



Sunday, November 9th  
12 noon

### A step above any other race you've experienced.

This 8km course travels along roads and trails with stunning ocean views and old growth forest. Return to the renowned Tigh-Na-Mara Resort for a reception and celebration. A vibrant cocktail party will set the stage to congratulate the winners and award all those that brave the elements. Enhance your experience with spa services, tapas and an overnight stay.

### Online Registration

#### Race Fee

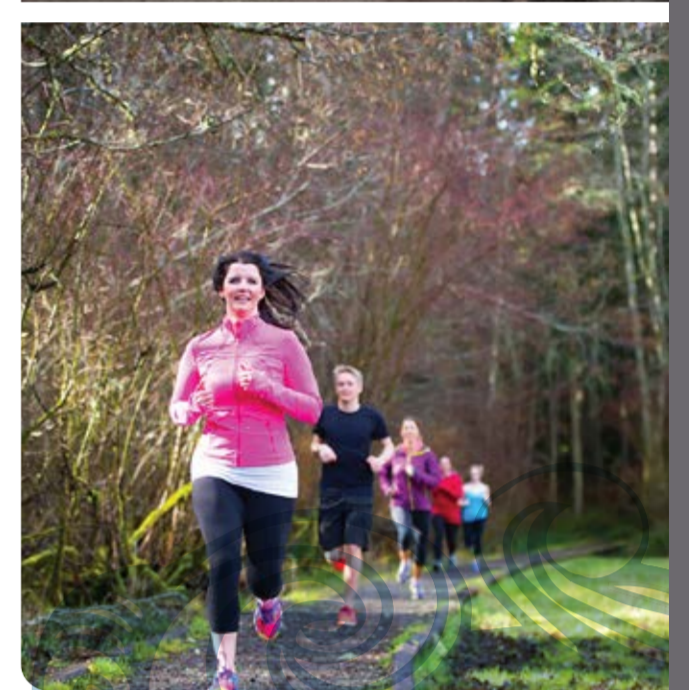
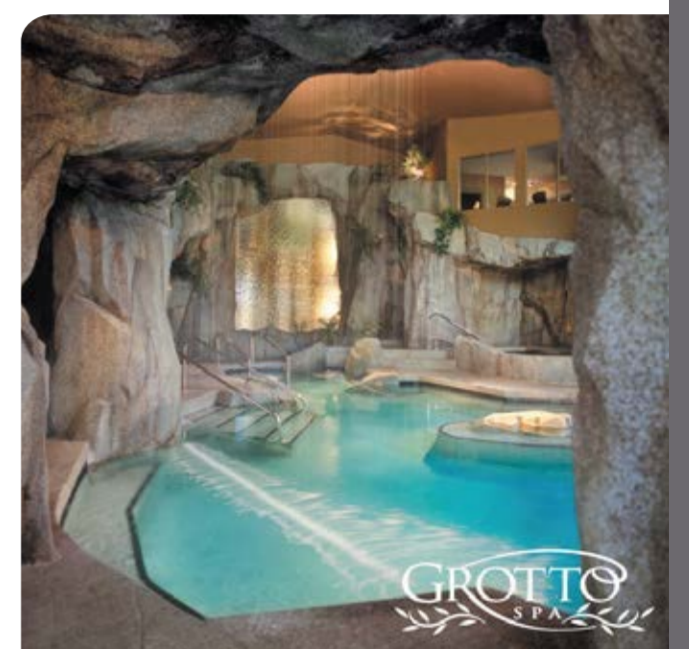
Earlybird Registration: to June 30th | \$99

Registration: July 1st to September 30th | \$119

Late Registration: October 1st to race day | \$129

#### Included in Race fee

- 8km West Coast trail and road route
- A quality running touque (cannot be guaranteed after October 1st, 2014)
- Post-race cocktail (one cocktail per person). Cash bar will be available
- Post-race cocktail party including a delectable spread of appetizers
- \$25 Gift Certificate towards a 60, 75 or 90 minute Grotto Spa treatment of your choice\*
- Complimentary access to the Grotto Spa Mineral Pool\*\*
- Discounted room rates starting at \$109 per night at Tigh-Na-Mara Resort
- Prizes for 1st place male and female in each age category
- Water bottle
- Giveaways galore including a Gabriola vacation package, clothing, spa products and so much more!



#### Course Features

The Live it Up 8km race is a loop that winds through incredibly scenic Rath Trevor Park. Walkers are welcome as long as completion time is less than 1.5 hours. Baby joggers are not permitted in the Race for insurance and safety reasons.

#### The course includes

- All kilometres marked along the route.
- Pit Toilets along route.
- Medical services on the route and at the finish line.

The 8km race starts at Tigh-Na-Mara Resort. The start and finish line will be located in front of the Conference Building on the resort. The racers will exit right onto Resort Way. At Rath Road the runners will turn right and enter into Rath Trevor Park. We will be on the main road until the group campsites. At that point we will enter into the trail system winding through the park and campground to return to the main road. The race will go back the way it came along Rath Road and Resort Way, finishing back at Tigh-Na-Mara Resort.

#### Aid Stations

- There will be one water station and electrolyte beverage station as well as a First Aid station along the course at approximately the 4km mark.



#### Package Pick up

Race Kits will be available for pick up at the following locations and times:

Saturday, November 8th  
2pm-6pm  
@ the Running Room

Sunday, November 9th  
9am to 11:30am  
@ Tigh-Na-Mara Resort

#### Schedule of Events

9:00am to 11:30am

Package Pickup

11:45am

Race Warm-up at Starting Line

12:00pm

Race Start

1pm to 3pm

Cocktail Reception

2pm

Awards Ceremony

#### Links

[Tigh-Na-Mara Resort](#)

[Grotto Spa](#)

[BC Ferries](#)

[Other Accomodations](#)

[Contact Race Director](#)

#### Follow us



All photographs by Rachel Kirk Photography

\* \$25 Promotional Gift Certificates are accepted Sunday through Friday towards a 60, 75 or 90 minute Spa Treatment, valid November 9th, 2014 to February 27, 2015. One Gift Certificate per treatment accepted. Cannot be redeemed towards spa packages. Expiry date will not be extended. Excludes RMT Massage. Spa Treatments are available on a first come first serve basis. Please click [here](#) to book your Spa Treatment

\*\* Grotto Spa Mineral Pool Use must be booked in advance and is available on a first come first serve basis. Access Valid October 1st, 2014 to March 31st, 2015. Please click [here](#) to reserve.

#### Brought to you by



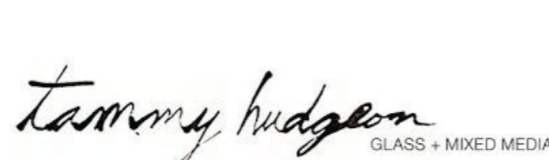
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