

## **Saturday August 8, 2020**

Park near the public (washrooms)

Bring a chair a snack and a towel, go for a dip after your run..

10 weeks to Virtual Victoria ½ Marathon/Marathon or 8Km

**8 am start**

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### **11.96km Route Map**

<https://www.runningahead.com/maps/7b9008f790ab4028b7848a629d6917fa?unit=km&map=roadmap>

Start near the public washrooms QB. Run along the Hwy. to a right on Seacroft to Flamingo. then left on Kinkade Rd back to Hwy where you turn right and run over bridge, you then head up the hill turn left on Evanson Rd, next left on Centre Rd, Right on Evanson, Right on Island Hwy. Run back towards QB, turn Right on Garrett Rd. Left on Canyon Crescent, Right onto HoyLake Rd. Then right on Arbutus for short distance, next left on Harlech, follow harlech to Cedar St turn right. Turn left on First Ave, left on Beach, Right on Crescent, left on Memorial, Left on Hwy back to the start.

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### **15.85 km Route Map**

<https://www.runningahead.com/maps/427c0e96095f4a4d978f9850765cc22e?unit=km&map=roadmap>

Start Public Washrooms Qualicum Beach. Run along the Hwy. to a right on Seacroft to Flamingo. then left on Kinkade Rd back to Hwy where you turn right and run over bridge...yes, you then head up the hill turn left on Evanson Rd, next left on Centre Rd Crescent, Right on Evanson, Right on Island Hwy. Run back towards QB, turn Right on Garrett Rd. Left on Canyon Crescent, Right onto HoyLake Rd. Then right on Arbutus to

Rupert, turn left, follow Rupert to Memorial, turn left, take the next right on Garden Rd, left on Hemsworth, follow Hemsworth to Mant Rd, cross over, turn right for a few meters, look for the path on your left that leads across the Railway Tracks to the Fern Paved Path. turn left on the paved path, turn right on Hemsworth, run down the hill to Village Way, cross over to the paved path that leads to Chester, at Chester turn left, take the path that leads straight through the Heritage Forest and exits on Crescent Rd, turn left, follow Crescent to Memorial, turn right run down to the Island hwy, cross over turn left back to the start.

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### **21 km route**

<https://www.runningahead.com/maps/0bc62e08c58249ddb93e9d7e5426130a?unit=km&map=roadmap>

Start near the public washrooms at QB. Run along the Hwy. to a right on Seacroft to Flamingo. then left on Kinkade Rd back to Hwy where you turn right and run over bridge...yes, you then head up the hill turn left on Evanson Rd, next left on Centre Rd, Right on Evanson, Right on Island Hwy. Run back towards QB, turn Right on Garrett Rd. Left on Canyon Crescent, Right onto HoyLake Rd. Then right on Arbutus to Rupert, turn left, follow Rupert past Qualicum Rd, all the way to where it becomes Bennett, follow Bennett to Fern Rd E, this is the paved path, turn left. Follow fern back toward QB, cross Qualicum Rd, continue to Hemsworth, turn Right run down the hill to Village Way, cross over the paved path, take the next left on Chester Rd. Turn right, run straight through the heratage forest, exit on Crescent, turn left. next turn left on St. Andrew Rd. run to Sunningdale East, turn right, then right on Berwick, Rd, Left on Crescent, Right on Memorial run down to beach, turn left and back to the public (washroom)