

*Thanks to Our Sponsors!*



## 1/2 Marathon Course

The race starts and finishes at the Fort Langley National Historic Site located in Fort Langley. The course does a short tour of town (1.5K) before heading south on Glover Road for 1 km. You will then turn left onto Rawlison Crescent and follow this road until it meets River Road (3.5 km). The route will go East on River road for 700 meters before turning onto Armstrong. The hill on Armstrong will be the most challenging part of the route. At 80<sup>th</sup> Ave you will proceed to Telegraph Trail and run on this historic road for 1.8 km until you reach 72 Ave. Here you will head west for 1.6 km to 240<sup>th</sup> Street. You will go north for 2.4 km to Rawlison Crescent where now you will proceed back to the finish via Glover Road and Bay Street. It should be noted this course is challenging but very scenic. The main hill occurs at 8k on Armstrong road and rewards you with majestic views of Mt Baker as you summit. The last 11k of the route is slightly rolling, downhill and flat and will reward those who pace themselves with a fast finish at the Fort.

## 5 Km Course

Race runs on quiet streets in Fort Langley. It will be 2 loops of a relatively flat scenic loop that starts and finishes at the Fort.

## Directions to Event

From hwy 1 take the 232<sup>nd</sup> St. exit. Proceed north on 232<sup>nd</sup> towards Fort Langley. Once you reach Glover Rd. turn right (north). Follow Glover to Mavis Avenue (down town Fort Langley just before the tracks) and turn right. **The race starts and finishes in the National Historic Site's Orchard Lawn at 23433 Mavis Avenue** in Fort Langley.

6<sup>th</sup> Annual



# Fort Langley Half & 5 KM

*Sunday July 19, 2009*

*Starts @7:00 AM for the half  
marathon & 7:30 for the 5km.*

**Langley-** 1-20349 88<sup>th</sup> Ave.  
604-888-1338

**White Rock-** 1708 152nd Street.  
604-531-7879

**Victoria-** 3659 Shelbourne Ave  
250-384-4786

