

Saturday May 23, 2020

Springwood Dog Park, Rail Trail

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, and above all be safe. We don't want to be reported for breaking the rules.

bring chair, a snack, or coffee in a thermos so we can have a visit after the run at a distance..

Just a simple out and back to get us in the grove.

15.53km route Map with 10 and 12 km options for all.

It's easy to adjust your distances, see the map for details.

Run or walk there is something at this location for everyone.

<https://www.runningahead.com/maps/4ecb8042bcbd465fa33587c497003ebd?unit=km&map=roadmap>

Start at Springwood Dog park, follow the path up the hill towards the rail trail, follow the trail towards Coombs, turn right on Virginia Rd, veer right onto Shawn Rd, turn left on Sun King, left on Virginia, follow Virginia back around, veer right back onto the Rail trail, turn left, follow the route back to the start.

If you are looking for a shorter run,

10 km turn around just past Shearme Rd,

12km, turn around at Shawn Rd, for shorter distances turn at your half way point