

Saturday January 25, 2020
Arrowview School

8 weeks to Comox 1/2

<http://www.islandseries.org/series-schedule>

Cobble Hill 10km tomorrow, remember, if you are racing, your race replaces your long run.

12.5k and 20k routes with optional 8,10,17km ideas

After we will meet at QF upstairs for coffee

20 km route below

<https://www.runningahead.com/maps/aaf851fa495e45e1ac2e726ca12a9d00?unit=km>

Park in School parking lot on Bennett. Run Bennett to Sunrise Dr. Right onto Imperial Dr then another right on Barclay Cres crossing over the foot bridge. Head up Lee Rd to a left on Morningstar Dr. Run to the Hwy..cross Hwy...run to Columbia Dr then take first left on Sharon Pl. follow around to Dalmation Dr. When on Dalmation look for short trail connecting to Sumar Lane. * Turn right on Johnstone Rd to Pintail Dr. Pintail changes into Eaglecrest Dr... At Country Club Dr turn left and head up to the Hwy. *Cross CAREFULLY AS NO LIGHTS THERE. Run along Village Way to Hollywood Rd where you will turn left. Run up Hollywood to a right on Fern Rd E. Run the trail past Kwalikum School.* CrossRR tracks then turn right onto First Ave W... run First to Arbutus St. Turn left there and run to Rupert Rd. left on Rupert and run back to School on Bennett

***For 8km option**

turn left at Johnston Rd, cross hwy at lights to Drew Rd, turn right on Sunrise, follow it back to Bennett, turn right back to the School.

***for 10km option**

cross Hwy at the top of Country Club, turn Left, take path back to Bennett, right to the school

***for 16-17km option**

just past KSS near the Legion, cross the tracks on your left to Berwick, follow Berwick to Rupert, turn left, run back to Bennett back to the school.

12.5 km route below

<https://www.runningahead.com/maps/66d37db9bd864a0dab767d00236c6376?unit=km>

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