

## Run #2: 2.3K

Lake Avenue Beach Access to West Ave Beach  
Access

September 29, 2019

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1. Exit from Swim #1—note the passage between the fence and tree

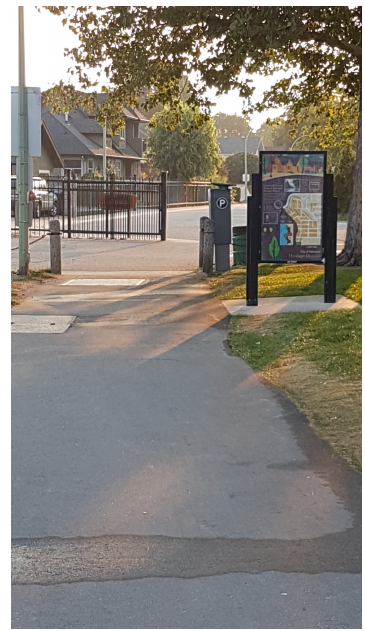
#### Course Description.

This run begins at the end of Swim #1, at the Lake Ave Beach Access, previously but unofficially known as “Mushroom Beach”. On exiting the water, there is a continuous black chain-link fence that parallels a paved walkway. You can exit the park via this path, or run directly up to the grassy area past a portapottie to Lake Avenue<sup>1</sup>.

Once past the parking area<sup>2</sup>, the run proceeds straight out on Lake Ave for 120m to Abbott St (or via McDougall Street), where runners turn right to follow the road<sup>3</sup>, either along the

sidewalk or the multiuse corridor. The sidewalk<sup>4</sup> is recommended, given that cyclists and roller-bladers often use the multiuse pathway.

Although the sidewalk and multiuse pathway ends at Strathcona Park, the run proceeds along Abbott, turning briefly to the left on Christleton before turning right to again follow Abbott. The run passes Kinsman Park, the site of the start and finish lines, and continues until the West Avenue Beach Access about 200m past Kinsman Park, where runners turn right to the beach there to start Swim #2.



2. Lake Ave. Beach Access pathway



*3. Abbott St at Lake Ave; 4. Abbott St sidewalk; 5. West Avenue Beach Access*