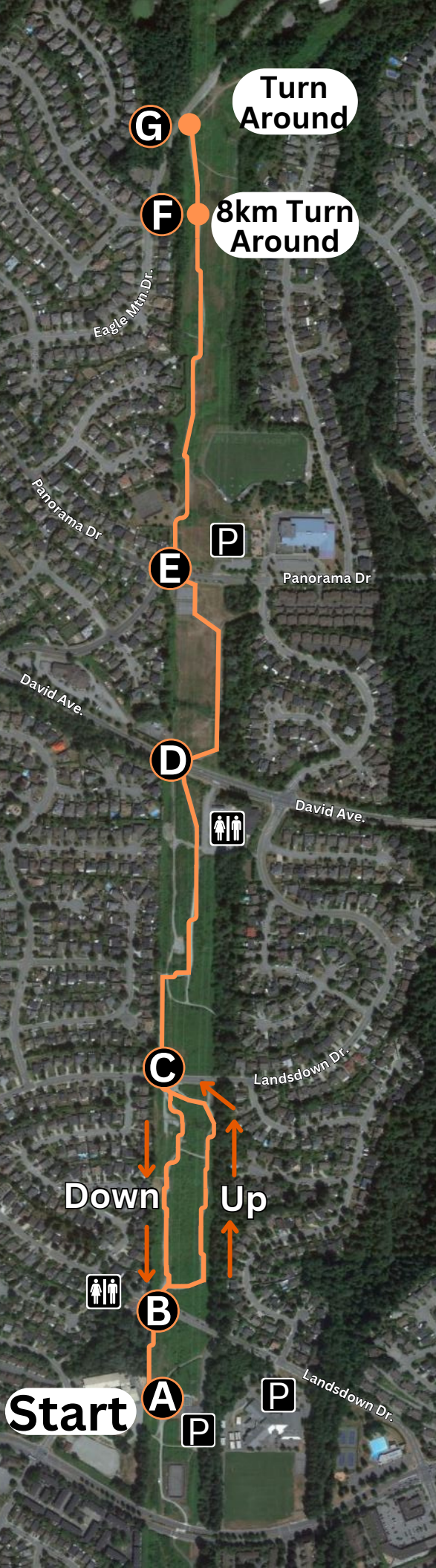


Course Map

COQUITLAM CRUNCH CHALLENGE



A	Starting Area, Events & Aid Station Elevation 38m
B	Lansdown Crosswalk #1 Universal Washrooms Please follow The path on the East / Right when going up
C	Lansdown Crosswalk #2 Please follow the path on the West / Left when going up
D	Davis Ave Cross Walk
E	Panorama Dr. cross at the Crosswalk to West/left when going up
F	8km Runners turn around point
G	Turn around point for Make It or Break It & Recreational Aid Station Elevation 280m

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