



LEGEND

- T** TRANSITION AREA/RUN START
- FINISH LINE
- 1** 1ST SECTION KILOMETER MARKERS
- 1** 1ST LOOP KILOMETER MARKERS
- 2** 2ND LOOP KILOMETER MARKERS
- PN** PERSONAL NEEDS
- WATER/AID STATION
+ GATORADE
- REDBULL STATION
- U-TURN
- SECTION DONE ONCE
- SECTION DONE TWICE
- 2ND LOOP TO FINISH
- BEGIN 2ND LOOP



TURN BY TURN DIRECTIONS

- Exit Transition and head left/east onto Lakeshore Drive towards Front St
 - Turn left onto Front St
 - Turn right (east) onto Vancouver Ave at the roundabout
- Slight left onto Vancouver Place to access the Kettle Valley Trail (KVR)
- Follow the KVR to Naramata Road approx 3.5km (turnaround point)
 - Return on KVR to Vancouver Pl
 - Turn right (west) onto Vancouver Ave
- Turn right at the Museum to access the bridge to Okanagan Lake Park
(this completes the out-and-back section of the coursethat you will only do once)
- Run around the perimeter of Okanagan Lake Park onto Lakeshore Dr
 - Turn right onto Lakeshore Dr
 - Turn left (south) onto Main St, which turns into Skaha Lake Rd
- Turnaround at Lee Ave and return on Skaha Lake Road/Main St
 - Turn left onto Link Rd
 - Turn left onto Martin St
 - Turn right onto Estabrook Rd
 - Turn right onto Winnipeg St
 - Turn left onto Lakeshore Drive
- Continue left onto Riverside Drive
 - Turn left onto Burnaby Ave
- Turnaround at Westminster Ave
 - Turn left onto Riverside Drive
- Turnaround at Hwy 97/Eckhardt
- Continue back onto Riverside Drive
- Continue right onto Lakeshore Drive
 - Turn right onto Winnipeg Ave
 - Turn left onto Estabrook Rd
 - Turn left onto Martin St
 - Turn right onto Link Rd
- (this completes lap 1 of 2)**
- Turn right onto Main Street, which turns into Skaha Lake Road
- Turnaround at Lee Ave and return on Skaha Lake Road/Main Street
 - Turn left onto Link Rd
 - Turn left onto Martin St
 - Turn right onto Estabrook Rd
 - Turn right onto Winnipeg St
 - Turn left onto Lakeshore Drive
- Continue left onto Riverside Drive
 - Turn left onto Burnaby Ave
- Turnaround at Westminster Ave
 - Turn left onto Riverside Drive
- Turnaround at Hwy 97/Eckhardt
- Continue back onto Riverside Dr
- Continue right onto Lakeshore Dr
- Continue on Lakeshore Drive to the Finish line on Lakeshore Dr between Winnipeg St and Martin St

Start Elevation: 348 m ▪ Finishing Elevation: 349 m ▪ Gain: 238 m

