

Saturday January 5, 2019

Springwood School

8 am start

Coffee to follow at Save On Foods

15 and 10km Routes optional 18kn,13km and 6.5km

10 km Route,

<https://www.runningahead.com/maps/6ae32bf0aba3470296c664b445ff3489?unit=km>

Start at Springwood School parking lot. head left on Despard to end, cross the bridge head up the hill, stay left along railway track, follow gravel rd to the end of the school field, follow path down the perimeter of field back out at Despard. turn right, Cross the Hwy at the lights, turn right run up the Alberni Hwy to railway station. follow the path around the Pottery shop up towards Wildgreen Way, turn left follow Wildgreen Way to Butler, turn left on Hamilton, right on Corfield, cross Island Hwy at lights. run down into the park. follow boardwalk to the Gazebo at the bottom of Macmillan. Cross Hwy, run up to Hirst, turn right, follow Hirst to Pym St, turn left on Pym, left again on Ironwood, left on Foxtail, Right on paved path, stay on the path to Despard. turn left on Despard back to the school.

To shorten to 6.5km, turn left at the corner of Depard and Corfield, head straight back to Springwood School on Despard.

To increase distance to 13km, continue up Hirst past Ironwood, continue onto Renz Rd turn Right on Humphreys, Right on Pym, run up Pym to Hirst, connect with Paved path back to Springwood School.

15 km Route

<https://www.runningahead.com/maps/0689730fa70b4efebd822d4beed42d95?unit=km>

Start at Springwood School parking lot. head left on Despard to end, cross the bridge head up the hill, stay left along railway track, follow gravel rd to the end of the school field, follow path down the perimeter of field back out at Despard. turn right, Cross the Hwy at the lights, turn right run up the Alberni Hwy to railway station. follow the path

around the Pottery shop up towards Wildgreen Way, turn left follow Wildgreen Way to Butler, turn left on Hamilton, right on Corfield, right on Stanford, cross left on Shelly Rd, Cross Hwy, Turn Right on Pioneer Crescent, left on Turner Rd, left on Shelly, right on Pioneer Cresc. Follow Pioneer to the end near Corfield, turn right down Cofield, left in to the park, follow rd out to the end around loop at end, head back along paved path and Boardwalk to Macmillan, Cross Hwy, run up to Hirst, turn right, follow Hirst past Pym to Lodgepole, left on Lodgepole, take first path exit on Right, stay on the path to Despard. turn left on Despard back to the school.

To increase distance to 18km, continue up Hirst past Lodgepole, continue onto Renz Rd turn Right on Humphreys, Right on Pym, run up Pym to Hirst, connect with Paved path back to Springwood School.