

COURSE

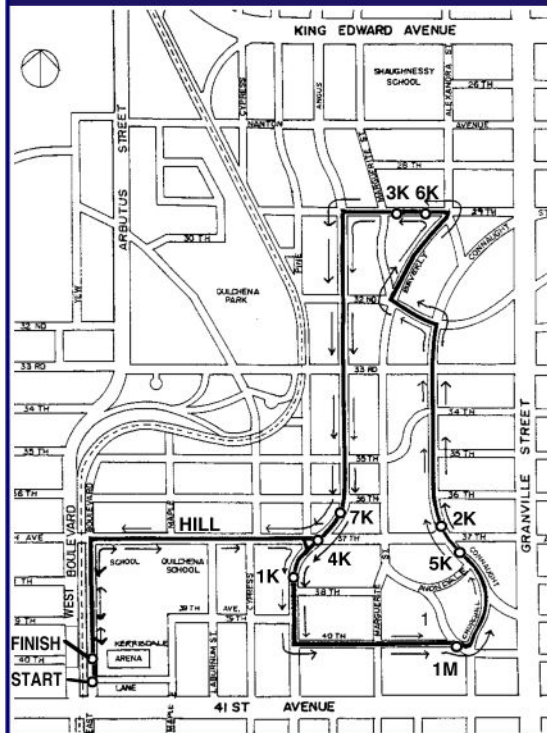
SHAUGHNESSY COURSE

(8K Run with PARTIAL DOUBLE LOOP)
(5K Walk with Single LOOP)

The 8K starts at the Kerrisdale Arena on East Blvd, up the hill on 37th Ave. to Angus St., turn right and then run a double 3K loop through the upper part of the course and then return back down 37th Ave. to East Blvd. and back to the Start / Finish line at the Kerrisdale Arena. Runners will be pleased that they will only have to run up the 'Hill' once at the beginning. The upper part of the course is undulating with the last 1K being downhill and flat.

The 5K walk follows the same route but includes only one loop on the upper part of the course.

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* Certified 8K COURSE with a
Double 3K Loop from 1K to 7K
(Single 5K loop for walkers)

* Certification #BC-2005-008-BDC