

ROUTE DESCRIPTION



Lifemark 5 KM (New certified route for 2017)

Saturday May 20, 2017

Competitive Wheelchair Division, Runners, then Walkers and then Nordic Pole Walkers, Recreational Wheelchairs.

New Start Times for 5KM

Start time (Competitive Wheelchair Division): 1:59 pm

Start time (runners): 2:00 pm

- START on Sackville St near Queen St
- Turn left on South Park St, keeping to the left facing traffic
- Proceed straight on Young Ave, keeping left, with the median to the right
- U-turn at break in median, between Atlantic St and Southwood Dr and facing traffic
- Proceed north on Young Ave, keeping left with the median to the right
- Left on Atlantic St, staying left, make U-turn 90m west on Atlantic
- Left on Young Ave, keeping left with the median to the right
- Proceed straight on South Park St, keeping left, facing traffic
- Left on Bell Rd
- Right on Ahern Ave
- Right on Cogswell St
- Right on Brunswick St
- Proceed to the finish line!
- Listen as the announcer calls out your name as you FINISH!