

10 K Run

In the beginning ... there is the statue of Jesus beckoning all participants to come ... our journeys will be unique, but together, either as 3K walkers, 5K runners, 10K runners, we will find our way back to Jesus.

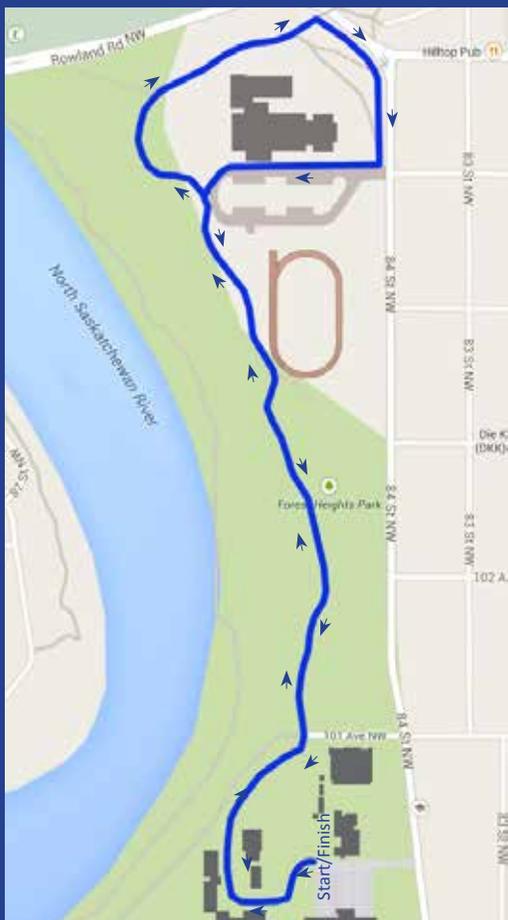
10K runners will meander along the little road west of the Catholic Campus, passing by Villa Vianney to the gate north of the property. Next, follow the River Valley path heading north along the upper section of the park all the way to the overpass; proceed on the overpass and follow the path on the right going downhill (fun, but remember what goes down must go up); they will see the turnaround for the 5K course, but they will keep following the path to the Capilano bridge; go under the bridge and continue on the paved path (hill warning) until the turnaround point; turn around and follow the exact same route in the opposite direction; enjoy the downhill climbed on the way there; be prepared to climb the hill (7K mark) which went down early in the run; keep going on the path returning to the Catholic Campus property gate, take the road on the right, passing by Villa Vianney and back to Jesus.

Congratulations! You have finished the race, you have kept the faith!

Enjoy good food, good friends and good fun!

Start time: 10:00 a.m.

3 K Walk



In the beginning ... there is the statue of Jesus beckoning all participants to come ... our journeys will be unique, but together, either as 3K walkers, 5K runners, 10K runners, we will find our way back to Jesus.

3K walkers will meander along the little road west of the Catholic Campus, passing by Villa Vianney to the gate north of the property. Next, follow the River Valley path heading north along the upper section of the park, turning right just before the overpass (bridge). Follow the path behind the school heading south to the parking lot; at the parking lot, turn right & follow the sidewalk going west to join the path again; turn left (south) on the path and continue south until the entrance to the Catholic Campus property, and proceed to the right on the road leading back to Villa Vianney and back to Jesus.

Congratulations! You have finished the race, you have kept the faith!

Enjoy good food, good friends and good fun!

Start time: 10:00 a.m.

5 K Run



In the beginning ... there is the statue of Jesus beckoning all participants to come ... our journeys will be unique, but together, either as 3K walkers, 5K runners, 10k runners, we will find our way back to Jesus.

5K runners will meander along the little road west of the Catholic Campus, passing by Villa Vianney to the gate north of the property. Next, follow the River Valley path heading north along the upper section of the park, all the way to the overpass; proceed on the overpass and follow the path on the right going downhill (fun, but remember what goes down must go up); stay on the path going downhill until the turnaround point near the bottom; climb back up and follow the exact same route in the opposite direction leading to the Catholic Campus property gate; take the road on the right, passing by Villa Vianney and back to Jesus.

Congratulations! You have finished the race, you have kept the faith!

Enjoy good food, good friends and good fun!

Start time: 10:20 a.m.