



Crimson Lake Trail Run

Crimson Lake Provincial Park



3 km Race

The 3 km race begins 9:45 a.m. at the registration area and follows the main road to the intersection with the Cabin road. Here runners follow the gravel path through trees towards beaver pond. At approximately 1.5 km, runners will follow the cut-across path and return along the Cabin road. At the entrance of the Cabin road, runners will turn left and follow the gravel path in the trees along the beach to the finish line.

10 km Race / 20 km Race (2 laps around Amerada Trail)

The 20 km race begins at 9:00 a.m. and the 10 km race begins at 10:30 a.m. at the registration area. Runners will follow the main road to the intersection with the Cabin road. Here runners enter the gravel path which circles Crimson Lake and leads runners to the finish line. There are 2 water stations, one located at 3.6 km, and one located at 8 km. The water station attendants are equipped with radios, should anyone need assistance. The gravel trail runs through forest, and is fairly level, except for a couple short but steep hills after the 8 km mark. The 20 km course is two laps around the Amerada Trail.