

March 2nd 2019

Parksville curling club

Civic Park

8 AM Start

Good luck to those that are running Cedar on Sunday March 3rd,

3 weeks to the comox ½ marathon

Coffee to follow at Cha Cha Java

6.71km route map

<https://www.runningahead.com/maps/3f044811404b4399bba71606bdc3c164?unit=km&map=roadmap>

Start at Parksville Beach Curling Club,

Head towards the Beach, stay right to old Coast Guard Station or labyrinth, follow road around, then head back, follow the beach path back, continue along the boardwalk to Mcmillan, turn right at Island Hwy stay on the side walk to Dogwood st, turn right, next right on Willow St, next left on Soriel Rd, next left on Temple St, left on Bay Ave, Right on Dogwood, Left on Island Hwy, left on Mcmillan, follow the boardwalk back to the washroom, concession, back to parking lot at the Curling Club ,

Note you can add on by running out to the labyrinth and back, please see the map

11.40km Route Map

<https://www.runningahead.com/maps/0ccd2f0e2b1c40bebbd91dbb091b9469?unit=km&map=roadmap>

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the Curling Club

15.93 route map

<https://www.runningahead.com/maps/b329b88390eb44cfa52d2a6fd6bb7aa3?unit=km&map=roadmap>

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Head towards the Beach, stay right to old Coast Guard Station or labyrinth , follow road around, then head back, follow the beach path back, continue along the boardwalk to Mcmillan, turn right at Island Hwy stay on the side walk to Dogwood st, turn right, next right on Willow St, next left on Soriel Rd, Right on Temple, Left on Sunray Rd, left on Wright Rd, Right on Glenhale Crescent, next right on Dickinson Way, turn right on Island Hwy, head towards French Creek bridge, turn right at Columbia Dr, turn left a Admiral Tryon Blvd, next left on Dalmation Dr, right on Columbia Dr, left on Island Hwy, turn onto Dickinson Way, right on Breakwater, run Short distance to take short path over to Wright Rd, next right on Temple St stay on Temple all the way to Bay Ave, turn left on Bay Ave, Right on Dogwood, Left on Island Hwy, left on Mcmillan, follow the boardwalk back to the washroom, concession, back to parking lot at the Curling Club

18.26 route map

<https://www.runningahead.com/maps/891cbdc6ba6743c9a877bb95a7957cf0?unit=km&map=roadmap>

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Head towards the Beach, stay right to old Coast Guard Station or labyrinth , follow road around, then head back, follow the beach path back, continue along the boardwalk to Mcmillan, turn right at Island Hwy stay on the side walk to Dogwood st, turn right, next right on Willow St, next left on Soriel Rd, Right on Temple, Left on Sunray Rd, left on Wright Rd, Right on Glenhale Crescent, next right on Dickinson Way, turn right on Island Hwy, head towards French Creek bridge, turn right at Columbia Dr, turn left a Admiral Tryon Blvd, next left on Dalmation Dr, turn right off Dalmation on short path to Sumar, follow Sumar out to Johnston Rd, Turn Right on Johnstone, next left on Willow Way, Right on Hawthorne Rise, left on Meadow Dr, left on White Pine Way, right on Hawthorne Rise, left on Willow Way, right on Johnstone Rd, left on Sumar Lane, take path at the end of Sumar, right onto Dalmation Dr, right on Columbia Dr, left on Island Hwy, turn onto Dickinson Way, right onto Breakwater, run Short distance to take short path over to Wright Rd, next right on Temple St stay on Temple all the way to Bay Ave, turn left on Bay Ave, Right on Dogwood, Left on Island Hwy, left on Mcmillan, follow the boardwalk back to the washroom, concession, back to parking lot at the Curling Club