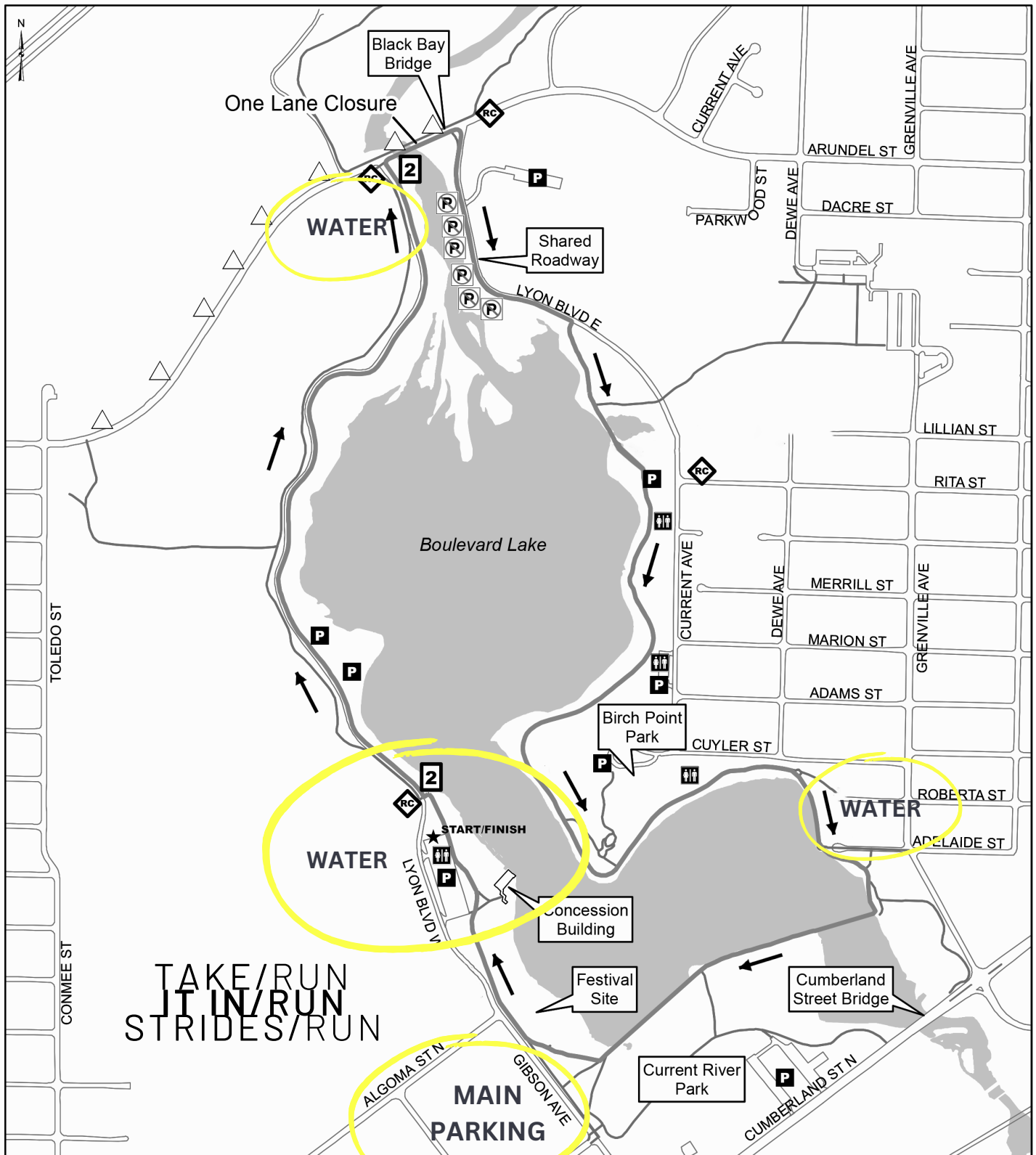


RACE ROUTE



TAKE/RUN
IT IN/RUN
STRIDES/RUN

Participants Shall:

- Travel in accordance with the route map, where applicable travel on the left side of the roadway, facing oncoming traffic, as close to the left edge as possible.
- Obey all rules as governed by the Highway Traffic Act and/or Municipal By-Laws, unless otherwise directed by a police officer.
- Travel on the street/sidewalk/footpaths specified in the map.
- Share street/sidewalk/footpaths and not obstruct or impede the passage of persons not participating in the event.

Legend

- | | | |
|--------------------------------|----------------------|-----------------------|
| ★ START/FINISH | P PARKING | ➔ DIRECTION OF TRAVEL |
| # BARRICADES (# of barricades) | W WASHROOMS | — EVENT ROUTE |
| P POLICE | ⊘ NO PARKING SIGN | — RECREATIONAL TRAIL |
| △ TRAFFIC CONES | RC ROAD CLOSURE SIGN | |

0 100 200 300 400 500 Meters

3 KM WALK - STARTING LINE TO THE ARUNDEL BRIDGE AND BACK

5 KM RUN - ONE LAP OF BOULEVARD LAKE

10KM RUN - TWO LAPS OF BOULEVARD LAKE