

Participants go fast, have fun at Perseverance run

Mother Nature was kind to the 214 racers who tackled the Perseverance Trail Run on Sunday, Oct. 31. The sun was shining in a blue sky and the trails held freshly filled puddles from recent rains, making the perfect conditions for a fall trail race.

Organizers say the race was a huge success, with all proceeds (\$1,400 and still counting) going directly to the Cumberland Community Forest Society to assist them in purchasing and protecting additional forest lands in the Cumberland area.

The competition on the 10K course was fierce with 154 racers and many competitive runners toeing the start line. Racers came from all over Vancouver Island for this year's event and there were some great battles on the challenging 10.7K mountain run.

Top overall results in the 10K:

Males - 50:44 Miguel Laroche, 54:34 James Rolfe, 54:42 James Powsey.

Females - 1:03:36 Kathy Rung, 1:04:11 Mary Bridges, 1:07:05 Genevieve Burdett.

Sixty racers, young and old, tackled the 3K cross-country run through the Cumberland Community For-



THIS PARTICIPANT WAS aptly dressed as the Perseverance Trail Run raised money for the Cumberland Community Forest Society.

est. This year's race included more hill climbing than previous years but that didn't slow down the racers.

Top overall results for the 3K:

Males - 14:05 Berend Henckel, 14:30 Austin Long, 15:40 Tim McGrady.

Females - 15:07 Emily Keyes, 16:52 Sequoia Bridges, 17:00

Patricia Johnson.

Extreme Runners and Equilibrium Lifestyle Management (ELM) co-organized the fundraising event but it could not have happened without the fantastic support from Comox Valley volunteers and sponsors, an event spokesperson said.

"A huge thank you

goes out to over 50 wonderful and enthusiastic volunteers who donated their time and energy before and during this year's race. Special thanks to Terry Lewis and John Wall for setting up and managing the race courses, to Arran Kerrigan for coordinating race registration and to David Kassekoff for travelling

up island to take care of timing and results. A huge thank you also to the Comox Valley Search and Rescue and St. John Ambulance teams who spent the day watching over each and every racer."

This year's race, held on Halloween, brought out great costumes from a herd of cows to Batman and a "running tree." Dozens of fantastic draw prizes were awarded, including fresh-baked apple pies for the best costumes.

With close to 40 draw prizes from local business and hundreds of free giveaways from Brooks, many racers left with big smiles.

"A very big thank you to this year's prize sponsors: Valhalla Pure, Riding Fool Hostel, Darkside Chocolates, Zen Zero, Seeds Market, Island Pilates, Comox Valley Acupuncture, Ascent Physiotherapy, Active Comox Valley, HiTech, Norwex, Jim Smiley of ReMax, Extreme Runners and ELM," the spokesperson said.

FINISH LINES A complete list of results and photos are posted at www.perseverance-trailrun.com ... a few race T-shirts are available at a discounted rate of \$10 for the next few days at Extreme Runners on 5th Street in Courtenay, with all proceeds going to the CCFS ... the following community sponsors

generously supported the race: Thrifty Foods, Tim Hortons, Mudsharks Coffee, Fiesta-Quest, ABC Printing, Hi Tech, nrichmedia, Odium Brown, Robhannah and the *Comox Valley Record* plus landowners including the Village of Cumberland & Recreation, CCFS, Timberwest and Hancock.