



Run #4: 0.65K

Rotary Beach to Boyce-Gyro Beach (south end)

September 29, 2019

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Course Description.



1. The first section of this run from the beach at Rotary Park.



2. Lakeshore Road multi-use pathway



3. Direction to re-enter the water for Swim #4

This run begins on the beach at Rotary Park¹, where Swim #3 exits. After a short scramble over sand and then grass, competitors can opt to stop at the washrooms and the Aid Station there, before they run out and to the left to the Lakeshore Road multiuse pathway². This short run takes competitors back to the south end of Boyce Gyro Park³, where the run ends and they will re-enter the water to start the well-known Gyro swim training loop.

Total run distance: 0.65 K.