



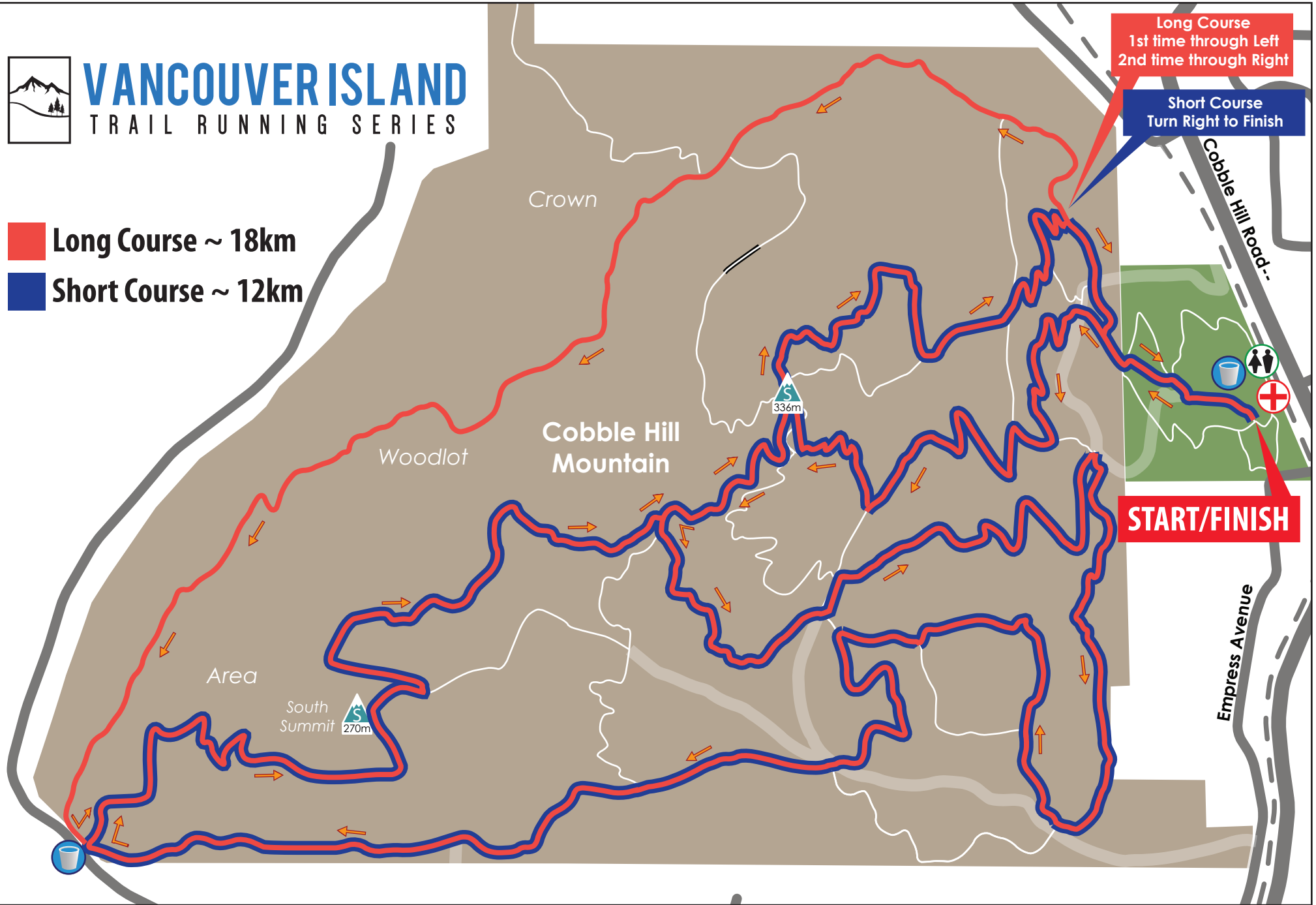
# VANCOUVER ISLAND

TRAIL RUNNING SERIES

- Long Course ~ 18km
- Short Course ~ 12km

Long Course  
1st time through Left  
2nd time through Right

Short Course  
Turn Right to Finish



In Partnership with:

