

ROUTE DESCRIPTION



Lifemark 5 KM

Saturday May 19, 2018

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

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!