

Saturday March 21, 2020

Serious Coffee 8 AM start or 7:30 for early starters

Arrive earlier for warm-ups

If you've trained for a 1/2 marathon March 22nd and your event has been cancelled, this is for you, or if you just want to give yourself a challenge.

Jill has suggested a 7:30 Start for those of you that may take more than 2 hours and 30 minutes to complete your 1/2 marathon, arrive at 7:15.

8 am Start for the rest of you, arrive at 7:30

I will be there to send you on your way.

3 distances no perks, bring your own water, watch and yourselves. Bring route notes of directions, as there will be no rescue.

Meet at the gravel parking lot near Serious coffee.

1. for 8 am starters arrive early 7:30 for warm up drills and warm up jog.

2. for 7:30 starters arrive at 7:15 for warm up drills and warm up jog.

Treat this like your race day and you will do your best.

All 3 routes start together, should be fun.

For those of you not interested in these routes see alternate routes below.

Or run the 10km just for fun.

21.1km Route

<https://www.runningahead.com/maps/f2903c0c0293451abed76a5537fe97cb?unit=km&map=roadmap>

Start: near the Traffic lights, facing the ocean. Franklin Gull at Island Hwy.

Run toward the ocean, turn left on Northwest Bay Rd, left on Arbutus, right on Island hwy, right on Resort Way lights, left on Resort Drive, continue on Resort Drive to the Log Cabin Store, continue down the side road to the Hwy, cross over Englishman River Bridge, take the next right on Martindale Rd, this will turn in to Turner, continue, next left on Shelly Rd, turn right on Pioneer Crescent. Follow Pioneer to the end, take paved path to Corfield, turn right, take next left on Beach Drive in to the Community Park, continue on Beach Drive to the end of the beach loop, take the road or the path, loop around at the end and head back. Follow the Board walk to McMillian St, run up the hill, Turn right on the Hwy, continue to Dogwood, turn right. Left on Bay Ave, right on Willow, Left on Sorel, Right on Temple, Right on Sunray, left on Wright, Right on Glenhale, left on Dickinson, follow this to the end, short path to Wright Rd, cross over Wright to Temple, short distance. Turn right on Aberdeen, continue on Aberdeen this will turn into Sanderson, turn left on Foster Dr, right on Temple, left on Bay, right on Dogwood, left on Hwy, cross Corfield, take path to Pioneer Crescent, stay on Pioneer to the end, turn right on Martindale short distance, left on Hwy, continue the way you came past the log cabin store to Resort Dr, continue to Resort Way, turn right to lights, turn left on Hwy back to Arbutus, turn left, right on NWB Rd, right on Franklin Gull to your finish distance minimum 21.1km

Start: near the Traffic lights, facing the ocean. Franklin Gull at Island Hwy.

15.3 km Route

<https://www.runningahead.com/maps/4698c27e0bce4c9bb68014de438bbb78?unit=km&map=roadmap>

Run toward the ocean, turn left on Northwest Bay Rd, left on Arbutus, right on Island hwy, right on Resort Way lights, left on Resort Drive, continue on Resort Drive to the Log Cabin Store, continue down the side road to the Hwy, cross over Englishman River Bridge, take the next right on Martindale Rd, this will turn in to Turner, continue, next left on Shelly Rd, turn right on Pioneer Crescent. Follow Pioneer to the end, take paved path to Corfield, turn right, take next left on Beach Drive in to the Community Park, continue on Beach Drive to the end of the beach loop, take the road or the path, loop around at the end and head back. Follow the Board walk to McMillian St, run up the hill, Turn right on the Hwy, continue to Dogwood, turn right. Left on Bay Ave, right on Willow, left on Rushton, left on Temple, left on Bay, right on Dogwood, left on Hwy, cross Corfield, take path to Pioneer Crescent, continue on Pioneer Cres, turn left on Shelly Rd, turn right on Turner, right on Martindale Rd, left on Hwy, continue the way you came past the log cabin store to Resort Dr, continue to Resort Way, turn right to lights, turn left on Hwy back to Arbutus, turn left, right on NWB Rd, right on Franklin Gull to your finish distance.

Start: near the Traffic lights, facing the ocean. Franklin Gull at Island Hwy.

10.02km Route

<https://www.runningahead.com/maps/6739d9bedc8e4d8ebefcccd52f7f9696?unit=km&map=roadmap>

Run toward the ocean, turn left on Northwest Bay Rd, left on Arbutus, right on Island hwy, right on Resort Way lights, left on Resort Drive, continue on Resort Drive to the Log Cabin Store, continue down the side road to the Hwy, cross over Englishman River Bridge, take the next right on Martindale Rd, this will turn in to Turner, continue, next left on Shelly Rd, turn right on Pioneer Crescent. Follow Pioneer to the end, take paved

path to Corfield, turn right, take next left on Beach Drive in to the Community Park, continue on Beach Drive, loop around the Tennis Courts, head back to Corfield St, turn right head up the hill, turn left on the path to Pioneer Cres, stay on Pioneer to the end, turn right on Martindale short distance, left on Hwy, continue the way you came past the log cabin store to Resort Dr, continue to Resort Way, turn right to lights, turn left on Hwy back to Arbutus, turn left, right on NWB Rd, right on Franklin Gull to your finish distance.

Serious Coffee regular routes

16.94km and 11.13km

It's easy to add on or shorten these routes,

Plenty of trails to choose from; whether you run or walk please join in.

16.94 km

<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, this joins 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 Rath Trevor 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, cross over the bridge back past the Log Cabin Store to Resort Dr, continue on Resort to Sunrise Ridge Resort take the trail on your right across to the Hwy, follow Hwy, cross Arbutus to the parking lot at Serious Coffee.

11.13km

<https://www.runningahead.com/maps/098746ab2b384bff9d707532d6742d49?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,

* (for 8km turn left down Resort Dr, follow map from this point.)

Run down Rath Trevor Rd, Turn Right at first Rd, run to the end of last parking lot, stay Rt on path follow it along the beach, Head back onto road near the entrance to the Campground. stay left, follow the road up and out of the park. turn left on trail just before the top of the hill, turn left on Resort Dr, *at Sunrise Ridge Resort take the trail on your right across to the Hwy, follow Hwy, cross Arbutus to the parking lot at Serious Coffee.