

PLACES & RACES

Off the Couch and Out the Door

Places

Alberta: White Goat Wilderness Area
British Columbia: Chilkoot Trail, Coast Mountains, Tofino, Vancouver (Pacific Institute of Culinary Arts)
Buenos Aires
Chamonix, French Alps
Colorado River, Grand Canyon
Costa Rica
France
Galapagos Islands
Guatemala
Houston, Texas
Inca Trail to Machu Picchu
India
Kuwait
La Paz, Bolivia
Mexico
Morocco
Patagonia
Ukraine
West Highland Way, Scotland

Races (running, marathons and triathlons)

Vancouver Sun Run
The Kananaskis 100
Wembley Half Marathon
Kelowna Half Marathon
Kelowna Marathon
Vancouver Marathon
New York City Marathon
Tucson Marathon
Portland Marathon
UBC Sprint Triathlon
Invermere Triathlon
Iron Star Half-Ironman Triathlon (Houston)
Self-Transcendence Triathlon (Elk Lake, BC)