

Saturday May 16, 2020

Serious Coffee

8 AM Start

We are back, with some changes...

Please run in small groups, keep your distance, give lots of room to folks that are walking by, and above all be safe. We don't want to be reported for breaking the rules.

Note: if it looks busy on the boardwalk, run on the road, or do an extra loop on Pioneer Crescent. Be smart as it is a privilege to be out running. We must adapt as it looks like this new normal will be with us for some time to come.

Serious coffee is serving Coffee and Snacks, if you wish to socialize at a distance after your run please bring a chair or milk crate to sit on at least 2 meters away from one another.

Happy Trails Heather

16.22 km Route map with 11/12km options

<https://www.runningahead.com/maps/9d64f13ca02c4bb3bb21389f43741961?unit=km&map=roadmap>

P.V. Estuary, Boardwalk, Craig Bay

Start at Serious Coffee, Leave serious coffee head towards Parksville, turn right at what was Repo Depot on path to Resort Drive. continue to Hwy, cross Orange Bridge, turn Right on Martindale Rd left on Turner, right on Shelly Rd, follow path into the Estuary, stay on main path to small bridge at the bottom of Mill St. Run up Mill, turn Right on Pioneer Crescent, follow Pioneer to the end take short path to Corfield, turn right, run down to the Park follow road right out to the end around the loop. Head back to the boardwalk,

**** (at this point if you wish to run 11km head back to Pioneer Crescent and back along hwy and Resort Drive to Serious Coffee.)**

**** for 16km and 12km follow the boardwalk all the way to the end turn left up Macmillan, left on Hwy, at Beachside drive turn left, head back into the Park, stay right at the bottom of the hill, right on Corfield, left on Pioneer, follow Pioneer all the way to the end, follow the Hwy back up the hill to Resort Drive back to Serious Coffee for stop here for 12.47km or for 16.22km continue behind serious coffee over to Northwest Bay Rd, follow the Path down to the water along Craig Bay. Stay on the Path out to Bay Dr, Turn left on Terrien Rd, Right on Northwest Bay Rd. follow path back to Serious Coffee.**

Very easy to Shorten or Lengthen any of these route, have a look at the Maps, lots of option for a shorter run.