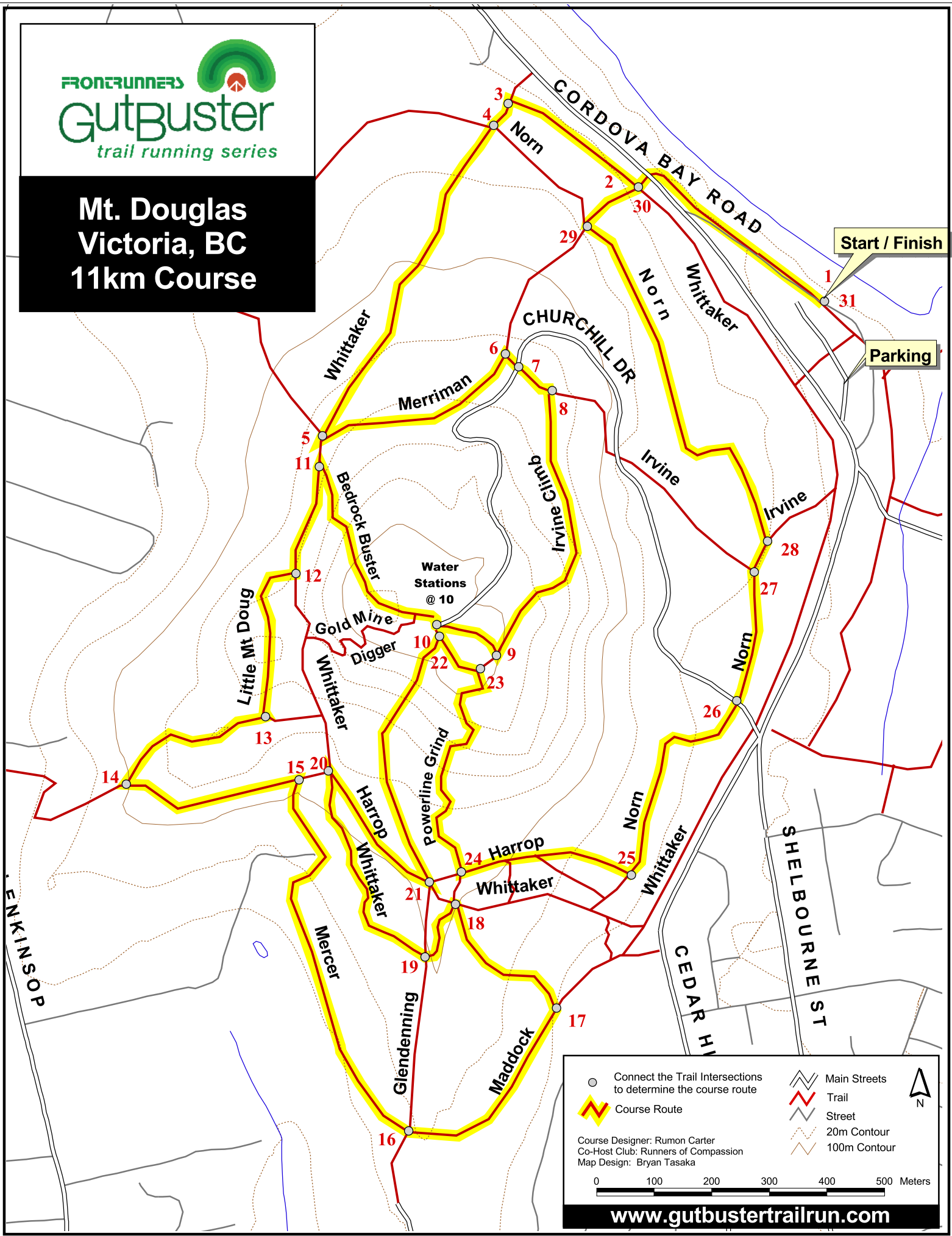


**Mt. Douglas  
 Victoria, BC  
 11km Course**



	Connect the Trail Intersections to determine the course route		Main Streets	
	Course Route		Trail	
			Street	
			20m Contour	
			100m Contour	

Course Designer: Rumon Carter  
 Co-Host Club: Runners of Compassion  
 Map Design: Bryan Tasaka

0 100 200 300 400 500 Meters

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