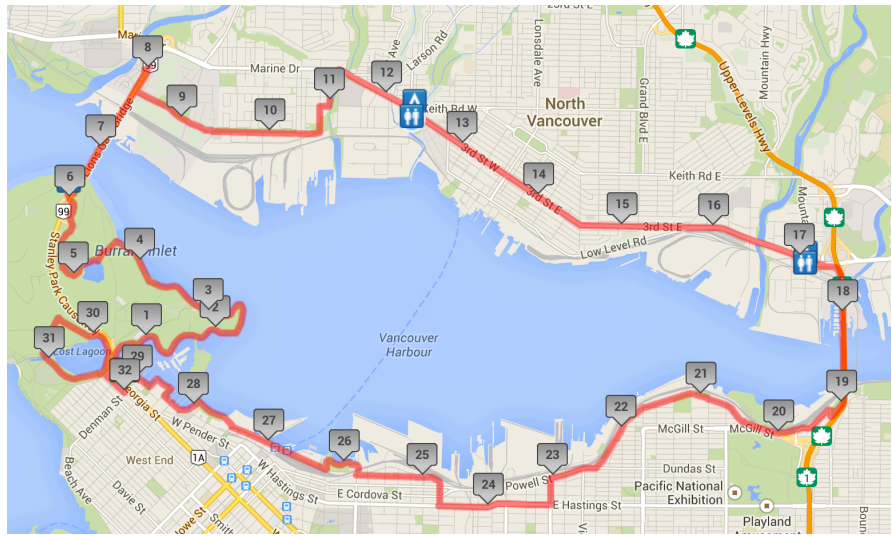


Pancake run (32km)

Alberni to Lost Lagoon; Right to seawall Left at Seawall to Ravine; left at Ravine Ravine to Beaver Lake; Right at Beaver Lake Beaver Lake to North Creek; Right at NC NC to Park Drive; cross drive to Avison Left at Avison; Avison to Prospect Point Water/Washroom Break (6.25KM) Down hill to Lion's Gate; cross bridge Take path to Bridge Road under bridge Left at running path (Welch St) Continue path (Welch) to 1st St. W. Left at 1st then left at Lloyd Ave Lloyd to W 3 St.; Right at W 3 St. W 3 St to W 14 St left at gravel pathway Continue along path to Roosevelt Crescent Right at Roosevelt; continue to Marine Dr. Right at Marine; Marine to 3rd St.

W Water/Washroom Break (12.25KM) Continue along 3rd St. W/E to Cotton Rd Continue along Cotton Rd to Mountain HWY Water/Washroom Break (17KM) Take path up Iron Workers Memorial Bridge Cross Bridge Take ramp down through zig-zag Follow path to McGill St. parking lot. Wall St to Powell; right at Powell Powell to Commercial; Left at Commercial Commercial to Hastings; Right at Hastings Hastings to Hawkes Ave; Right at Hawkes Hawkes to Alexander; Left at Alexander Alexander to Main; Right at Main Cross bridge (pet dragons) Continue to Portside Park to Waterfront Rd Right on Waterfront under Canada Place Continue along Cole Harbour to 0KM marker Left under Georgia; Right at Lost Lagoon Follow path to Lagoon Drive; right to Tatlow Tatlow to Bridle; Left at Bridle Bridle to Cathedral; Left at Cathedral Cross Lagoon Drive to stone bridge Continue along path to Alberni Right at Alberni; Alberni HOME!



Pancake run (32km)

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