

## 2019 Course Descriptions

The GoodLife Fitness Victoria Marathon is a beautiful, seaside course with mild undulations. It has a maximum elevation change of only 22 metres (74 feet). There are some small course changes for 2019 for the Marathon, Half Marathon and 8K Turkey Trot Road Race. All three races are sanctioned and certified by BC Athletics. The course includes:

- All kilometres marked along the route, markers every 5 miles and at halfway for the Marathon, one-mile marker and one-mile-to-go marker.
- Porta-potties at every aid station.
- Medical services on the route and at the finish line.

### The Marathon

The GoodLife Fitness Victoria Marathon is an AIMS and Athletics Canada/Run Canada-certified 42.195 km course and is accepted as a Boston Marathon qualifier. Walkers are welcome in the Early Start as long as completion time is less than seven hours. If you are not sure about your predicted time when you register, select the main start. As you get closer to Race Weekend, if you know you will not be faster than 5:30, then you can switch to the Early Start before Race Day. Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the Marathon for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders will be available for the Marathon – for pace times see p.42. The Marathon starts on Menzies at Quebec. Run south, away from the Inner Harbour, turn left on Simcoe and left again on Government Street. Run down a slight decline on Government Street, past The Empress Hotel, continue straight along Government Street. Turn right on Yates Street, then right on Cook Street. The first aid station is just past Fairfield Avenue at Cook Street and Pakington. Turn right onto Park, right onto Heywood, left on Southgate, and left onto Arbutus Way, entering Beacon Hill Park. Arbutus blends left into Bridge Way. Turn right onto Heywood and right onto Circle Drive. Run a complete counter clockwise loop of Circle Drive and Dallas Road (1-mile), staying to the left, and turn right on Heywood, and right on Park; completing an early race loop. Turn right on Cook Street. Turn left on Dallas Road (the second aid station is on Dallas Road near Cambridge where there will be Honey Stinger Gels) and run to Hollywood Crescent, keeping to the left. The third aid station is at Dallas Road and Memorial. Stay on Hollywood Crescent, past its southern intersection with Robertson, until Hollywood blends into Robertson just before the intersection with Ross and Crescent. Cross Crescent and turn right onto Lillian. Turn left onto Richmond, cross Fairfield and right onto Richardson. You're now approaching the point where the Marathon route splits from the Half Marathon. The next aid station is beside the park on Richardson, just before turning left onto Lawndale. Turn right on Quamichan (careful of the speed bump!) and right again on Cowichan. When Cowichan reaches Richardson, you're at the 13 km mark of the race. **It's here that the Marathon goes left and the Half Marathon goes right.**

Cross Foul Bay Avenue and Richardson becomes McNeill. Now you run the Oak Bay "finger." Turn left onto Hampshire, left on Granite, right on Mitchell, and right on Oak Bay Avenue. Run Oak Bay Avenue for five blocks. Then turn right on Monterey, left on Windsor, and right on Oliver down to Beach Drive. Turn left on Beach Drive. The next water stop is just after turning onto Beach Drive, at Transit. Run the Beach Drive waterfront past the Victoria Golf Club, Oak Bay Beach Hotel, and Oak Bay Marina, The next

water stop is just past the Oak Bay Marina at Glenlyon/Norfolk School. Continue past Willows Beach and Cattle Point. Turn left on Exeter where there is a water stop and run a few hundred metres to the 180-degree turnaround, staying on the left, and return along Beach Drive all the way to Oliver. On the way back along Beach, water stops are again available at Glenlyon/Norfolk School, and at Beach and Transit. Run the Oak Bay "finger" in reverse: Oliver, Windsor, Monterey, Oak Bay Avenue, Mitchell, Granite, Hampshire, then turn right on McNeill and run back to the half marathon split at Richardson and Cowichan. The 34 km aid station is at Lawndale and Richardson. Return along Richardson, left on Richmond, right on Lillian, left on Robertson and left on Hollywood Crescent to Dallas Road.

Continue on Dallas Road westbound, all the way past Beacon Hill Park and the Ogden Point breakwater, right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray and right onto Belleville to the finish in front of the Legislature. There are water stops every 2 km in the last stages of the race: at Dallas and Memorial, Dallas and Cambridge, and at Dallas and Oswego.

### **The Half Marathon**

The GoodLife Fitness Victoria Half Marathon is an AIMS and Athletics Canada/Run Canada-certified 21.0975 km course. Walkers are welcome as long as completion time is less than six hours. Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the Half Marathon for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders will be available for the Half Marathon – for pace times see p.42. The Half Marathon starts on Menzies at Quebec. Run south, away from the inner harbour, turn left on Simcoe and left again on Government Street. Run down a slight decline on Government Street, past The Empress Hotel, continue straight along Government Street. Turn right on Yates Street, then right on Cook Street. The first aid station is just past Fairfield Avenue at Cook Street at Pakington.

Turn right onto Park, right onto Heywood, left on Southgate, and left onto Arbutus Way, entering Beacon Hill Park. Arbutus blends left into Bridge Way. Turn right onto Heywood and right onto Circle Drive. Run a complete counter clockwise loop of Circle Drive and Dallas Road (1-mile), staying to the left, and turn right on Heywood, and right on Park; completing an early race loop. Turn right on Cook Street. Turn left on Dallas Road (the second aid station is on Dallas Road near Cambridge where there will be Honey Stinger Gels) and run to Hollywood Crescent, keeping to the left. The third aid station is at Dallas Road and Memorial. Stay on Hollywood Crescent, past its southern intersection with Robertson, until Hollywood blends into Robertson just before the intersection with Ross and Crescent. Cross Crescent and turn right onto Lillian.

Turn left onto Richmond, cross Fairfield and right onto Richardson. You're now approaching the point where the Marathon route splits from the Half Marathon. The next aid station is beside the park on Richardson, just before turning left onto Lawndale. Turn right on Quamichan (careful of the speed bump!) and right again on Cowichan. When Cowichan reaches Richardson, you're at the 13 km mark of the race. **It's here that the Marathon goes left and the Half Marathon goes right.**

Return along Richardson, left on Richmond, right on Lillian, left on Robertson and left on Hollywood Crescent to Dallas Road.

Continue on Dallas Road westbound, all the way past Beacon Hill Park and the Ogden Point breakwater, right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray

and right onto Belleville to the finish in front of the Legislature. There are water stops every 2 km in the last stages of the race: at Dallas and Memorial, Dallas and Cambridge, and at Dallas and Oswego.

### **8K Turkey Trot Road Race**

The GoodLife Fitness Victoria 8K Turkey Trot Road Race is an Athletics Canada/Run Canada-certified 8 km course. Baby Joggers and Nordic Poles used for speed, endurance and fitness are not permitted in the 8K Turkey Trot for insurance and safety reasons. Nordic Poles are only permitted for use by 'Mobility Impaired' participants. Pace Leaders are available for the 8K - see pace times on p. 44

The 8K starts on Government St near Superior between the BC Legislature and the Royal BC Museum, and heads down Government, right on Yates, right onto Cook, until Cook meets Dallas Road. Right on Dallas, continue westbound, past Beacon Hill Park and the Ogden Point breakwater, go right on Erie, left on St. Lawrence, right on Kingston, left on Montreal, right on Quebec, left on Pendray and right onto Belleville to the finish in front of the Legislature.