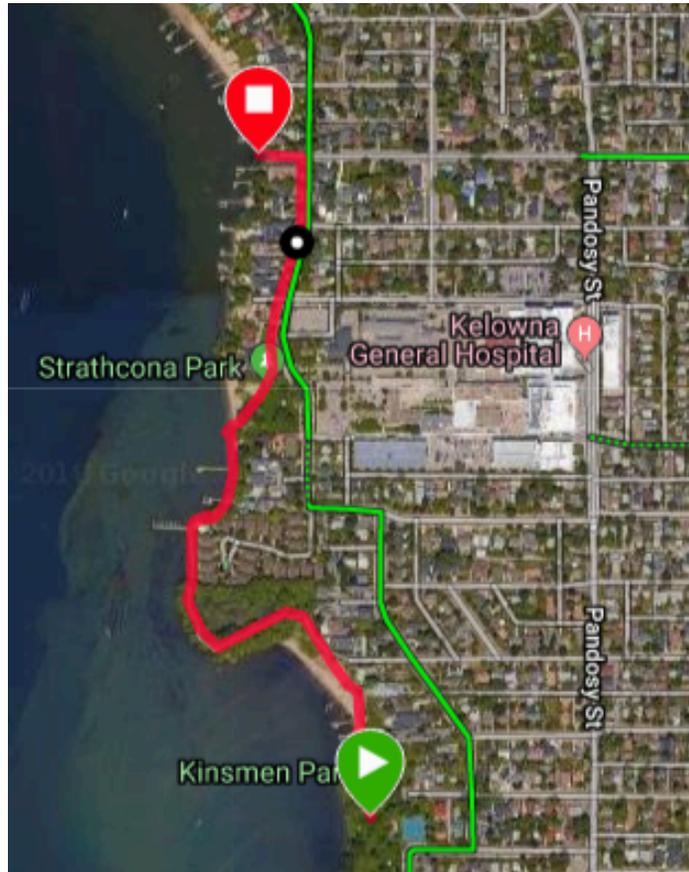


URBAN SWIM RUN KELOWNA



Run #1 (1.35K)

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September 29, 2019

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Course Description.



1. View from the Start Line at Kinsman Park

The first run begins at the start line in the middle of Kinsman Park¹ at 8AM sharp. The run initially parallels the shoreline on grass, and exits the park at a narrow path that leads to a sandy beach immediately north of the park, and in front of the property lines of several homes². The sand is quite soft for about 50 meters, but yields to firmer sand at the water's edge and a packed down trail closer to the walls of the

beach properties. Runners may choose which path is preferable.

At the north end of this beach is the Maude Roxby Bird Sanctuary, which has a boardwalk (recently renovated after flood damage in 2017) running through it. The run continues from the beach, entering the sanctuary³ and onto this narrow boardwalk, which turns almost immediately to the left on entry (the boardwalk that leads to the right is a dead end).



2. Francis St Beach Access Trail from Kinsman Park



3. Maude Roxby Bird Sanctuary entrance

The boardwalk⁴ is approximately 200m in total length, coursing initially west toward the lake before turning north 90° half way along its path. The boardwalk exits⁵ onto a narrow, rocky path that was also affected by flooding⁶, then turns right after 50 m onto a more established path⁷, to a beach in front of several private properties⁸. At the end of this beach is a sprawling tree that extends into the water,



4. The Maude Roxby Bird Sanctuary Boardwalk; 5. The Boardwalk north exit; 6. The rocky lakeshore trail north of the Boardwalk; 7. The beach trail that follows; 8. The beach just south of Strathcona that has a sprawling tree extending into the lake.



9. Strathcona Park exit to parking lot and Abbott St sidewalk

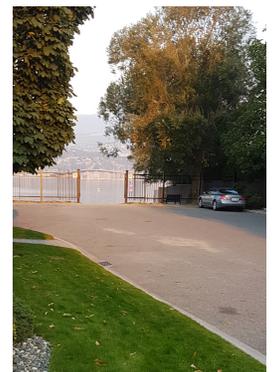
no doubt planted many years ago as a “natural” barrier between this beach area and the public beach of Strathcona Park, immediately north. Runners could climb through the tree, or more quickly, get their feet wet for the first time by wading into about 18 inches of water to get around the branches of this tree.

Once Strathcona Park has been accessed, the run continues diagonally across the park to enter the Park’s parking lot about half way up it, where there are gaps in the chain fencing and easy access to the paved area⁹.

From there, a sidewalk is visible to the left next to a multiuse pathway that courses along Abbott Street¹⁰. The run continues along Abbott until the Cadder Ave Beach Access¹¹, which will appear on the left. Runners should see a loaged sign to indicate the turn to the left where the

Swim Leg #1 begins.

Total Run #1 distance: 1.35K.



11. Cadder Ave. Beach Access

