

BGMI Race Site

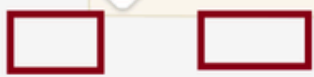
Luther College Cafeteria Sponsors

Luther College

University Residence

The Student Village at Luther College

First Nations



4

5km - 2nd loop turn around

Medical



Finish Line

5

Parking Lot 10 Event Site

Snacks/refreshments /Announcer

Centre for Health, Wellness, and...

Fitness Centre

Summer Sports School

Kinesiology Building

Aquatics

Underground heated parkade



University of Regina Education Building

Bike dismount

Swim in
Bike in

2

Transition

3

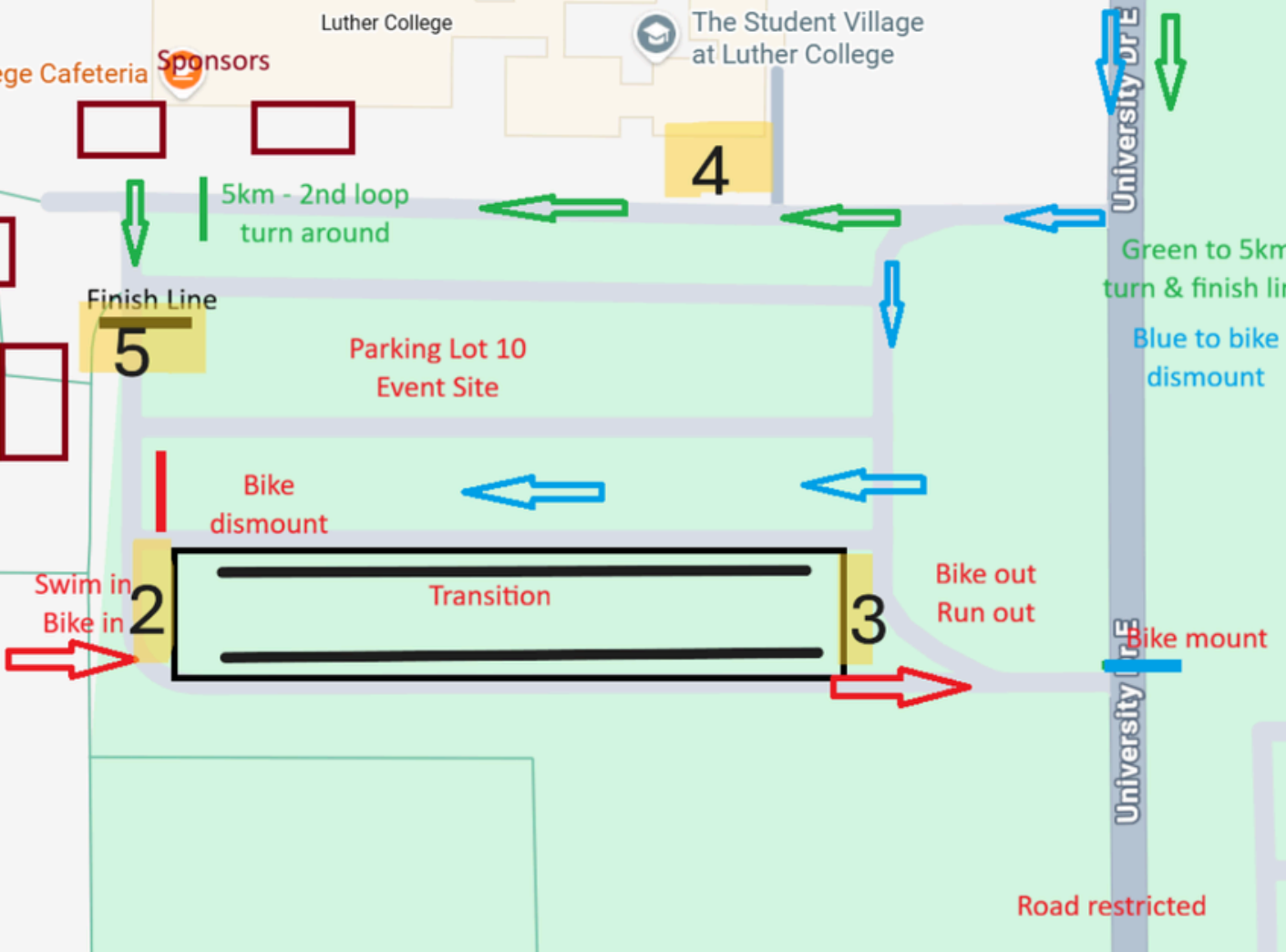
Bike out
Run out

Bike mount

Road restricted

Yellow marks timing mats

Google Maps





Standard Map ▾

Lee Gren Avenue

500m Bike Course

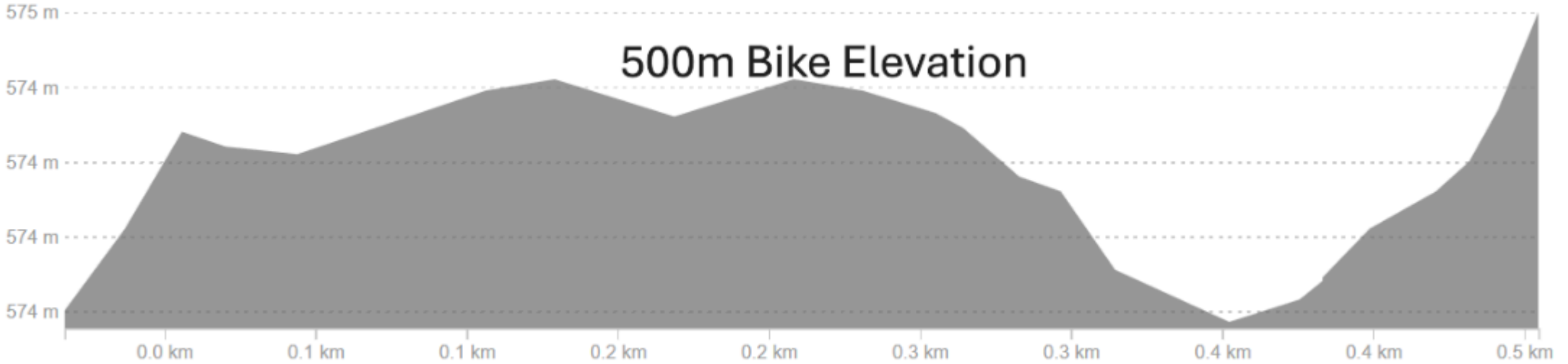
Turn around

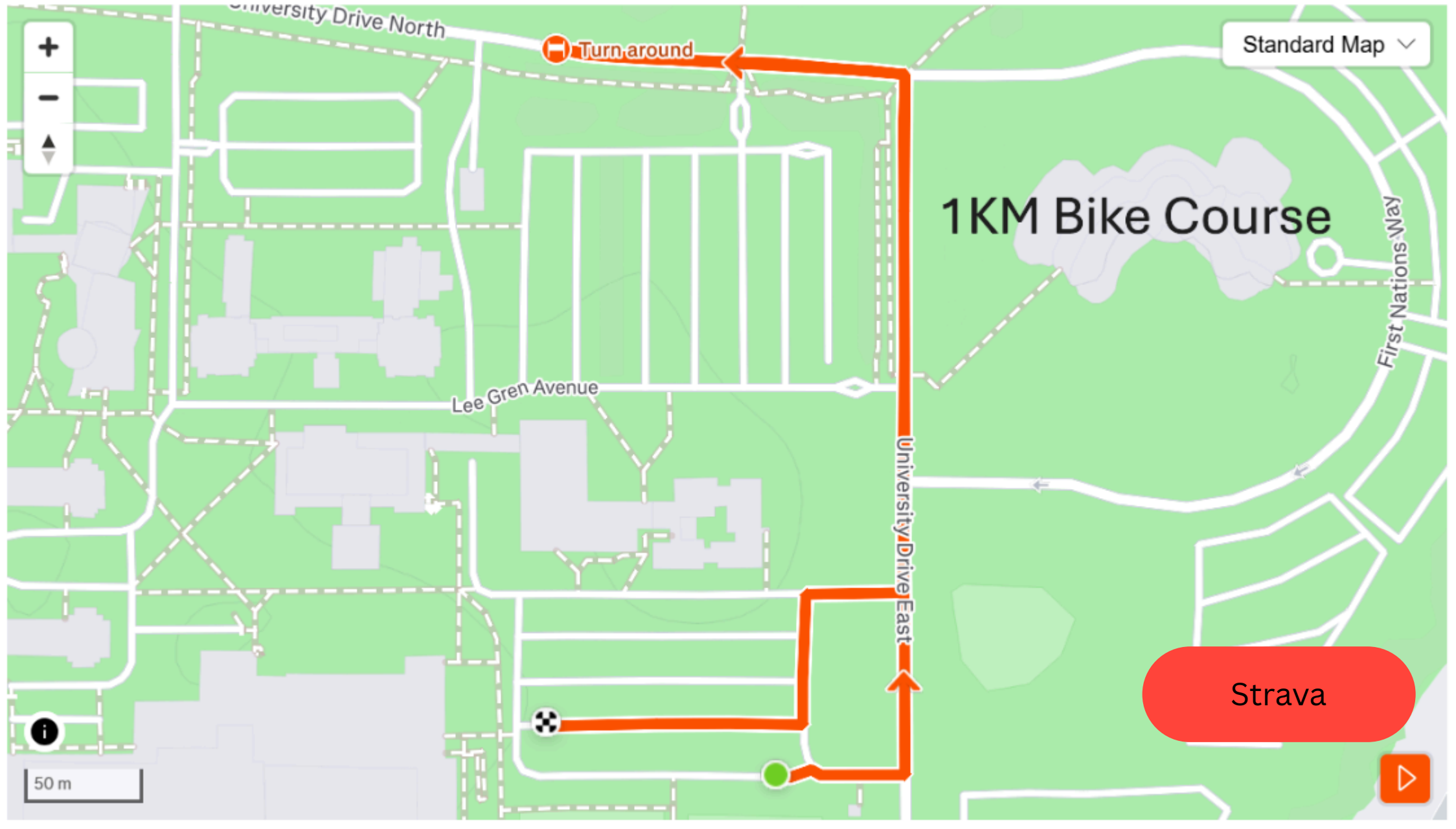
University Drive East

Strava



500m Bike Elevation





Standard Map

1KM Bike Course

Turn around

Lee Gren Avenue

University Drive East

First Nations Way

Strava

+

-

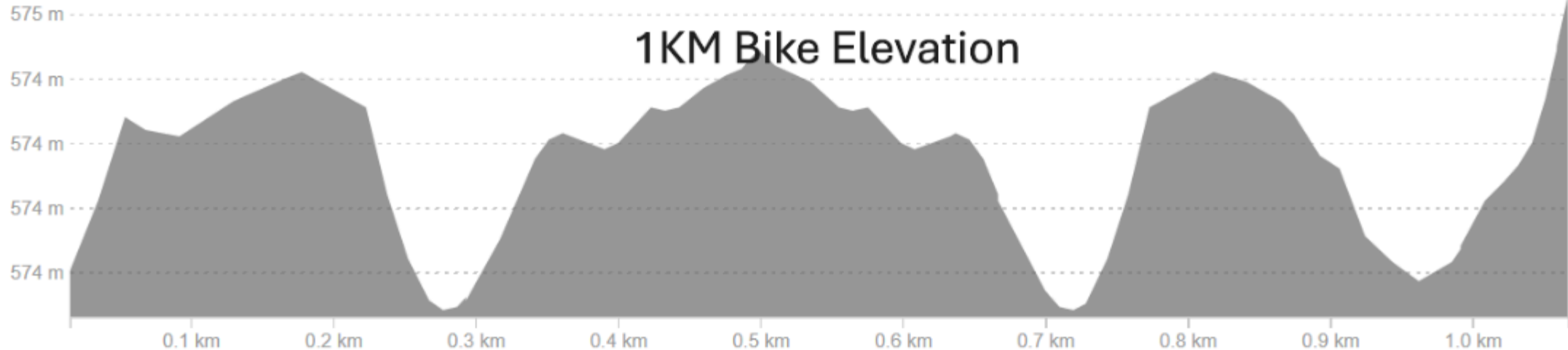
▲

i

50 m



1 KM Bike Elevation





Turnaround

University Drive North

2KM Bike Course

Sureau Loop

Lee Gren Avenue

University Drive East

University Drive West

Wibazuka R

Strava



50 m





2KM Bike Elevation

of Laps on Wascana Pkwy
6km - 2 laps
4km - 1 lap

Bike Short Course

Turn around

Turn Around

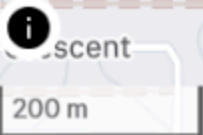
Strava



23rd Avenue

Lake Street

Crescent



Kramer Boulevard

Wascana Parkway

University Drive West

University Drive North

University Drive South

First Nations Way

Ring Road

Ring Road



576 m

575 m

574 m

0.5 km

1.0 km

1.5 km

2.0 km

2.5 km

3.0 km

3.5 km

4.0 km

Bike Short Course Elevation



Bike Long Course
of laps on Wascana Pkwy
20km - 6 laps
10km - 3 laps
8km - 2 laps



23rd Avenue

Hillsdale Street

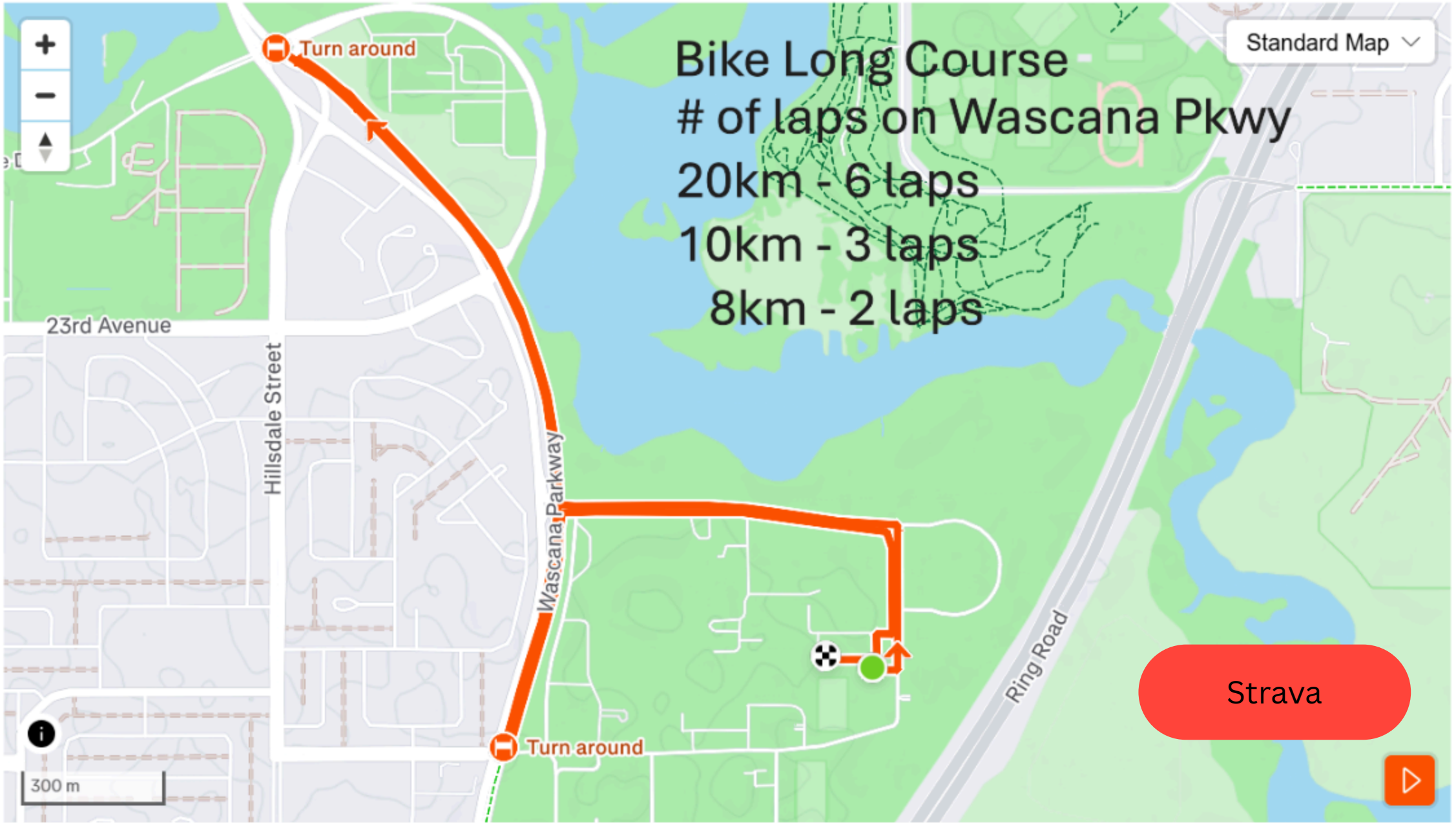
Wascana Parkway

Ring Road

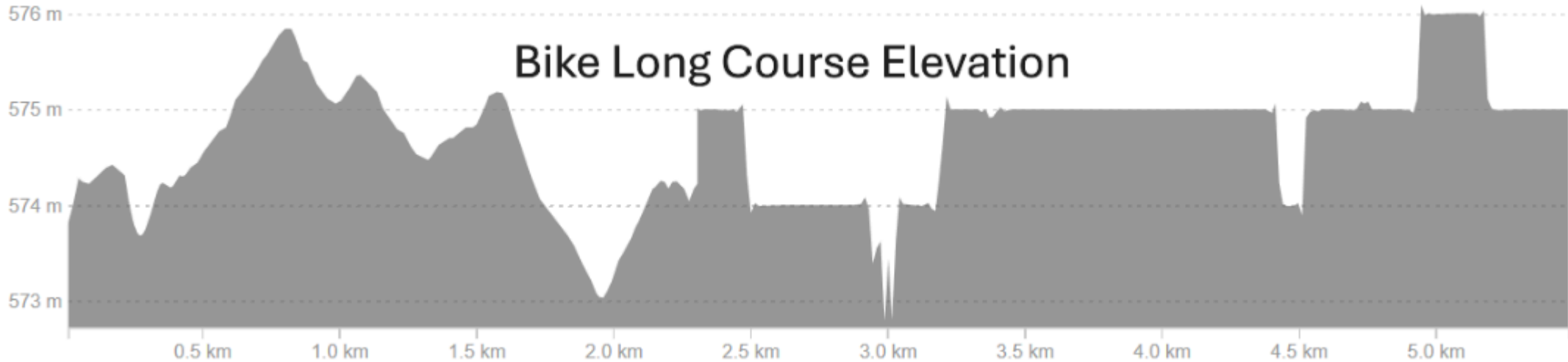


Turn around

Turn around



Bike Long Course Elevation



100m Run Route



P Lot 10



20 m

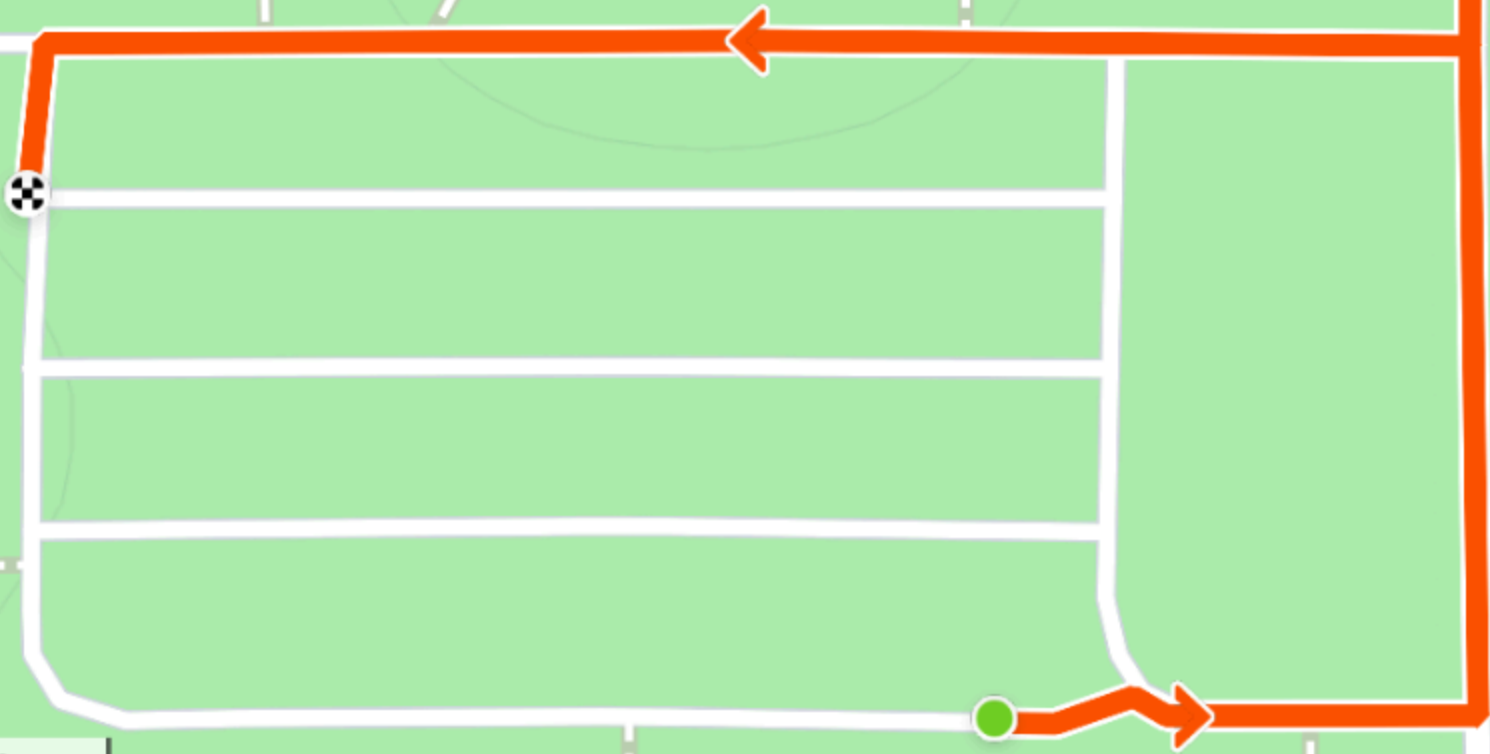




Standard Map ▾

400m Run Route

400M Turn around

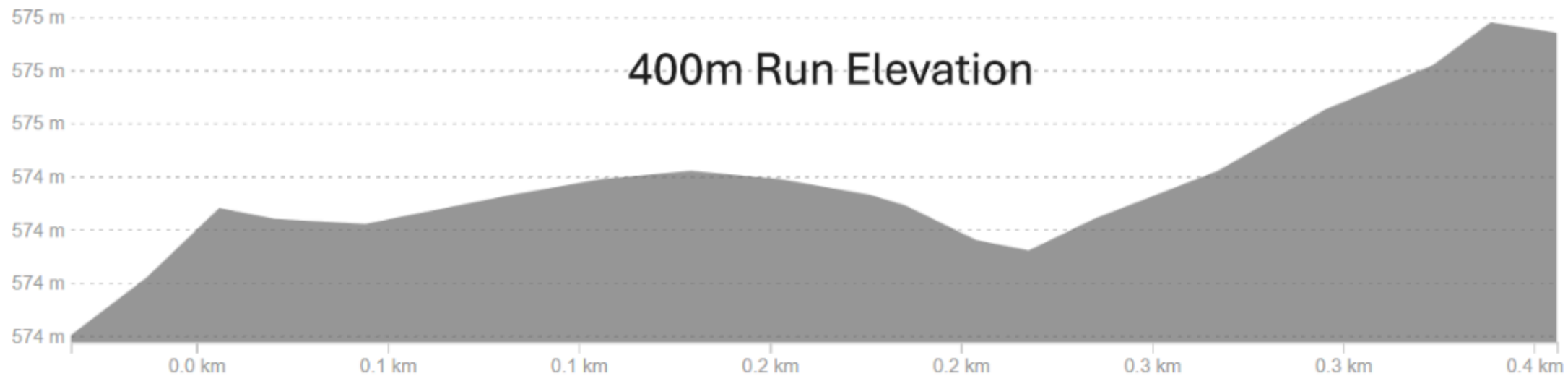


20 m

Strava



400m Run Elevation



800m Run Route

800M Turn around

First Nations Way

University Drive East

Lee Gren Avenue

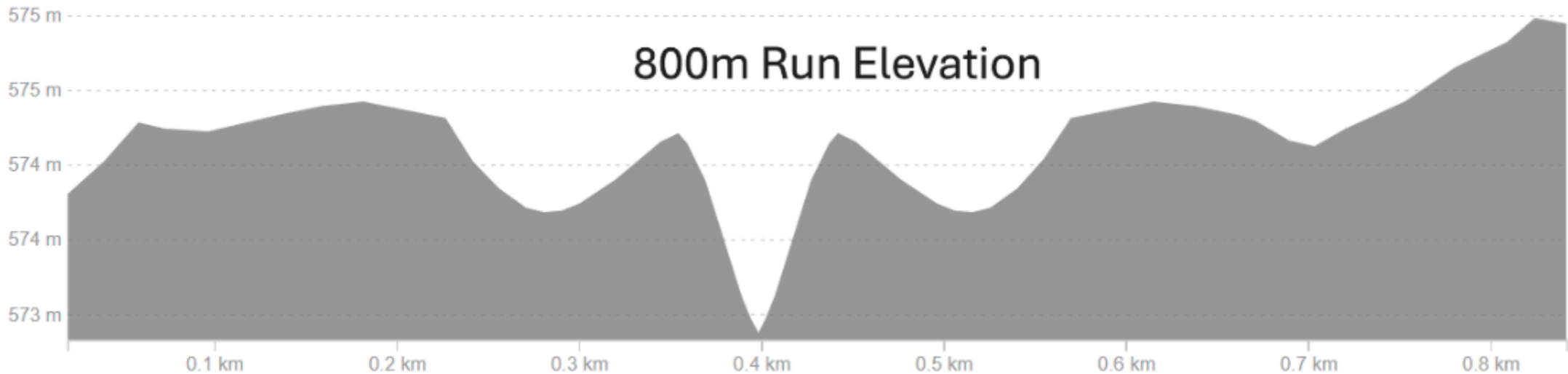
University Drive North



50 m



800m Run Elevation



1KM Run Route

1KM Turn around

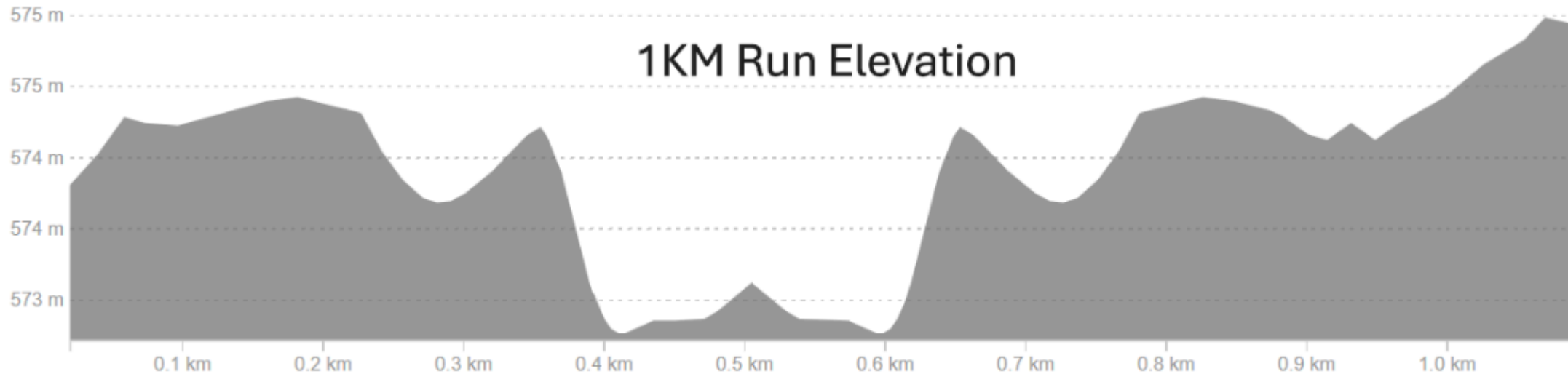


50 m

Strava



1KM Run Elevation





Standard Map ▾

Trans Canada Trail

1.5KM Turn around

1.5 Run Route

ity Drive North

Lee Gren Avenue

University Drive East

First Nations Way

Ring Road

Wascana Cre

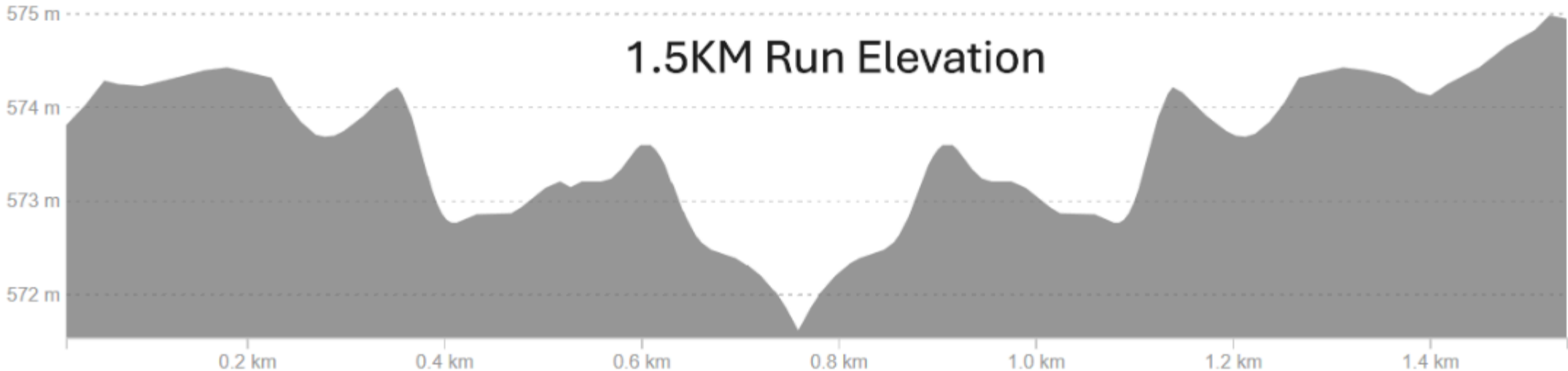
Strava




100 m



1.5KM Run Elevation





Standard Map 

2KM Run Route

 2KM Turn around

Trans Canada Trail

University Drive North

Lee Gren Avenue

University Drive East

First Nations Way

Ring Road

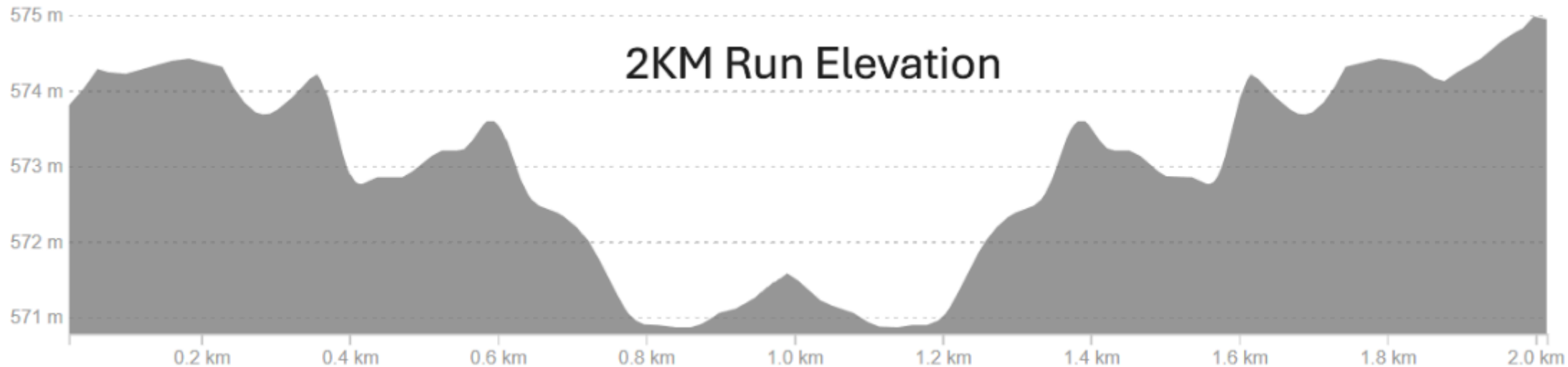
Wascana Creek

Strava

100 m



2KM Run Elevation





Standard Map ▾

2.5KM - 5KM Run Route

5km 2 loops
2.5km 1 loop

turn around

Aid Station

University Drive North

First Nations Way

Ring Road

Mascana Creek

Strava

100 m



