



12-14 Run Route (2.5 km)



- 1st Loop**
- From transition, run **EAST** along the pool sidewalk and firelane to 207street;
 - Turn **LEFT** and run **NORTH** on the sidewalk to 51B Ave;
 - Turn **LEFT** at 51B Ave; run **WEST** on sidewalk to 206 street;
 - Turn **LEFT** on 206 street and run **SOUTH** on sidewalk to footpath;
 - Continue **SOUTH** on the footpath past the baseball diamonds onto the open field;
- 2nd Loop**
- Turn **LEFT**  and follow the path of cones diagonally across the field to the SE corner .
 - Turn **LEFT** and run **NORTH** on the sidewalk to 51B Ave;
 - Turn **LEFT** at 51B and run **WEST** on sidewalk to 206 street;
 - Turn **LEFT** on 206 street and run **SOUTH** on sidewalk to footpath;
 - Continue **SOUTH** on footpath, past playing fields, over bridge and up the hill to **FINISH**.

