

Run #3: 1.05K

Cedar Avenue Beach Access to Gyro Beach (south)

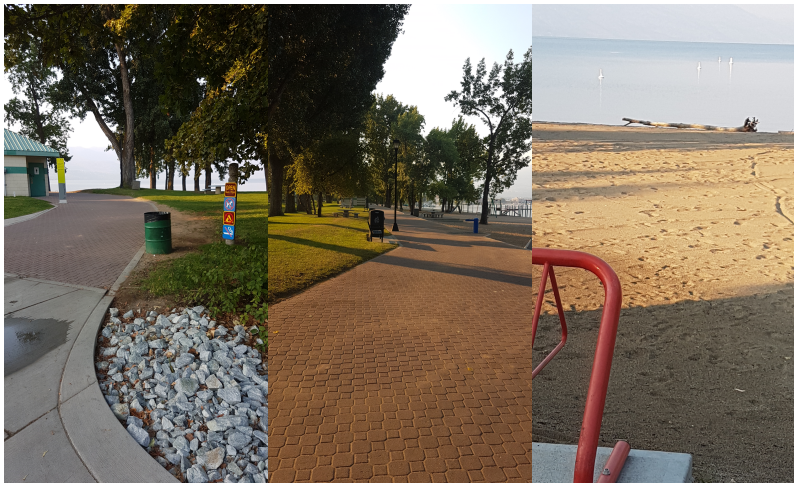
September 29, 2019

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Cedar Avenue Beach Access to Gyro Beach (south)

Course Description.

This run begins at the end of Swim #2, at the Cedar Avenue Beach Access, just south of the Paddle Centre. On exiting the water, there is a very small beach and grassy area to cross before turning right onto Walnut Street. This road curls to the right, intersecting with Watt Road, which continues to the north entrance of Boyce-Gyro Park¹.



At that point runners will continue along the paving-stone promenade to the south end of the Park⁷, before turning to the right, off the promenade to the beach, where Swim #2 begins⁸.

Total Run #3 distance: 1.05K

1. North entrance to Gyro Beach; 2. Boyce-Gyro paving stone Promenade to the south end; 3. Beach access point to start swim #3.