Bay Marina. The next water stop is just past the Oak Bay Marina at Glenlyon/Norfolk School. Continue past Willows Beach and Cattle Point. Turn left on Exeter where there is a water stop and run a few hundred metres to the 180-degree turnaround, staying on the left, and return along Beach Drive all the way to Oliver. On the way back along Beach, water stops are again available at Glenlyon/Norfolk School, and at Beach and Transit. Run the Oak Bay "finger" in reverse: Oliver, Windsor, Monterey, Oak Bay Avenue, Mitchell, Granite, Hampshire, then turn right on McNeill and run back to the half marathon split at Richardson and Cowichan. The 34 km aid station is at Lawndale and Richardson.

Return along Richardson, left on Richmond, right on Lillian, left on Robertson and left on Hollywood Crescent to Dallas Road.

Continue on Dallas Road westbound, all the way past Beacon Hill Park and the Ogden Point breakwater, right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray and right onto Belleville to the finish in front of the Legislature. There are water stops every 2 km in the last stages of the race: at Dallas and Memorial, Dallas and Cambridge, and at Dallas and Oswego.

The Half Marathon

The GoodLife Fitness Victoria Half Marathon is an AIMS and Athletics Canada/Run Canada-certified 21.0975 km course. Walkers are welcome as long as completion time is less than six hours. Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the Half Marathon for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders will be available for the Half Marathon – for pace times see p.42.

The Half Marathon starts on Menzies at Quebec. Run south, away from the inner harbour, turn left on Simcoe and left again on Government Street. Run down a slight decline on Government Street, past The Empress Hotel, continue straight along Government Street. Turn right on Yates Street, then right on Cook Street. The first aid station is just past Fairfield Avenue at Cook Street at Pakington.

Turn right onto Park, right onto Heywood, left on Southgate, and left onto Arbutus Way, entering Beacon Hill Park. Arbutus blends left into Bridge Way. Turn right onto Heywood and right onto Circle Drive. Run a complete counter clockwise loop of Circle Drive and Dallas Road (1-mile), staying to the left, and turn right on Heywood, and right on Park; completing an early race loop. Turn right on Cook Street. Turn left on Dallas Road (the second aid station is on Dallas Road near Cambridge where there will be Honey Stinger Gels) and run to Hollywood Crescent, keeping to the left. The third aid station is at Dallas Road and Memorial. Stay on Hollywood Crescent, past its southern intersection with Robertson, until Hollywood blends into Robertson just before the intersection with Ross and Crescent. Cross Crescent and turn right onto Lillian.

Turn left onto Richmond, cross Fairfield and right onto Richardson. You're now approaching the point where the Marathon route splits from the Half Marathon. The next aid station is beside the park on Richardson, just before turning left onto Lawndale. Turn right on Quamichan (careful of the speed bump!) and right again on Cowichan. When Cowichan reaches Richardson, you're at the 13 km mark of the race. **It's here that the Marathon goes left and the Half Marathon goes right.**

Return along Richardson, left on Richmond, right on Lillian, left on Robertson and left on Hollywood Crescent to Dallas Road.

Continue on Dallas Road westbound, all the way past Beacon Hill Park and the Ogden Point breakwater, right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray and right onto Belleville to the finish in front of the Legislature. There are water stops every 2 km in the last stages of the race: at Dallas and Memorial, Dallas and Cambridge, and at Dallas and Oswego.

8K Turkey Trot Road Race

The GoodLife Fitness Victoria 8K Turkey Trot Road Race is an Athletics Canada/Run Canada-certified 8 km course.

Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the 8K Turkey Trot for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders are available for the 8K - see pace times on p. 44

The 8K starts on Government St near Superior between the BC Legislature and the Royal BC Museum, and heads down Government, right on Yates, right onto Cook, until Cook meets Dallas Road. Right on Dallas, continue westbound, past Beacon Hill Park and the Ogden Point breakwater, go right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray and right onto Belleville to the finish in front of the Legislature.

For details on Aid Stations on all routes see p. 44.



Photo: Simon Desrochers



Photo: Jessica Going

The Thrifty Foods Kids Run is a 1.25 km out and back route. It starts on Government St near Superior between the BC Legislature and the Royal BC Museum. The route proceeds down Government then right on Superior, right on Menzies toward Belleville, then turns back and returns the same way: left on Superior, left on Government to the finish.

Participants will continue through the finish line into the finish zone, along Government street, south of Belleville. Note that this area will be closed to traffic and flagged off, but not secure. Parents should either run alongside their children or should make plans to meet with them in a specific location within the finish zone area.

The run is open to all kids 12 years and under. Parents can run alongside their child in the kids run and are not required to register. After the run, enjoy snacks within the Kids Run Finish Zone.

Kids running as part of School Teams will have an opportunity to help their school win a \$1,000 Largest School Team prize (thanks to Winslow Properties), and new this year \$500 School Spirit prizes, thanks to Oak Bay Bikes!

All proceeds from the Thrifty Foods Kids Run go to KidSport Greater Victoria, a licensed local chapter of KidSport Canada. KidSport Greater Victoria is on a mission to raise and distribute dollars locally to ensure that local children from financially disadvantaged families have the opportunity to participate in seasons of organized sport of their choice, So ALL Kids Can Play. To date, the organization has funded over 12,200 local children in need into sport, with over \$2.8 Million in season-of-sport registration fees. www.kidsportvictoria.ca





Photo: Simon Desrochers

“You are CORDIALLY INVITED to a Marathon Race with class.” So said the posters advertising the first Victoria Marathon in 1980. The organizers were hoping for 1,000 participants to line up at Mile “0” at Beacon Hill Park on September 20 that year – the numbers ended up being 700, but it was still deemed a success by race founders Peter Wheaton and Alex Marshall.

Wheaton and Marshall – both members of the Prairie Inn Harriers (PIH) – conceived the idea of a marathon in B.C.’s capital envisaging an event similar to the Hawaii marathon that was a popular destination event for many runners. The Royal Victoria Marathon as it was then called was the second B.C. marathon to be staged – the Vancouver International Marathon was first in 1972.

“The marathon took 18 months to plan and as we didn’t want to clash with the Vancouver event which was in May, we picked September,” recalls Marshall who became the marathon’s first race director. To kick-off the marathon and to encourage participation, the YM-YWCA staged a fun run on January 1, 1980 to be followed by a marathon clinic. The Victoria Times newspaper published a lengthy article promoting the event and the clinics. “The clinic will be free of charge . . . [it] is based on the slow and easy approach to running with a very gradual build-up over the nine-month course.” The clinic met every Sunday morning: “Short talks will be given by experienced runners and cardiologists on topics of interest . . .”

From the start at Mile “0” the course wound its way along Dallas Road to Willows Beach and back to Beacon Hill. The loop was repeated twice to complete the marathon distance. Tom Howard, from Surrey, BC finished in 2:21:45 and a year later he set the course record of 2:18:49 which stood until Steve Osaduik broke it 25 years later with a time of 2:16:47. (The course record now stands with Lamech Mokono who ran 2:13:42 in 2013). The first woman to finish in 1980 was Vancouver’s Wendy Robertson in 2:58:27.

Course changes

In 1984 members of PIH and other runners registered the Victoria Marathon Society, and the non-profit group has been staging the event to date. The marathon course was tweaked several times until 1985 when joint race directors Alan Dolphin and Mike Ellis decided the race needed a higher profile. “We wanted to attract major sponsors and to raise awareness of the marathon among downtown retailers,” explains Dolphin. The out-and-back loop concept remained but the new course took in parts of downtown and started and finished in front of the B.C. Legislature.

In 1986 the race was changed to October to accommodate Expo 86 which was taking place in Vancouver. (The marathon couldn’t offer special race hotel rates in September because of the premium Expo rates). The Empress became the venue for all race activities, and an eight kilometre race was started.

The early nineties saw race numbers increase with 1,200 registering for the marathon by 1995. The race also expanded its goals to include supporting philanthropic causes. The Victoria Child Sexual Abuse Society was one of the earlier non-profit organizations that the marathon supported, and subsequently through the event’s Official Charities and the Charity Pledge Program over \$1.8 million has been raised for worthwhile causes.

The millennium brought in a new era of running and Victoria wasn’t going to be left behind. By introducing a half marathon in 2001 the event was not only offering another option for runners but capitalizing on what became the fastest growing and most popular running distance in North America. Half marathon numbers grew steadily peaking in 2010 with 6,800 registrations. That same year the event acquired a title sponsor for the first time – GoodLife Fitness – creating a partnership of organizations with similar goals in promoting health and fitness.

Records and goals

The first two decades has seen some high level competition in the event. Jon Brown set the half marathon course record in 2002. His time of 1:02:32 still stands to this day. The women’s half marathon course record has been hotly contested over the last ten years with the record now standing at 1:11:45 set by Natasha Wodak in 2018. Val Chowaniec’s female marathon record from 1989 (2:42:32) stood for 22 years until Lucy Njeri broke it in 2011 (2:37:56). However in the 8K race, despite the high calibre of runners, the course records still stand from 1989 (Gary Barber – 23:23) and 1991 (Ulla Marquette – 26:24).

The marathon has also a very competitive masters field. In 2018 Victoria’s Jim Finlayson set a course age group and master’s record and a Canadian M45-49 age group record with a time of 2:25:29. This broke the old master’s record from 1988 by Tom Howard. The female masters record is held by Lioudmila Kortchaguina (2014 – 2:41:39). The half marathon masters record was set in 2007 by Bruce Deacon in 1:08:02. Deacon has also won the marathon distance twice – in 1999 and 2004. Marilyn Arsenault holds the women’s masters record (2009 – 1:15:39). In the 8K the masters record is 32 years old set in 1987 by Mike Creary (24:48) whereas in the women’s field Lucy Smith is the record holder from 2012 with a time of 28:15.

This year could see a winning streak in the marathon. Daniel Kipkoech has won the last five races and if he wins in 2019, he will beat Kelvin Broad’s streak from 1993 – 1998. On the women’s side Cindy Rhodes has won the most marathons. Her six victories were in 1991, from 1993-1995 and from 1999-2000.

Race weekend

While race day is the culmination of months of training and where records are broken, the excitement starts on the Friday prior with the opening of the race expo through to the awards ceremony on Sunday. The race expo is the opportunity to check out the latest health and fitness products from clothing and accessories to sports nutrition and books. There will be a wide selection of 40th Annual souvenir apparel to purchase from the New Balance booth, and of course each participant will receive a New Balance technical garment at package pick-up.

A free speaker series is a highlight of the expo and the marathon will welcome back to Victoria the Mayor of Running, Bart Yasso. The former chief running officer of Runners’ World will also be signing books at the Russell Books booth in the expo and speaking at the Carbo Gala dinner on Saturday night in the Fairmont Empress Hotel. Then he has a small piece of business to attend to on Sunday – he will be running the marathon for the first time.

Runners from over 20 countries will be welcomed in Victoria on race weekend. “We are very proud of the event and the Marathon team,” says Cathy Noel, GM/Race Director. “The scenic course, our technical garments, speaker series and expo are all about providing a quality experience for the participants. We want to wow them and encourage them to come back.”

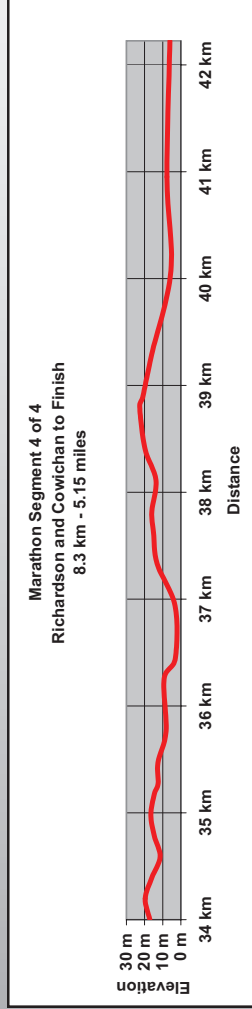
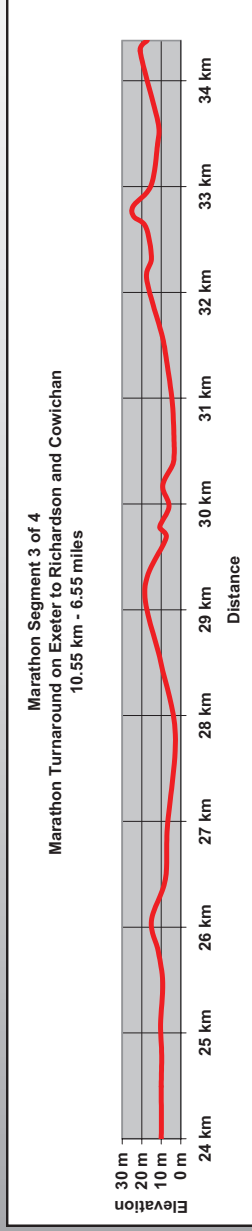
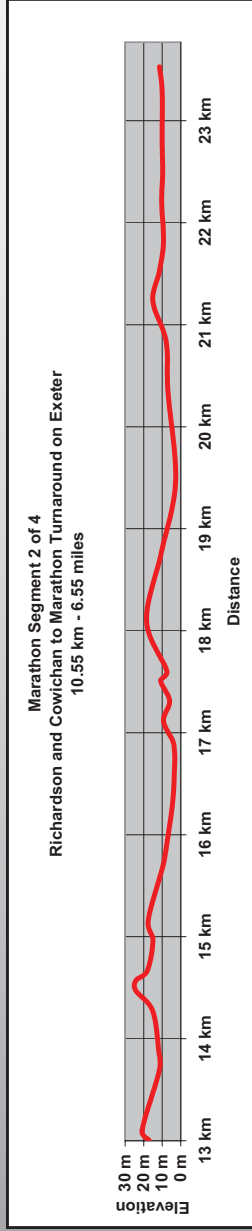
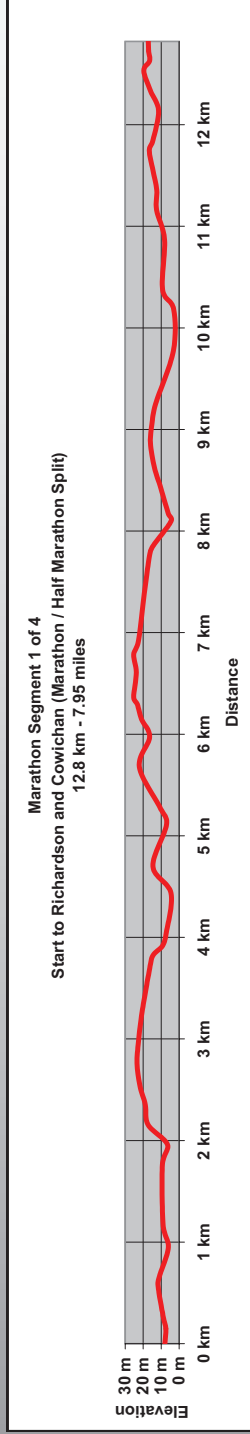
Noel leads a 50+ strong marathon committee many of whom have volunteered for over 30 years. That with the 1,600 volunteers over race weekend make the marathon one of the largest participatory events in Victoria. The marathon is a Canadian Thanksgiving tradition and with 40 years of history is looking forward to many more decades ahead.

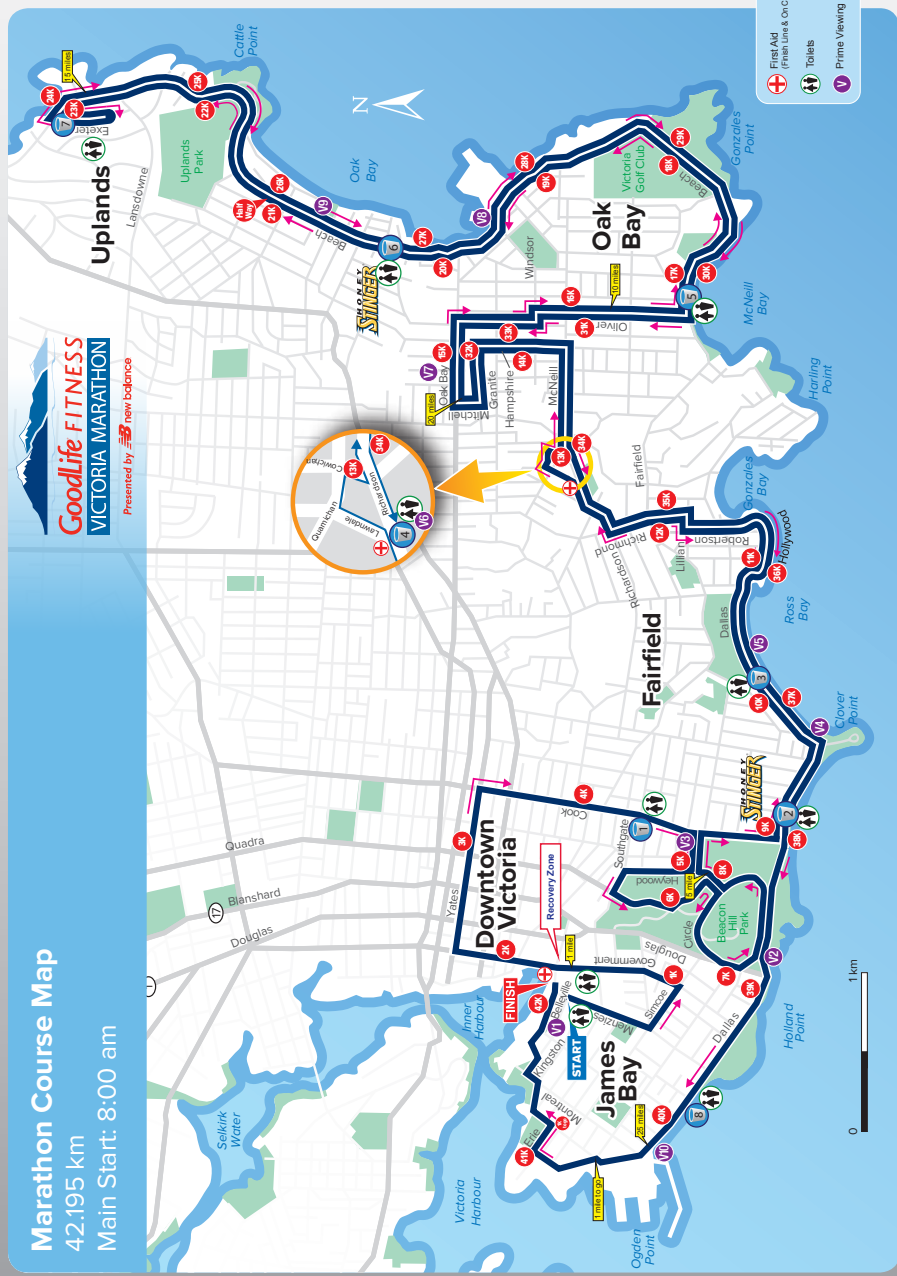
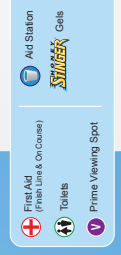
GoodLife Fitness Victoria Marathon Course Elevation Profile



Presented by new balance

Summary
 Starting Elevation 7 m 24 feet
 Minimum Elevation 3 m 9 feet
 Maximum Elevation 25 m 83 feet
 Finish Elevation 6 m 20 feet





Marathon Course Map
42.195 km
Main Start: 8:00 am

GoodLife FITNESS
VICTORIA MARATHON
Presented by **newbalance**



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Port Angeles, WA
FEBRUARY 2, 2019 **VIRTUAL ONLY**

Railroad Bridge Park
Sequim, WA
APRIL 27, 2019 **VIRTUAL ONLY**

North Olympic Discovery Marathon
Sequim to Port Angeles, WA
JUNE 2, 2019 **VIRTUAL ONLY**

Larry Scott Trail
Port Townsend, WA
OCTOBER 19, 2019

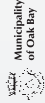
Jamestown S'Klallam Tribe
Blyn, WA
DECEMBER 7, 2019

Half Marathon Course Map

21.0975 km

Start Time: 8:00 am

GoodLife FITNESS
VICTORIA MARATHON
Presented by **new balance**



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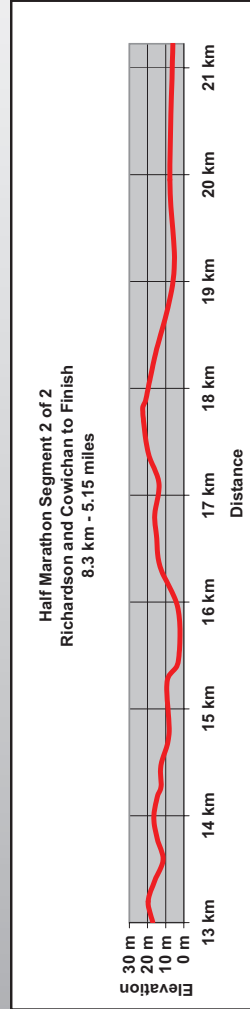
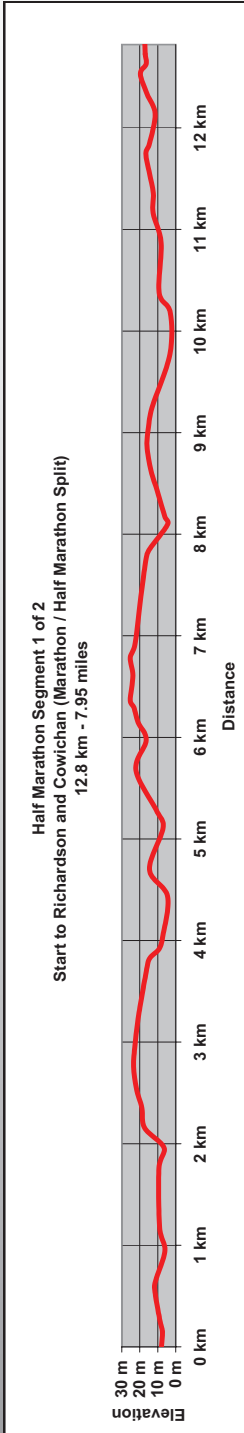


Presented by **EB** new balance

GoodLife Fitness Victoria Half Marathon Course Elevation Profile

Summary

Starting Elevation	7 m	24 feet
Minimum Elevation	3 m	9 feet
Maximum Elevation	25 m	83 feet
Finish Elevation	6 m	20 feet



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BOUNDARY BAY MARATHON

5K - 10K - HALF - RELAY - MARATHON



FAST & FLAT
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SUNDAY, NOVEMBER 3, 2019

5K . 10K . HALF MARATHON . RELAY.
FULL MARATHON - BOUNDARY BAY, DELTA, B.C

- Event shirts for participants
- A medal for every finisher & overall
- Random draw prizes & after event snacks
- Individual Timing



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VANCOUVER
SEAWALL!



SUNDAY, NOVEMBER 24, 2019

5K . 10K . HALF MARATHON - STANLEY PARK, VANCOUVER, B.C

- Event shirts for participants!
- A medal for every finisher & overall!
- Random draw prizes & after event snacks
- Individual Timing



FOR MORE DETAILS & TO SIGN UP VISIT TRYEVENTS.CA!

8K Turkey Trot Road Race Course Map

Start Time: 8:50 am



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40 YEARS OF THE MARATHON

* the course is out & back TWICE.

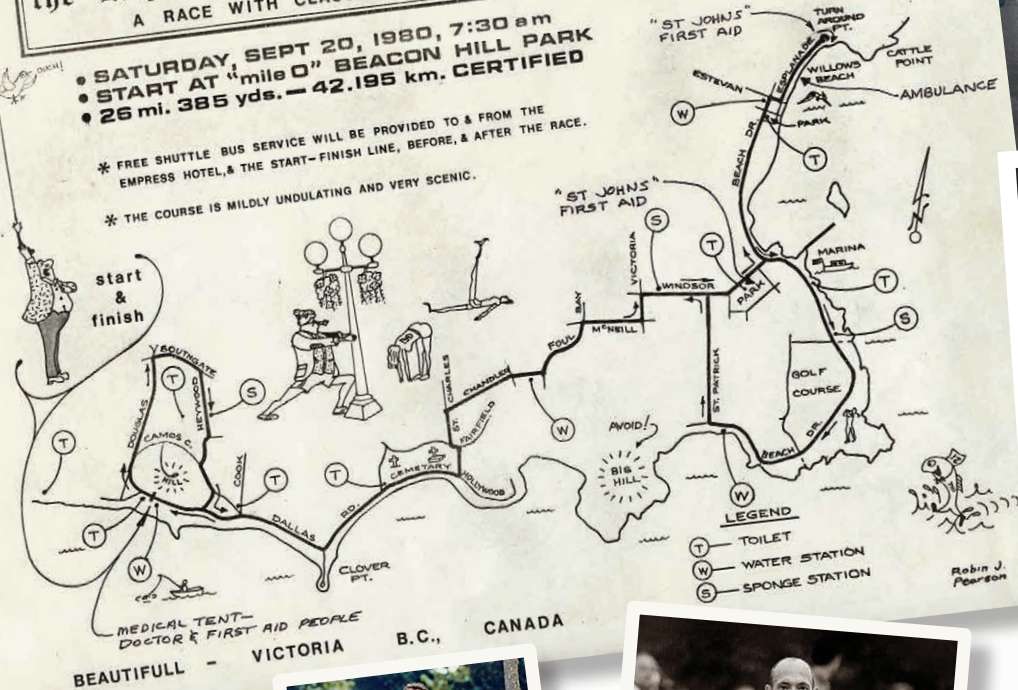
the Royal Victoria Marathon A RACE WITH CLASS



The 1980 Course Map by Robin J. Pearson

- SATURDAY, SEPT 20, 1980, 7:30 am
- START AT "mile 0" BEACON HILL PARK
- 26 mi. 385 yds. — 42.195 km. CERTIFIED

- * FREE SHUTTLE BUS SERVICE WILL BE PROVIDED TO & FROM THE EMPRESS HOTEL, & THE START-FINISH LINE, BEFORE, & AFTER THE RACE.
- * THE COURSE IS MILDLY UNDLATING AND VERY SCENIC.



Start of the 1981 Marathon



8K course record holder, Ulla Marquette. 1991



Ken Bonner finishing in 1990



The 1983 Finish Line



Lucy Njeri, Marathon Course Record Holder. 2011. Photo: Simon Desrochers



Peter Conway, second place finisher in 1984



Jon Brown, Half Marathon Course Record Holder. 2002. Photo: Tony Austin



Cindy Rhodes, six-time Marathon Winner



Lamech Mokono, Marathon Course Record Holder. 2013. Photo: Simon Desrochers



Phil Nichols winning in 1989

RACE DAY INFORMATION

Weekend Weather

The average high temperature on race day is 14°C, or 57°F. Typically it will be between 6°C and 10°C when the races start. Rain is a possibility so be prepared in the event of showers.

Transfers, Upgrades and Downgrades

Entries are not transferable after September 15. By this date race bibs have been ordered, and if anyone running in your place with a different gender or a different age group can lead to errors in the results. Also, in the event of an accident or medical condition, wrong information may have serious consequences. If you are unable to run, you can still pick up your race shirt (if you registered prior to posted deadlines), at package pickup at the Race Expo.

Upgrades and downgrades are permitted at Race Package Pick-up if the caps have not been reached. For upgrades you have to pay the difference in the entry fee; for downgrades there are no refunds for the difference in price.

Out-Of-Town Package Pick-up

Limited package pick-up (race number with bib tag) is available only to pre-registered, out-of-town entrants on race day at the Information Tent on Government Street in front of the Carillon from 6:00 a.m. - 8:30 a.m. Pick-up is not available to local residents on race day.

Start Times

- 6:30 a.m.** Marathon Early Start (Time Limit: 5.30-7 hours), Menzies at Quebec
- 7:55 a.m.** Marathon & Half Marathon Wheelchair and Visually Impaired Start, Menzies at Quebec
- 8:00 a.m.** Marathon Main Start (Time Limit: 5.30 hours) and Half Marathon Start, Menzies at Quebec
- 8:45 a.m.** 8K Turkey Trot Road Race Wheelchair/Visually Impaired Start, Government near Superior
- 8:50 a.m.** 8K Turkey Trot Road Race Start, Government near Superior
- 10:30 a.m.** Thrifty Foods Kids Run Start, Government near Superior

Parking

Participants should park in the downtown area prior to 7:00 a.m. and walk the short distance to the start. There will be limited access to the downtown core as races start from 7:55 to 8:50 a.m. Parking is free in City parkades on Sundays, but on-street parking is not – metered parking is in effect and has a four-hour time limit.

Race Routes

It is the responsibility of each runner to know the route. Study the course maps - we have made a few changes to the course this year. Do not cross the centre line, stay on the proper side of the road as directed by signs and marshals. Race officials will monitor the course and will warn or disqualify violators.

Marathon – Early Start

Participants that are not able to finish the marathon in 5:30 hours or less will start at 6:30 a.m. Faster marathon participants and half marathoners are not permitted to start at 6:30 a.m. Up until 8:00 a.m. participants must be on the sidewalk, obey local traffic laws and be self-sufficient as volunteer support will be limited. Only marathoners are allowed to start at 6:30 a.m. - you must have the correct colour race number to start early.

Runners with a pace faster than 7:28/km (12:01/mile), finishing the marathon faster than 5 hr 15 min, or crossing the finish line before 11:45 a.m. will be disqualified and their names will be removed from the official results. This is a safety issue - the far reaches of the course have no marshals until after 8:00 a.m.

Baby Joggers and Nordic Poles

Baby joggers and Nordic Poles used for speed, fitness and endurance are not permitted in the Marathon, Half Marathon and 8K Turkey Trot for insurance and safety reasons. Nordic Poles will be permitted for

Start/Finish Map



Presented by new balance





Photo: Matt Cecill

use by 'Mobility Impaired' participants. These participants must be wearing a 'Mobility Impaired' bib - anyone seen using Nordic Poles and not wearing this bib will be subject to disqualification. If an accident were to occur between a runner and a baby jogger or a walker with Nordic Poles, neither party would be covered by our event liability insurance.

Race Timing/Numbers/Bib Colours

The 'B' Tag timing system will be used to time the Marathon, Half Marathon and 8K Turkey Trot. The 'B' tag is a single strip RFID tag that is adhered to the backside of your race bib. Do not remove it. It must be worn on the front of your shirt. Your time is recorded as you cross the timing mats at the start and finish line. No timing device = no time. Do not crinkle your number as this will affect the timing device. Ensure you arrive at the correct start line for the race you have entered.

The colour of your race number identifies which race you are entered in. Here are the bib colours for 2019.

- Marathon Early Start – White
- Marathon - Blue
- Half Marathon - Red
- 8K Turkey Trot – Green

Gear Check

Marathon, Half Marathon and 8K Turkey Trot tents are located on the Legislature grounds in front of the fountain. It opens at 6:00 a.m. Checked items must fit into the provided bags and you must have the tear off tag from your race number for identification; volunteers will attach it to the bag for you. The tent closes at 2:00 p.m. All unclaimed bags and miscellaneous items of clothing if not clearly identified will be donated to charity.

Change Tents

Men's and women's change tents are located behind the gear check tents, on the grounds in front of the Legislature.

Pace Leaders

Marathon and Half Marathon

These services are being provided by the Super Pacers and they will help you achieve your goals.

Pace Leaders will be running the following goal times:

- Marathon: 3:15, 3:30, 3:40, 3:45, 3:55, 4:00, 4:15, 4:30 and 5:00.
- Half Marathon 1:40, 1:50, 2:00, 2:10, 2:20, and 2:30.

You will have a chance to meet the Super Pacers during the Race Expo on Friday and Saturday. Just drop by the Pace Team booth and say hi, pick up your pace bracelet and ask any questions you may have.

You do not need to sign up beforehand, on race day simply look for the sign with your desired finish

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time at the start area and join the group. The Marathon signs will be on one side of the start corral and the Half Marathon signs on the opposite side. On race morning, you will find your pace leader in the start corral on Menzies as of 7:30 a.m. for both the Marathon and Half Marathon start time of 8:00 a.m.

Also, please note that those running a similar pace as you will be lined up at the start line time banner that reads:

Marathon 3 hrs. 00 min.	6:52/mi.	4:16/km
Marathon 3 hrs. 30 min.	8:01/mi.	4:59/km
Marathon 4 hrs. 00 min.	9:09/mi.	5:41/km
Marathon 4 hrs. 30 min.	10:18/mi.	6:24/km
Half Marathon 1 hrs. 30 min.	6:52/mi.	4:16/km
Half Marathon 1 hrs. 45 min.	8:01/mi.	4:59/km
Half Marathon 2 hrs. 00 min.	9:09/mi.	5:41/km
Half Marathon 2 hrs. 15 min.	10:18/mi.	6:24/km

8K Turkey Trot Road Race

Volunteer pace leaders will be at the Pace Team booth in the Race Expo to answer any questions. They will be running these goal times:

40 min (5:00 min/km); 45 min (5:40 min/km); 50 min (6:15 min/km); 55 min (6:50 min/km); 60 min (7:30 min/km)

Look for the pace signs in the 8k start corral.

Course Markers

All the races will have a tear drop sign with all all kilometres marked, as well as signs every five miles and halfway for the Marathon. There's also a one-mile marker and one-mile-to-go marker for the Half Marathon and Marathon.

Aid Stations

Old Victoria Water, Nuun with their new Endurance Citrus Mango flavour, and porta-potties will be located along the course approximately every 3km. Fruit and Honey Stinger Gels will be available at aid station 2 (9km/38km). Gels will also be available at aid station 6 (20km/27km). Gel flavours are: Orange Mango, Kiwi Strawberry, Chocolate and Fruit Smoothie.

High performance athletes in the Marathon can have personal replenishers, e.g. fluid bottles, delivered to several aid stations along the course. These need to be clearly labelled and placed in special bins near the start line before the race. Details will be in the High Performance Information Packet.

An athlete who collects refreshment from a place other than the aid stations (i.e. from spectators) renders himself liable to disqualification.

Spectator Viewing

There are some great spots to cheer on your runner on the race route. Check out p.50 for our recommended viewpoints.



Photo: Jessica Going

Jason Leslie *A Smart Choice*



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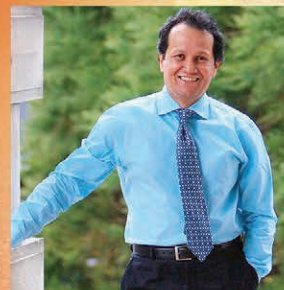


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Race Regulations

The GoodLife Fitness Victoria Marathon is a foot race. For safety and liability reasons all events are limited to registered runners only. Baby joggers, bicycles, hand cycles, skateboards, rollerblades, scooters, skates, Nordic poles, used for speed, fitness and endurance, pacing and running with dogs are strictly prohibited on the course. Nordic Poles will be permitted for use by 'Mobility Impaired' participants. These participants must be wearing a 'Mobility Impaired' bib - anyone seen using Nordic Poles and not wearing this bib will be subject to disqualification. Non-compliance with these safety rules will result in disqualification. Official Bike Squads will be on the course to help ensure compliance of the regulations.

Course Closure

Police will be allowing some traffic to travel across the race route when it is safe. All traffic, including transit facilities, will be controlled by the local police and official course marshalls. Runners must take extreme caution at all times. BICYCLES, CARS, OR OTHER VEHICLES ACCOMPANYING RUNNERS ARE STRICTLY PROHIBITED AND WILL RESULT IN THE DISQUALIFICATION OF THE RUNNER.

The police will begin opening the roads as the participants complete the different sections of the course. At 2:15 p.m. all streets will be re-opened to traffic; aid stations and the finish line will be dismantled. When the road is re-opened, participants must move to the sidewalks and obey local traffic laws.

Medical

Medical crews/teams will be on the course and in the finish line compound. Medical personnel and ambulances will also be on the course during the event. Competitors unable to finish should walk to the next aid station and seek help.

Post-Race Massage

Massage therapists will be available for a fee at the Victoria Conference Centre - \$20.00 for 15 minutes. Book your post-race massage with your registration. Note: space is not guaranteed to participants registering on race weekend. Register early. After you finish your race and collect your post-race refreshments, check in at the massage desk on Level 2 of the Victoria Conference Centre. Participants will be treated in order of arrival.



2018 Marathon Winners Emily Setlack and Daniel Kipkoech

Photos: Brynn Featherstone

GoodLife Fitness Victoria Marathon – Women

YEAR	NAME	TIME
1980	Wendy Robertson	2:58:27
1981	Linda Edgar	2:49:02
1982	Leslie Tomlinson	2:56:02
1983	Bernadette Duffy	2:52:49
1984	Christine Craigen	3:02:28
1985	Cheryl Westrum	2:56:04
1986	Toni Hafso	2:51:35
1987	Susan Butler	2:55:21
1988	Val Chowaniec	2:48:05
1989	Val Chowaniec	2:42:32
1990	Linda Stenseth	2:55:17
1991	Cindy Davy (Rhodes)	2:56:59
1992	Frances Bagley	2:52:43
1993	Cindy Davy (Rhodes)	2:48:53
1994	Cindy Rhodes	2:48:45
1995	Cindy Rhodes	2:50:08
1996	Cheri Titus	2:55:09
1997	Stephanie Andrews	2:42:43
1998	Noriko Kawaguchi	2:49:06
1999	Cindy Rhodes	2:52:49
2000	Cindy Rhodes	2:54:22
2001	Katrina Blanch	2:57:35
2002	Krystyna Pieczulis	2:47:11
2003	Joan McGrath	2:52:46
2004	Hallie Janssen	2:49:36
2005	Suzanne Evans	2:50:24
2006	Suzanne Evans	2:47:05
2007	Suzanne Evans	2:45:38
2008	Cheryl Murphy	2:43:00
2009	Cheryl Murphy	2:44:01
2010	Catrin Jones	2:52:21
2011	Lucy Njeri	2:37:56*
2012	Hallie Janssen	2:47:02
2013	Catrin Jones	2:43:03
2014	Lioudmila Kortchaguina	2:41:39
2015	Erin Burrett	2:39:17
2016	Sabrina Wilkie	2:45:54
2017	Lissa Zimmer	2:48:32
2018	Emily Setlack	2:46:20

GoodLife Fitness Victoria Marathon – Men

YEAR	NAME	TIME
1980	Tom Howard	2:21:45
1981	Tom Howard	2:18:49
1982	Brian Bjornson	2:25:46
1983	Doug Godfrey	2:25:39
1984	Tom Howard	2:21:51
1985	Ron Wichmann	2:27:38
1986	Phil Nicholls	2:28:16
1987	Ashley Dustow	2:24:18
1988	Peter Butler	2:22:04
1989	Phil Nicholls	2:29:43
1990	Phil Nicholls	2:26:24
1991	Jacques Bilinski	2:26:23
1992	Gabriel Silva	2:26:42
1993	Kevin Titus	2:19:31
1994	Kelvin Broad	2:23:02
1995	Kelvin Broad	2:25:31
1996	Kelvin Broad	2:27:19
1997	Kelvin Broad	2:28:56
1998	Kelvin Broad	2:27:56
1999	Bruce Deacon	2:26:23
2000	Colin Dignum	2:26:52
2001	Jon Brown	2:20:28
2002	Trevor Jordan	2:35:07
2003	Shingirai Badza	2:27:09
2004	Bruce Deacon	2:21:07
2005	Jim Finlayson	2:24:13
2006	Steve Osadui	2:16:49
2007	Steve Osadui	2:20:14
2008	Steve Osadui	2:25:31
2009	Hillary Cheruyiot	2:19:26
2010	Philip Samoei	2:23:24
2011	Thomas Omwenga	2:14:33
2012	Thomas Omwenga	2:20:41
2013	Lamech Mokono	2:13:42*
2014	Daniel Kipkoech	2:20:04
2015	Daniel Kipkoech	2:25:40
2016	Daniel Kipkoech	2:20:33
2017	Daniel Kipkoech	2:21:03
2018	Daniel Kipkoech	2:22:39

* Overall Marathon Course Record

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Dr. Douglas Lamb

Doctor of Podiatric Medicine

Foot Doctor

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250-480-2868

jamesbaypodiatry.com

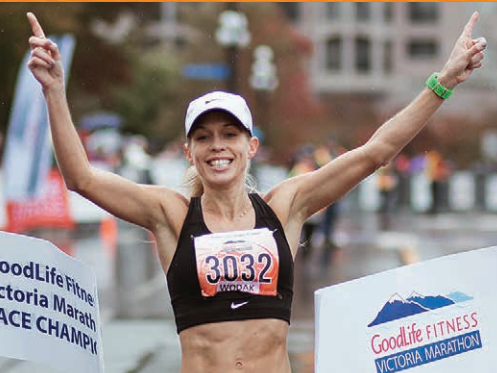


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VICTORIA HALF MARATHON CHAMPIONS

VICTORIA 8K CHAMPIONS



2018 Half Marathon Winner Natasha Wodak



2018 Half Marathon Winner Trevor Hofbauer



2018 8K Winner Sarah Inglis



2018 8K Winner Justin Kent

GoodLife Fitness Victoria Half Marathon – Women

YEAR	NAME	TIME
2001	Cindy O'Krane	1:19:09
2002	Judith Leroy	1:19:02
2003	Lucy Smith	1:16:12
2004	Meghan Day	1:18:01
2005	Cheryl Murphy	1:18:21
2006	Cheryl Murphy	1:18:01
2007	Lucy Smith	1:16:11
2008	Lindsay McLaren	1:21:38
2009	Marilyn Arsenault	1:15:39
2010	Lisa Harvey	1:18:34
2011	Natasha Wodak	1:15:27
2012	Natasha Fraser-Wodak	1:14:06
2013	Hilary Stellingwerff	1:16:11
2014	Anne-Marie Madden	1:16:35
2015	Malindi Elmore	1:15:35
2016	Jane Murage	1:17:25
2017	Sarah Inglis	1:14:20
2018	Natasha Wodak	1:11:45 *

* Overall Half Marathon Course Record

GoodLife Fitness Victoria Half Marathon – Men

YEAR	NAME	TIME
2001	Bruce Deacon	1:08:01
2002	Jon Brown	1:02:32 *
2003	Jon Brown	1:05:16
2004	Jerry Ziak	1:06:56
2005	Jon Brown	1:03:55
2006	Nik Southwell	1:08:24
2007	Bruce Deacon	1:08:02
2008	Ryan Day	1:08:50
2009	Jon Brown	1:04:57
2010	Jim Finlayson	1:07:56
2011	John Ricardi	1:07:30
2012	Rutto Kibet	1:04:27
2013	Kelly Wiebe	1:04:59
2014	Willy Kimosop	1:06:00
2015	Paul Kimogul	1:05:00
2016	Paul Kimogul	1:07:19
2017	Geoff Martinson	1:04:28
2018	Trevor Hofbauer	1:05:18

GoodLife Fitness Victoria 8K – Women

YEAR	NAME	TIME
1986	Annelise Ransier	28:42
1987	Beth Tarasuk	29:14
1988	Cynthia Reid	28:07
1989	Cynthia Reid	27:56
1990	Ulla Marquette	26:37
1991	Ulla Marquette	26:24 *
1992	Rhonda Robinson	28:22
1993	Angela Chalmers	26:55
1994	Esther Zbinden	28:19
1995	Ulla Marquette	27:12
1996	Tina Connelly	26:28
1997	Helen Ritchie	38:33 (10K)
1998	Ulla Marquette	35:18 (10K)
1999	Judith Leroy	28:09
2000	Kate O'Connor	31:01
2001	Stephanie Mills	28:14
2002	Laura Reback	29:13
2003	Bridgitte McMahon	28:56
2004	Malindi Elmore	26:49
2005	Lauren Groves	30:28
2006	Kirsty Smith	27:34
2007	Marilyn Arsenault	28:15
2008	Rachel Ruus	28:39
2009	Rachel Ruus	28:32
2010	Kirsten Sweetland	27:39
2011	Hilary Stellingwerff	28:01
2012	Rachel Cliff	27:43
2013	Rachel Cliff	27:50
2014	Lindsay Carson	27:15
2015	Lindsay Carson	27:32
2016	Lindsay Carson	27:35
2017	Lindsay Carson	27:26
2018	Sarah Inglis	27:31

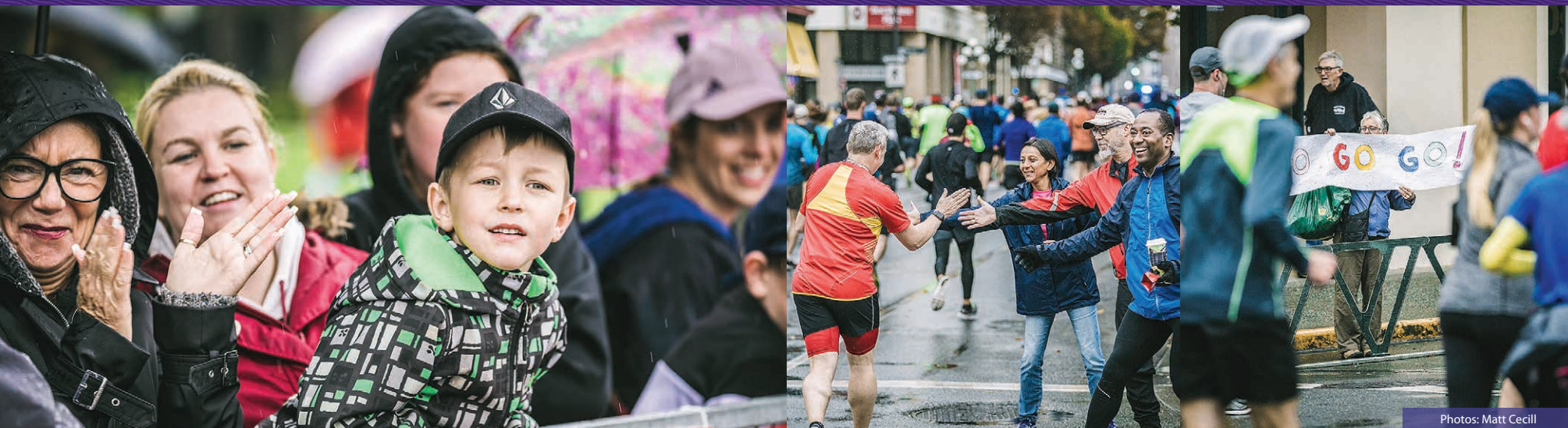
* Overall 8K Course Record

GoodLife Fitness Victoria 8K – Men

YEAR	NAME	TIME
1986	Gary Barber	24:20
1987	Dave Coey	24:33
1988	Gary Barber	24:02
1989	Gary Barber	23:23 *
1990	Dave Campbell	23:40
1991	Jody Ooms	24:22
1992	Bruce Deacon	23:47
1993	Gary Barber	24:14
1994	Keith Butler	24:25
1995	Keith Butler	24:29
1996	Bruce Deacon	23:33
1997	Phil Ellis	30:38 (10K)
1998	Bruce Deacon	31:01 (10K)
1999	James Davison	24:59
2000	James Morrison	25:36
2001	Steve Osadui	24:40
2002	Simon Whitfield	24:24
2003	Graham Cocksedge	26:47
2004	Steve Osadui	25:19
2005	Paul Hamblyn	24:22
2006	Dave Jackson	24:43
2007	Simon Whitfield	24:24
2008	Ryan McKenzie	23:56
2009	Matt Clout	24:52
2010	Peter Corrigan	24:30
2011	Kyle Jones	24:12
2012	Chris Winter	24:13
2013	Olivier Collin	24:40
2014	Geoff Martinson	23:38
2015	Nick Walker	26:16
2016	Trevor Hofbauer	24:36
2017	Justin Kent	24:04
2018	Justin Kent	23:46



Photos: Matt Cecil



Photos: Matt Cecill

There are some great spectator viewing spots on route to cheer on your friends. But with road closures and transit disruptions it can be frustrating to get around Victoria on Race Day. A lot of these spots will be congested so allow yourself time to get to your desired location. The viewing spots are on the maps on pages **30, 32 and 36**.

V1, 2, 3, 4, 5 and 10 can be combined in any fashion you like with some quick walking (or running!) – or rent a bike from one of the local shops. If you're adventurous you can bike out to V6, 7 and 8 as well. You can also use BC Transit to reach these locations – check out routes 1, 2 and 7, but beware of delays and route changes. Cars are not recommended, unless you plan on driving to a spot and staying there for a while. Do obey all parking signs, be courteous to road marshals (they are volunteers) and beware of residential parking areas. You may think you have 50 minutes to get from Oak Bay Village to the finish line, but parking and traffic can turn the short journey into a nightmare. So park well outside of the race route and walk in, or get a taxi to drop you off.

V1. Start / Finish Area (all races)

Watch the start Marathon and Half Marathon at 8:00 a.m. and then see the runners as they pass the Fairmont Empress Hotel at 1.8 km where you have a better chance of catching a glimpse of your runner. The 8K starts at 8:50 a.m. and you'll have time to get to the finish line for the first finishers in the Half Marathon at about 9:05 a.m. The leaders of the 8K will start coming in at 9:15 a.m. Depending on when your own runner comes in you'll have a short time to soak in the atmosphere and explore the inner harbour - or to look after your runner if they've run the 8K or the Half Marathon – before the Marathon champion finishes at approximately 10:15 a.m. Triumphant (and weary) runners will continue to come in for several hours and will appreciate all of your support in the finishing straight.

V2. Terry Fox Statue (8K, Half, Marathon)

Alternatively, head to Douglas and Dallas and the Terry Fox statue. The first runners in the Marathon and Half Marathon will reach Mile '0' just after 8:20 a.m. and the leading Half Marathon runners will head back through this spot at around 8:55 a.m., where they will be joined by the 8K runners as the courses merge at Cook and Dallas. If you stay at Mile '0' you can watch the Marathon runners at their 39 km point (10:00 a.m. for the leaders). Refresh yourself at the Beacon Hill drive-in on Douglas or take a walk along the beautiful Dallas Road waterfront with views of the Olympic Mountains.

V3. Cook Street Village (8K, Half, Marathon)

Position yourself in Cook Street Village and you have a wealth of coffee shops and eateries to sustain you as you watch the runners go by. The first Marathon and Half Marathon runners reach the Village at about 8:10 a.m. Stand at the bottom of Park Blvd on Cook St and you can watch them go past twice at the 4.5 km and 8 km markers. You can stay here and watch the 8K runners go through from 9:10 a.m. onwards. Alternatively, walk up Cook to Dallas Road and watch the Half Marathon

runners go through the 17 km mark. The leaders will go past at about 8:50 a.m. and a runner on a 5 min/km pace will hit this mark at about 9:25 a.m. The leaders of the 8K will come charging up Cook at around 9:00 a.m. as well. Watch the Half-Marathon runners pass by or relax and enjoy the Village and Beacon Hill Park, before the Marathon runners return from 9:35 a.m. onwards at the 38 km marker on Dallas Road. This spot is accessible by car – but park to the east of Cook Street and beware of resident parking zones.

V4, 5. Clover Point/Ross Bay Cemetery (Half, Marathon)

Cheer on the Half Marathon and Marathon runners at the 16 km/37 km mark as they tackle their last hill. There's an aid station at the start of the hill by the cemetery. Walk through the cemetery to Fairfield Plaza for shops and refreshments.

V6. Richardson/Pemberton Park (Half, Marathon)

This is one of the busiest aid stations on the course and a very accessible point by car. The Half Marathon turns around and heads for home here (13 km), while the Marathon runners go through twice at 13 km and 34 km.

V7, 8. Oak Bay Village & Marina (Marathon)

Oak Bay Village and Marina allows you to see the Marathon runners four times (15 km, 19.5 km, 27 km, and 32 km) with relative ease. If you're travelling by car, park in the side streets to the NE of Oak Bay and walk to Oak Bay Ave. The first Marathon runners will appear at about 8:45 a.m. After watching your runner pass along Oak Bay Ave and down Monterey, head east on Oak Bay Ave. Don't head down the hill on Newport, but continue straight down Oak Bay Ave and the pedestrian pathway to Beach Drive. Here you can catch the runners again. After the runners have passed you going out to the Marathon turnaround and back again (leaders at about 9:00 a.m. – 9:20 a.m.), retrace your steps to Oak Bay Ave as the leaders pass the 32 km mark just after 9:30 a.m. Oak Bay Village has a multitude of shops and cafes to feed and entertain you as well.

V9. Willows Beach (Marathon)

Another easily accessible spot – the Marathon passes through twice at 20.5 km and 26 km. Shops and coffee is available just around the corner in Estevan Village on Estevan Ave.

V10. Ogdan Point (8K, Half, Marathon)

Just down the hill from the Terry Fox statue, watch the 8K, Half and Marathon runners as they start their last mile. There are refreshments at the Ogdan Point Café. Walk or bike to this spectator spot and enjoy a stroll and spectacular views along the Breakwater when it gets quieter.

2019 PRIZE MONEY

Prizes are awarded for the top male and female, Open and Masters, Marathon and Half Marathon athletes, as well as an incentive for breaking the Marathon course record. There are prizes for the top three male and female in the 8K Turkey Trot. The following prize money is available with identical awards for men and women:

Marathon		Half Marathon	
1 st Place Open	\$3,000	1 st Place Open	\$1,200
2 nd Place Open	\$2,000	2 nd Place Open	\$600
3 rd Place Open	\$1,000	3 rd Place Open	\$300
Top Canadian Citizen*	\$1,000	Top Canadian Citizen*	\$500
1 st Place Master (40+)	\$500	1 st Place Master (40+)	\$250
2 nd Place Master (40+)	\$250	2 nd Place Master (40+)	\$150
3 rd Place Master (40+)	\$150	3 rd Place Master (40+)	\$100
Course Record Bonus	\$4,000	Course Record Bonus	\$1,000
Masters Course Record Bonus	\$500	Masters Course Record Bonus	\$250
Total Purse Available	\$24,800	Total Purse Available	\$7,700

Total Purse for both races (with Incentive Bonus) \$32,800

Open and master prize money for men and women is available to all runners of any nationality.

A bonus may be awarded to any Canadian* citizen, Male or Female, for breaking the Marathon Course Record. Only one bonus will be paid to the race winner. The men's course record is 2:13:42 and the women's course record is 2:37:56. The men's half marathon course record is 1:02:32 and the women's course record is 1:11:45. Prize money awards will be based on gun time result.

2019 Marathon Time Incentive Bonuses For All Athletes

Women Bonus		Men Bonus	
2:35:00 or better	\$4,000	2:11:00 or better	\$4,000
2:36:00 or better	\$3,000	2:12:00 or better	\$3,000
2:37:00 or better	\$2,000	2:13:00 or better	\$2,000

8K Turkey Trot Road Race

1st Place Open \$500 2nd Place Open \$350 3rd Place Open \$150

*Canadian is defined as Canadian Citizens, Permanent Residents and Refugees with official status who have been domiciled in Canada for at least one year (proof may be required).

For more criteria and information on prize money go to: www.runvictoriamarathon.com



万达 WANDA AGE GROUP QUALIFIER

The GoodLife Fitness Victoria Marathon has joined a select list of worldwide races as an Abbott World Marathon Majors Wanda Age Group Qualifying Event. This provides the fastest runners aged 40 and above the opportunity to qualify for the Abbott WMM Wanda Age Group World Championships held every spring.

For more information go to www.runvictoriamarathon.com/athlete-info

GREAT CHARITIES TO RUN FOR

The GoodLife Fitness Victoria Marathon is proud to be a continuing supporter of charities. We have two levels in our charity program. Our Official Charities and the CHEK Charity Pledge Program.

Our three Official Charities are KidSport Greater Victoria, GoodLife Kids Foundation and the Pacific Autism Family Network. Participants may choose to donate to these charities when they register. Tax receipts will be issued after October 13.

Official Charities

KidSport Greater Victoria is a not for profit charitable organization that raises funds to pay for sport registration fees for children from families in financial need. Sport and physical activities provide opportunities for kids to learn teamwork, fair play, dedication and commitment. Kids learn how to set goals and work to achieve them, all while having fun as they acquire important lifelong social and fundamental movement skills. To date, KidSport has helped more than 12,200 Victoria and area kids get on the playing field and funded \$2.8 Million in season-of-sport registration fees. www.kidsportvictoria.ca.

GoodLife Kids Foundation fosters supportive environments to help kids with intellectual disabilities and autism thrive through physical activity and fitness. By breaking down barriers more kids with special needs will have the chance to build belonging, confidence, and healthy active lives. To date over 250,000 Canadian kids have been impacted through physical activity and fitness opportunities. GoodLife Fitness covers 100% of the administrative and operational expenses so that every dollar raised will make the biggest impact on Canadian kids. www.goodlifekids.com.

Pacific Autism Family Network (PAFN) is a charitable organization with a mandate to serve the needs of all individuals and families in British Columbia affected by Autism Spectrum Disorder across their lifespan. Their goal is to ensure that all British Columbians have access to essential state-of-the-art resources for assessment, treatment, education-support and research, by providing a "one-stop-shop" for families looking for help in their navigation of information and services. www.pacificautismfamily.com.

2019 CHEK Charity Pledge Program

2019 will be the 15th year of the Charity Pledge Program (CPP). Over \$1.850 million has been raised since CPP started in 2005. Participants have 21 charities to choose from to run or walk for, join a team, volunteer or make a single donation to before or after you register. Every dollar makes a difference to the clients and the communities of each of the charities. For more information or to donate go to: www.runvictoriamarathon.com/fundraising
Contact: charity@runvictoriamarathon.com

Autism Speaks Canada
www.autismspeaks.ca

BC Cancer Foundation
www.bccancerfoundation.com

Bridges for Women Society
www.bfws.ca

Broadmead Care Society
www.broadmeadcare.com

Cerebral Palsy Association of BC
<http://bccerebralpalsy.com>

CNIB
www.cnib.ca

Esquimalt Military Family Resource Centre
<http://esquimaltmfrc.com>

Greater Victoria Lifetime Networks
www.lifetimenetworks.org

GoodLife Kids Foundation
www.goodlifekids.com

HeroWork Program Society
www.herowork.com

Island Prostate Centre
www.islandprostatecentre.com

The Kidney Foundation of Canada, BC & Yukon Branch
www.kidney.ca

KidSport Greater Victoria
www.kidsportvictoria.ca

Move Adapted Fitness and Rehabilitation Society of BC
www.moveadaptedfitness.ca

NEED2
www.need2.ca

Pacific Autism Family Network
www.pacificautismfamily.com

Royal LePage Shelter Foundation
www.royallepage.ca/shelter

Special Olympics BC
www.specialolympics.bc.ca

Threshold Housing Society
www.thresholdhousing.ca

United Way Greater Victoria
www.uwgv.ca

Victoria Hospitals Foundation
www.victoriahf.ca



Photo: Brynn Featherstone

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 Vice President: **Susan Norrington**
 Past President: **Patti Hunter**
 Treasurer: **Lyn Barber**
 Secretary: **Susan Mckelvie**
 Director: **Gary Duncan**
 Director: **Rob Reid**
 GM/Race Director: **Cathy Noel**

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Announcing: **Rod McCrimmon**
 Awards: **Susan Mckelvie, Marilyn McCrimmon**
 Carbo Gala Dinner: **Allison Boyd**
 Charity Pledge Program: **Mandy Parker**
 Conference Centre Manager: **Lynn Ross**
 Course Certification: **Gary Duncan**
 Course Garbage Sweep: **Doug Noel**
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 Legislative Grounds: **Jim Bradbury**
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Massage: **Trish Schiedel**
 Media/Race Expo: **Louise Hodgson-Jones**
 Medical: **Paddy McCluskey, Vanessa Young**
 Pace Leaders – Marathon/Half Marathon:
Bart Sutherland
 Pace Leaders – 8K: **Illoana Smith**
 Police – City of Victoria: **Sgt. Clif Watson**
 Police – Oak Bay: **Cst. Rob Smith**
 Race Package Pick-up: **Janice McDonald**
 Radio Operations: **Alan Mallett, Trevor Peirce**
 Recovery Zone: **Chantal Davis**
 Shirts: **Clarence Hudson, Sheila Morley**
 Speaker Series: **Jonathan Foweraker**
 Start Line – Marathon/Half Marathon: **Garth Reid, Vasuhi Collins**
 Start Line – 8K: **Lyn Barber**
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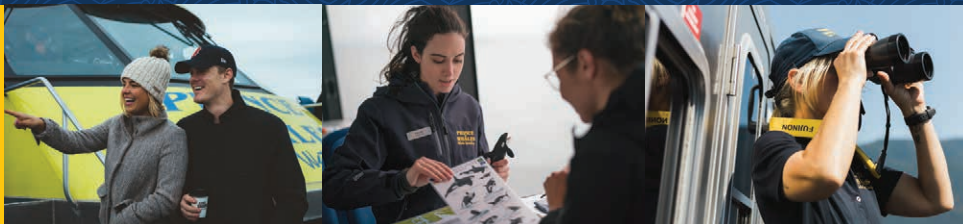
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