

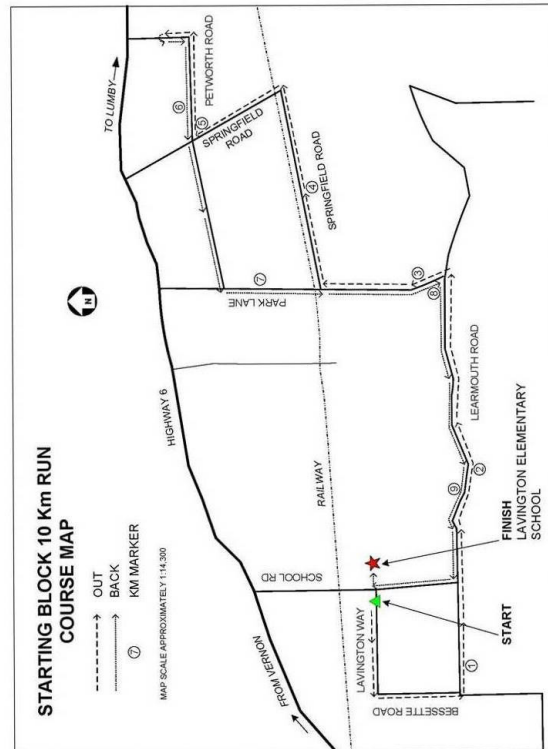
THANKS TO OUR SPONSORS



STARTING BLOCK



COURSE MAP



DIRECTIONS TO STARTING BLOCK 10K

FROM NORTH:

HWY 97 TO VERNON, TAKE 27TH STREET EXIT, 27TH ST TO END, LEFT ON HIGHWAY 6 (to LUMBY), TAKE HWY 6 FOR 13.7 km TO SCHOOL ROAD (at SHELL STATION), RIGHT ON SCHOOL ROAD FOR 0.5 km

FROM SOUTH:

HWY 97 TO VERNON, DOWN LONG HILL ("HOSPITAL HILL"), RIGHT AT LIGHT ON 25TH AVE (to LUMBY), STAY RIGHT AT NEXT LIGHT (30TH ST), THROUGH LIGHT AT 27TH ST, HWY 6 FOR 13.7 km TO SCHOOL RD (at SHELL STATION), RIGHT ON SCHOOL RD FOR 0.5 km

Starting Block 10K

And 3km walk/run



Interior Running Association Road Race # 1

Lavington, BC
(14 Km east of Vernon)

Sunday, February 7th, 2010
10:00 am

Presented by



Kal Running and Triathlon Sports



