

## ADULT RUN ROUTE (4.8km)

### OUTGOING ROUTE

- From TRANSITION run EAST along the pool sidewalk and up fire lane to 207st.
- Turn LEFT and run NORTH on sidewalk;
- Turn LEFT on 51B Ave; head WEST;
- Enter floodplain on 51B (just West of 206st)
- Follow footpath heading WEST to footbridge
- STRAIGHT over bridge, follow path around loop and over footbridge under 203st overpass;
- Continue WEST towards 200th street
- Follow RIGHT path over footbridge (201st)
- Continue along footpath to 200th st. overpass

### TURN-AROUND

### RETURN ROUTE

- Head back along the same route under 203rd street overpass and across footbridge;
- Follow path to 51B Ave;
- Turn RIGHT on 51B Ave head EAST;
- Cross 206th street and turn RIGHT onto east-side sidewalk
- Follow sidewalk along 206st.; head SOUTH to footpath;
- Follow footpath (along baseball diamonds) towards finish line.

