



LECU's Annual Lighthouse Relay, Race to the Sea

PO Box 70, Grand Bay East, NL A0N 1K0

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Leg Start times, Descriptions and Distances

Leg 1: Race starts at Cape Anguille Lighthouse at **7 am sharp**. The route follows the gravel road for approximately 1 km then turns right onto the paved road and travels through the communities of Codroy and Woodville ending at E.W. Gale (store) parking lot.

Route Structure: Gentle ups and downs, maximum elevation of 58m

Distance: 8.4 km

Leg 2: Starts at E.W. Gale at **7:50 am** and travels through Millville past Broom's Bridge and out through Great Codroy. Proceed over the Grand Codroy Bridge and into Belanger Memorial School parking lot.

Route Structure: An easy leg that climbs gently from 20 to 45m

Distance: 8.4 km

Leg 3: Starts at Belanger Memorial School at **8:40 am**, travels right to the intersection and proceeds to the right into Searston. Passing Silver Sands Restaurant, runners turn left into St. Andrew's ending at St. Kevin's Center.

Route Structure: This leg consists of rolling hills in the first half followed by a long gradual climb and a steep descent to the finish.

Distance: 13.5 km

Leg 4: Starting from St. Kevin's Center at **10:00 am**, the runners take Station Road for 1/2 km, moving onto the gravel Trailway then onto the gravel road going through Little Paradise Park which continues into McDougall's Road. Once at McDougall's Bridge the route transfers back to the Trailway and crosses under the TCH to the Wreckhouse parking lot.

Route Structure: This section is all gravel and mostly level

Distance: 9.7 km

Leg 5: Starting at the Wreckhouse parking lot at **11:00 am**, runners again cross under the TCH to the Trailway travelling past Red Rocks and continuing into the community of Cape Ray. Taking a right onto the paved road, then a left that brings you right up to the Cape Ray Lighthouse.

Route Structure: This leg has a low of 18m up to a maximum of 65m

Distance: 11.6 km

Leg 6: Starts at Cape Ray Lighthouse at **12:10 pm**, travels back toward Cape Ray for 2 km, taking a right onto the gravel Trailway heading towards Cheeseman's Beach and down through to Bruce's Autofix in Grand Bay West Industrial Park.

Route Structure: This leg is all gradual ups and downs

Distance: 13.2 km



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Leg 7: Starts at Bruce's Autofix at **1:30 pm**, continues along the Trailway for a short section onto the Hotel Port aux Basques parking lot. Runners cross the road to continue down on to High Street, on to Caribou Road, on to Main Street into Channel, on to the beginning of LeGallais Street but then turning right on to Water Street East. Once runners pass by the Channel Head Lighthouse they turn left on to the east end of LeGallais Street. Runners continue up LeGallais Street towards St. James Anglican Church on to Read Street passing the Royal Canadian Legion to continue back on to Main Street up to The Source turning right here on to Pleasant Street then on Marine Drive and on to finish at Scott's Cove Park.

Route Structure: This leg has gradual ups and downs until the Channel section, which has a few low hills.

Distance: 8.3 km

Leg 8: Starts at the entrance to St. Christopher's Hotel at **2:20 pm** and continues back out through Port aux Basques crossing the road at the High St. intersection and crossing over the over pass and down the highway towards Marine Atlantic. Passing there runners continue on TCH - Route 470, towards Margaree and end this leg at the Anglican Cemetery parking lot.

Route Structure: This leg is characterized by long low hills with a long steep hill to the finish.

Distance: 12.4 km

Leg 9: Starts at the Anglican Cemetery parking lot at **3:35 pm** and travels along the TCH -Route 470 through the community of Isle aux Morts, ending at the Legallais Memorial School.

Route Structure: This leg has a steady climb at the start with a long downhill section continuing with a series of long gradual hills

Distance: 7.8 km

Leg 10: Starts at Legallais Memorial School at **4:25 pm** and follows the TCH - Route 470 past the community of Burnt Islands and ends at Grandy's River Collegiate.

Route Structure: This leg is challenging with long uphill climbs & steep descents.

Distance: 11 km

Leg 11: This last and longest leg starts at Grandy's River Collegiate at **5:10 pm** and turns left on the TCH - Route 470 and follows down through to Rose Blanche. This final stage brings us to the parking lot of the Rose Blanche Lighthouse and the end of the race.

Route Structure: This leg is the most challenging, starting out level for about 1 km proceeding into a series of steady ups and downs.

Distance: 15.7 km