

# CULTUS LAKE RUN MAP

1 LOOP: SPRINT RUNNERS

2 LOOPS: STANDARD RUNNERS



1. Runners leave transition and run toward the lake turning left onto Lakeshore Path.

RUNNERS IN OUTBOUND DIRECTION ONLY: Continue along the path following the shoreline past the Boat Rental/Main Boat launch.

2. Past the boat launch, Lakeshore Path becomes part of the Trans Canada Trail and continues along the beach with the campground on your left as you run out toward the first turnaround point just past the Yellow Slide.

3. Make the first turnaround and run back toward the Boat Rental/Main Boat Launch.

4. At the Boat Rental/Main Boat Launch turn right and run up Sunnyside Blvd. Turn right onto Park Dr and through the Aid Station. Continue up Park Dr to the second turnaround point just before the pathway ends at Columbia Valley Hwy.

5. Make the second turnaround at the top of Park Dr and run back down Park Dr, through the Aid Station and cross Sunnyside Blvd. Continue on 1st Ave. Follow 1st Ave toward the Finish Line.

INBOUND RUNNERS STAY ON 1ST AVE; do not run back along the Lakeshore Path.

6. Standard athletes turn left just before the end of 1st Ave (\*) and run toward the lake 50m before turning left onto Lakeshore Path for the second lap.

MALL

Sunnyside Blvd

1st Ave

Boat Launch

Lakeshore Path

Columbia Valley Hwy

Cultus Lake Golf Club

Sunnyside Campground

TURNAROUND JUST PAST SLIDE

AID STATION

1 FROM TRANSITION AREA

FINISH

