

A) Start to 5k

First mile is a gentle uphill climb followed by a major downhill (remember this hill on the way back), the course flattens out to the 5k mark with a slight climb just past 3k. If you've hit the wall at this point, readjust your training schedule.

B) 5k to 10k (Marathon & $\frac{1}{2}$ Marathon)

First kilometre is downhill then a very flat run through scenic Victoria Park with a very nice view of the harbour. The only climb occurs at the 8k mark but it is short and not too steep. At roughly the 9.5k the half-marathoners go the left while the marathoners head to the right to proceed over the bridge. Both approaches to the 10k marks are flat with the marathoners experiencing a small climb up the bridge ramp. Please do not throw anything off the bridge such as sponges, cups, your number, the guy grunting in your ear, etc.

C) (i) 10k to 15k ($\frac{1}{2}$ Marathon)

Proceed to turnaround point on Riverside Drive. The entire course back to the 15k mark is basically flat. The most traffic will be evident between 11 & 13k so be careful, particularly crossing the road.

C) (ii) 10k to 15k (Marathon)

You've now crossed the bridge and made a right turn heading toward the outlying communities. WARNING: Do not cut through the Service Station; it will result in a disqualification. The terrain is flat but the road does curve a fair bit. Your first hill test occurs just past the 13k mark. First a good downhill followed by an extended uphill. Don't let the hill fool you, it does end.

D) (i) 15-20k ($\frac{1}{2}$ Marathon)

The first kilometre is an uphill climb on North River Road then it flattens out to the 19.5k mark. At this point the only real hill comes at you. The Sisters of Saint Martha are on your left as you climb so be advised that you have someone in a high place looking out for you.

D) (ii) 15-20k (Marathon)

Beautiful views of the water will be available during this section at no extra charge. The route tends to be rolling but there isn't really a major climb but a nice downhill will give you a lift around 18k. By the time you hit the 20k you've passed through Keppoch, Kinlock and Tea Hill. If you are so inclined, the best berry picking area on the Island is all around you (or so says the owner).

E) (i) 20k to 21.08k ($\frac{1}{2}$ Marathon)

This is your finishing stretch. Almost totally downhill. You will see the banner with a $\frac{1}{4}$ mile to go. Good luck, keep the legs moving and be careful of the railway tracks.

E) (ii) 20k to 21.08k (Marathon)

Flat run to the turnaround point; no surprises - remember to lend encouragement to the runners you meet coming back.

F) Turnaround to 25k

Basically flat until you approach Kinlock between 24 and 25k. The second major hill test of the day occurs here. This is a steep hill so dig deep. If you find the hill boring, the view is splendid.

G) 25k to 30k

Again you get a nice view of the water. The countryside is somewhat rolling with another hill coming between 28 and 29k. The downhill section of this hill is wonderful. Use it to recoup, regroup and regurgitate. The uphill section is short but steep.

H) 30k to 35k

Over the bridge again (remember do not cut through the gas station) and through the center of Charlottetown. The route is quite flat but be careful of traffic. This will be the busiest section of the run.

I) 35k to 40k

Back through Victoria Park. You can see the Lieutenant-Governor's house on your right. After you exit the park 36-37k is a long slow gradual climb. 37-40k is flat with downhill sections.

J) 40k to Finish

At the 40.5k mark there is a final hill. This is the hill that you were told to remember. The Sisters of Saint Martha are on your left so be comforted to know that someone on high is watching. From 41k on in is downhill, enjoy it, you'll see the finish with a little over $\frac{1}{4}$ mile to go. Watch for the train tracks on the approach to the finish. CN Rail has promised that if they block the course they'll make sure it's with a flatbed car, so you hurdlers might have an advantage.

Good Luck and Break-A-Leg (oops, sorry, guess that is not the best thing to say).



