



St George's Day Run

23rd April 2023

90 kms Start to Finish.

2hrs 30mins approximately including rest stops

Fancy joining us for a drive around some of the back roads on the South side of Nanaimo.

Our route will take us along Nanaimo River Road, around Yellow Point, through Cedar and back to the highway.

You must bring something to commemorate the occasion. It could be a fire-breathing dragon, a damsel in distress, a knight in shining armour, a flag, a bacon butty (could be reheated courtesy of the fire breathing dragon). You decide.

The Plan

1015 Departure from The Real Canadian Superstore parking lot by the gas station.

Rest stops include: Cassidy Rest Area. Roberts Memorial Provincial Park.

Northfield Road Rest Area.

Food and refreshment opportunities:

The Crow and Gate English Pub. The Wheatsheaf Inn in Cedar. The Cranberry Arms. A&W at the Southgate Mall on Highway 1. Lots of other choices.

The finish will be at the Northfield Road Rest Area on the Nanaimo Parkway.

Southern participants should finish on returning to the highway.

Bring your FRS walkie-talkies tuned to Channel 7.0.

For updates and to see who is going; go to the Members Only section on the Club Forum. Let me know by e-mail or post on the Forum if you plan on joining us.

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