



- Sprint**
- A. 3 laps total.**
- B. Ride South on the separated bike path and North in the northbound lane of Abbott St.
 - C. Complete one full out and back loop of the course, with the turn around at the south end on Watt Rd.
 - D. At the North end of Abbott St, turn around at Lake Ave to complete another full lap.
 - E. Repeat this for a total of 3 laps.

Apple Race Series is a dynamic platform dedicated to promoting health, wellness, and sportsmanship through innovative triathlon and running events. With a focus on inclusivity and excellence, the Apple Race Series aims to inspire individuals to push their limits, embrace challenges, and achieve their fitness goals, all while showcasing Kelowna and the best of the Okanagan. Experience the thrill of competition and the joy of accomplishment with the Apple Race Series.

Sprint / 22.1 km