

DnS 5 K 2021

Turn around at the
bridge when you
hear the beep

2

1/3

Start and Finish

301 St.

304 Av.

- 1) Download the MapRun6 app (Iphone or Android)
- 2) Register yourself
- 3) Events Near Me – DNS 5K PXAC
- 4) Head to the south end of the Mark Creek Trail
- 5) In the app, select “Go to Start”
- 6) Your phone will beep and your time will start as you pass the triangle and double circle
- 7) Run to check 1 and 2. Your phone will beep at each
- 8) Return to the finish. The double circle and your phone will beep again to end your time
- 9) Your time and track will be uploaded to the Leaderboard
- 10) visit maprunners.weebly.com to check the Leaderboard as more runners complete the course

This training event is organized by the Kootenay Orienteers and Trail runners. We ask that you purchase a \$20 / \$5 to support the club's programs such as this. Check our calendar for other events.

kootenayorienteering.com