

## SAA 2010 Ice Breaker Tri

Date: January 1st, 2010

Time: 10:00am

Start Location: Parking lot - Jericho Beach

( Near concession building about 300m west of Tolmie St)

1. Swim: Or just splash around. NOT wetsuit legal. But costumes are welcome.
2. Bike: Leisurely group ride around UBC for 11km.
3. Run: Easy 5km run.

- Afterwards everyone is invited to Fay & Marinus' for snacks & warm drinks.  
Location: 10480 Hollybank Dr



## Swim route:

What swim? Just get wet & call it good!



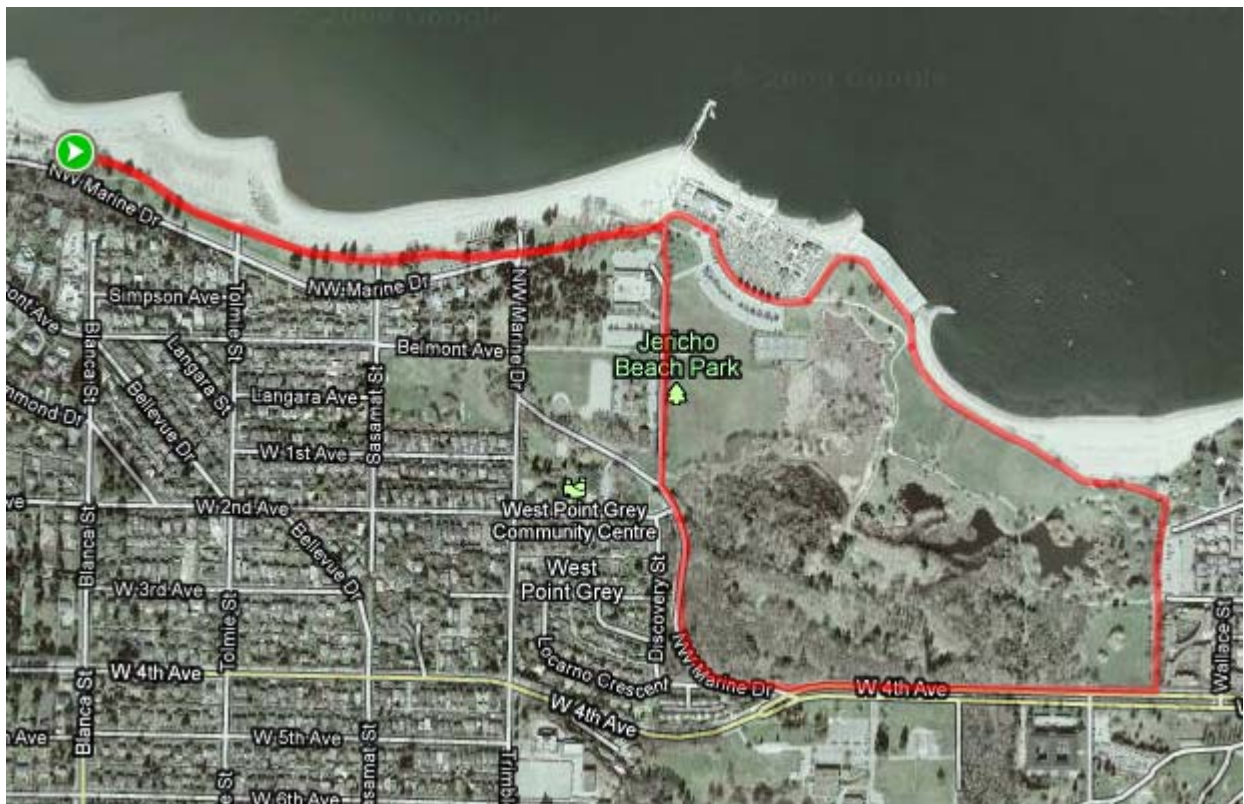
## Bike route:

- West on NW Marine Drive
- Turn RIGHT onto Tolmie
- Turn RIGHT onto Belmont
- Turn LEFT onto Blanca
- Turn RIGHT onto 16<sup>th</sup>
- Turn RIGHT onto SW Marine Drive
- Follow NW Marine Dr back to start.



## Run route:

- West along the beach. Past the sailing club.
- When reaching the west end of Point Grey Road turn south along pathway to W 4<sup>th</sup>.
- Turn RIGHT on West 4<sup>th</sup>.
- Turn RIGHT on NW Marine Drive
- Turn RIGHT on Discovery St (past the Hostel)
- Turn LEFT on beachfront path.
- Follow pathway back to the start point.



## Afterwards:

Fay & Marinus'  
10480 Hollybank Dr

