

Run Course

The run is an out and back course on the City of Regina bike path towards Douglas Park. The turnaround point for the 5k is at the top of Douglas Park Hill.

Super Sprint distance turnaround is at the aid station.

Duathlon – you will run 2.5 Km to start your race. Then your final run leg will be the 5km run distance to the top of Douglas Park Hill and back.

There will be volunteers and chalk markings to help guide the way.

