

Saturday 17 July, 2021

Serious Coffee

7 am start

16.94km, 12.91km, 11.13km Routes with 8 km option

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

13 weeks to Victoria ½ Marathon

7AM start Early Start

For those of you following a advanced ½ marathon training plan, you may want to include a 4x5 minute tempo with 1 minute recovery in the middle of this run

16.94 km ½ training

<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 to at the end of Resort Drive, follow out to the Hwy, turn left, cross Arbutus to the parking lot at Serious Coffee.

12.91km Route

<https://www.runningahead.com/maps/ec7048e6087540a991eb294252d5eb89?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. Follow Salt Spring Pl (paved road) or 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, Run down Rath Trevor Rd, Turn Right at first Rd, run to the end of last parking lot Rd, exit to beach stay Rt on path follow it along the beach, stay on beach path to the exit at Shorewood Dr, turn sharp left on path back toward campground, stay left, follow this road back to the campground entrance. Stay on Rath Rd, turn left on trail just before the top of the hill, turn left on Resort Dr, continue on Resort to Sunrise Ridge Resort take the trail on your right to at the end of Resort Drive, follow out to the Hwy, turn left, cross Arbutus to the parking lot at Serious Coffee.

11.13km Route cut this to 10km for 8km training

<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 right 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, * continue on Resort to Sunrise Ridge Resort take the trail on your right to at the end of Resort Drive, follow out to the Hwy, turn left, cross Arbutus to the parking lot at Serious Coffee.