

Saturday January 12, 2019 Serious Coffee

See notes for Estuary Park Route

Serious coffee is a great start for all groups, roads, trails, happy running...
See training pace chart at the bottom, Saturdays are easy long runs.
Look for a recent race time, follow across for your training and racing paces.

Comox ½ Marathon training 9 weeks to go.....

due to wet weather, skip the estuary, add on at the boardwalk in the community park. **Turn Right Continue out to the end and back to add on, look at the map.

Note to shorten this route to 20.5 skip the Englishman river estuary section, see the map for ideas. Also you can run the Rath Trevor, Plummer Rd section first if you wish to join the 16.94km group.

22K Route:

<https://www.runningahead.com/maps/ef030b1635984b05b61b9b2a4d2f0b48?unit=km>

Directions: From the Serious Coffee parking lot, take dirt trail to Craig Bay parking lot at end of Franklin's Gull Rd. Run down dirt trail toward ocean along perimeter of Craig Bay Estates. At bottom of hill, turn Rt to follow the dirt trail parallel to ocean front. Join Bay Dr, turn Rt on Terrien Rd, run up to NW Bay Rd, turn Rt, run back on trail that borders Craig Bay Estates to Franklin's Gull. Turn Lt to cross Island Hwy on Franklin's Gull. Follow Franklin's Gull past Albertson's Hardware store then turn Lt at Herring Gull Way. Follow Herring Gull to Industrial Way. Turn Lt to run on Industrial up to hwy. Turn Lt to run on shoulder of hwy, cross orange bridge then cross hwy at Martindale Rd. Follow Martindale toward the ocean, curve Lt onto Turner Rd, Skip due to wet weather **(then turn Rt to run down Shelly to the Englishman Estuary Park. Continue on the dirt road and trail along the perimeter of the park, crossing a foot bridge and emerging onto Mills St.)** Run up to Pioneer Cres, turn Rt, run on Pioneer to Corfield, continue down Corfield into Parksville Beach Park, enter park, continue on Corfield past the playground and concession stand, ****then turn Lt to run along the boardwalk to the Beach Club.** Turn Lt to run up the short McMillan hill to the hwy. Turn Lt to run along hwy back to Corfield. Turn Rt to cross hwy and run up Corfield to Stanford Ave. Turn Lt to run along Stanford, merging with Shelly near Parksville Chrysler. Cross the hwy at Shelly then turn Rt to run along the hwy back across the orange bridge. Turn Lt to run down the gravel path to Plummer. Turn Lt on Plummer to run along the river, merging with Shorewood Dr. Follow Shorewood to San Malo Cres. Turn Lt to run down San Malo, turn Rt onto Mariner Way, follow Mariner and bear Lt to merge with Shorewood to Rath Trevor Park gates. Turn Lt inside gates to follow beach path around perimeter of

park to first parking lot, then follow forest path to cut through to group campground back to Rath Rd. Turn Lt on Rath, run up to Resort Dr, turn Lt to follow Resort Dr to Resort Way, turn Rt onto Resort Way, run up to hwy, and turn Lt to run along hwy back to Serious parking lot.

16.94km 11km Serious Coffee, Craig Bay Rathtrevor, Plummer Rd

<https://www.runningahead.com/maps/a8521d3504934a8aaa308fe0d6e076b0?unit=km&map=roadmap>

Start: Serious Coffee parking lot. Take dirt trail to Craig Bay parking lot at end of Franklin's Gull Rd. Run down dirt trail toward ocean along perimeter of Craig Bay Estates. continue on dirt trail parallel to ocean front. Join Bay Dr, turn Rt on Terrien Rd, run up to NW Bay Rd, turn Rt, run back on trail that borders Craig Bay Estates to Franklin's Gull. Turn Lt to cross Island Hwy on Franklin's Gull. Turn Lt at Herring Gull Way in industrial area. Follow Herring Gull to Industrial Way. Turn Lt to run on Industrial up to hwy. Cross Hwy when Safe, Run down Rathtrevor Rd, Turn Right at first Rd, run to the end of last parking lot. stay Rt on path follow it along the beach all the way to the exit at(**) Shorewood Dr, follow Shorewood to Mariner Way continue on Mariner to San Malo, follow San Malo back to Shorewood Dr this turns in Plummer Rd, follow Plummer back to Hwy turn Rt, cross the Orange Bridge, Turn Right on Martindale Rd, follow around to Turner Rd, turn Left on Shelly Rd, left on Pioneer Cr, Left at Hwy back past the Log Cabin Store to Resort Dr, continue on Resort to Sunrise Ridge Resort take the trail on your right to Repo Depo) back Hwy cross Arbutus to the parking lot at Serious Coffee.

Note: to cut this route short to 11km at the Shorewood Drive exit after Beach Trail, ** turn left, follow the main path back into Rathtrevor, follow the Rd up and out of park, turn left on Resort Drive to return to Serious Coffee.

Look for a recent race time, follow across for your training and racing paces.

Pace Chart (adapted from *Daniels Running Formula*)

<u>5 km Pace</u>	<u>5 km Time</u>	<u>8 km Pace</u>	<u>8 km Time</u>	<u>10 km Pace</u>	<u>10 km Time</u>	<u>Easy pace long run (min/ km)</u>	<u>Temp o Pace (400 m)</u>	<u>Temp o Pace (min/k m)</u>	<u>Marat hon Pace (min/k m)</u>	<u>Half Maratho n Pace (min/km)</u>
3:36	0:18:00	3:42	0:29:37	3:45	37:31	4:45	1:34	3:53	4:06	3:56
3:54	0:19:30	4:01	0:32:05	4:04	40:39	5:00	1:40	4:11	4:27	4:16
4:07	0:20:33	4:14	0:33:49	4:17	42:50	5:15	1:45	4:24	4:41	4:30
4:21	0:21:43	4:28	0:35:44	4:32	45:16	5:30	1:51	4:38	4:56	4:44
4:36	0:23:02	4:44	0:37:54	4:48	48:01	5:45	1:57	4:54	5:14	5:03
4:48	24:00	4:56	39:30	5:00	50:03	6:00	2:02	5:06	5:27	5:16
5:01	25:05	5:09	41:16	5:14	52:17	6:15	2:07	5:19	5:41	5:30
5:15	26:15	5:24	43:12	5:28	54:44	6:30	2:13	5:33	5:56	5:44
5:31	27:33	5:40	45:20	5:45	57:26	6:45	2:19	5:48	6:13	6:01
5:48	28:59	5:58	47:42	6:03	60:26	7:00	2:26	6:05	6:31	6:21
6:01	30:03	6:11	49:28	6:16	1:02:40	7:15	2:34	6:25	6:50	6:33
6:14	0:31:11	6:25	0:51:19	6:30	1:05:00	7:30	2:40	6:40	7:05	6:48
6:27	0:32:15	6:38	0:53:05	6:44	1:07:15	7:45	2:45	6:53	7:20	7:02

6:43	0:33: 34	6:54	0:55: 15	7:00	1:10. 00	8:00	2:52	7:10	7:38	7:19
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