

## Cumberland Rec Centre Parking Lot

### Extreme Runners

436 5th St, Courtenay, BC V9N 1J8

- ↑ 1. Head southwest on 5th St toward Fitzgerald Ave  
75 m
- ↶ 2. Turn left at the 1st cross street onto Fitzgerald Ave  
200 m
- ↷ 3. Turn right onto Cumberland Rd  
1.3 km
- ♀ 4. At the roundabout, take the 2nd exit and stay on Cumberland Rd  
3.1 km
- ↷ 5. Turn right onto Comox Valley Pkwy  
2.4 km
- ↑ 6. Continue onto Cumberland Rd  
1.6 km
- ↑ 7. Cumberland Rd turns slightly left and becomes 4 St  
450 m
- ↷ 8. Turn right onto Dunsmuir Ave  
600 m
- ↶ 9. Turn left onto Sutton Rd  
30 m

