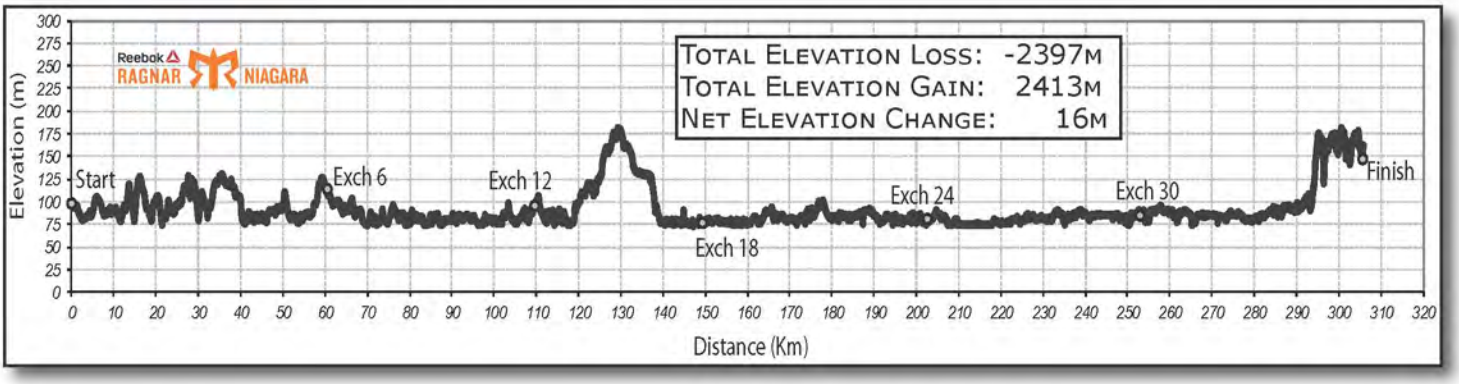
Course Overview -- 305.9 KM / 190.0 Mi



Map Symbol Legend

Exchange

Tenth-Kilometer Marker

Kilometer Marker

Runner Route

Van Route

Water Station

Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

VAN 1 -- LEGS 1-6 -- 60.3 KM

Exchange Notes:
Food: There will be 2 food trucks at this Major Exchange (Fundraiser for "Feed the Need")

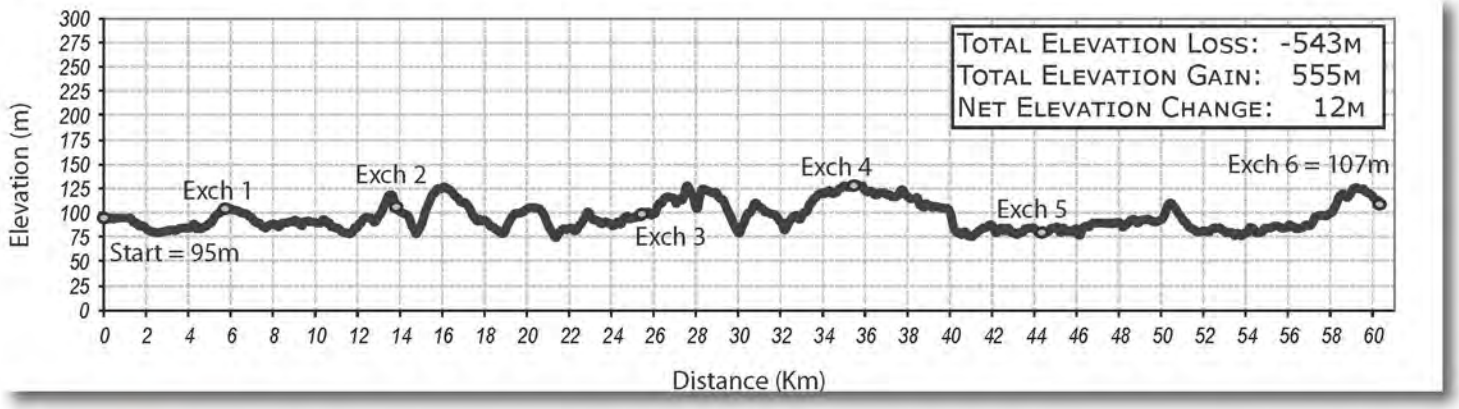
Crago Rd used to be called Solinas Rd. It may still be called this on some maps or devices.

Inactive Van Directions (Start Line to Exchange 6)

0.0	Depart Start Line heading North on D'Arcy St.
0.8	LEFT onto Elgin St. E.
3.3	RIGHT onto Burham St.
4.3	Take ramp (RIGHT) onto HWY 401 (McDonald Carter Fwy) West toward Toronto
51.5	Take Exit
52.0	LEFT onto Courtice Rd.
53.2	RIGHT onto Osbourne Rd.
54.9	Arrive at Exchange 6

Start Line Address:
Legion Fields
650 D'Arcy Street, Cobourg, ON K9A 4B2
GPS: 43.972956, -78.156520

Exchange 6 Address
Darlington Lower Hydro Fields
Crago Rd., Clarington ON
GPS: 43.816613, -79.109578



LEG 1 -- 5.9 KM -- EASY -- FULL VAN SUPPORT

LEG 1 -- 5.9KM -- EASY

Leg Notes:
No Van Support starts: 5.4 Km marker at the LEFT turn onto Elgin St. Although there is NO VAN SUPPORT for the final 500 meters of this leg, it is still depicted as FULL VAN SUPPORT

There are no water stations on this leg. Runners, please plan accordingly and carry additional water

Start Line
Legion Fields
650 D'Arcy Street, Cobourg, ON K9A 4B2
GPS: 43.972956, -78.156520

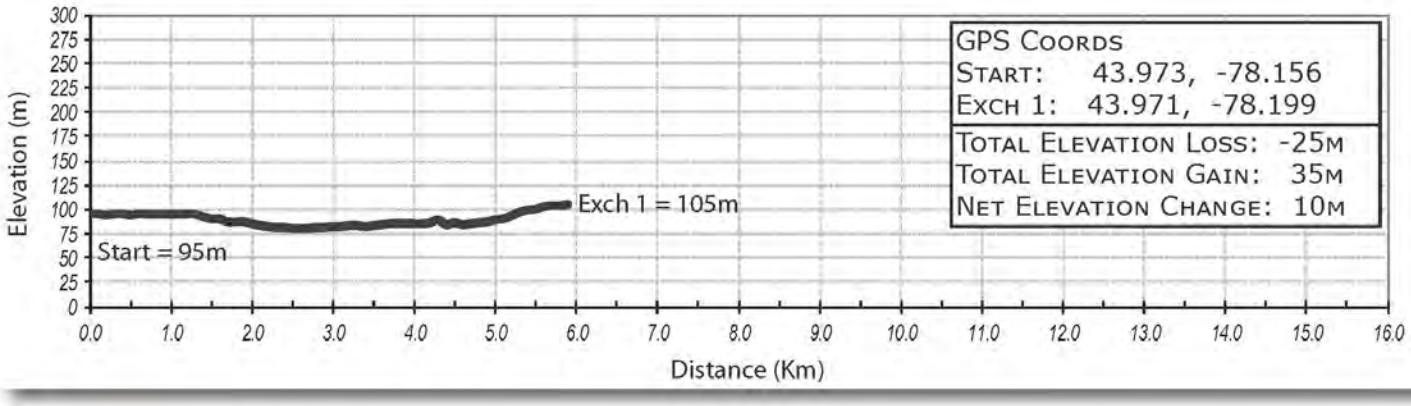
Exchange 1
Northumberland Mall
111 Elgin St. West, Cobourg, ON K9A 4K1
GPS: 43.970244, -78.199747

Runner Directions:

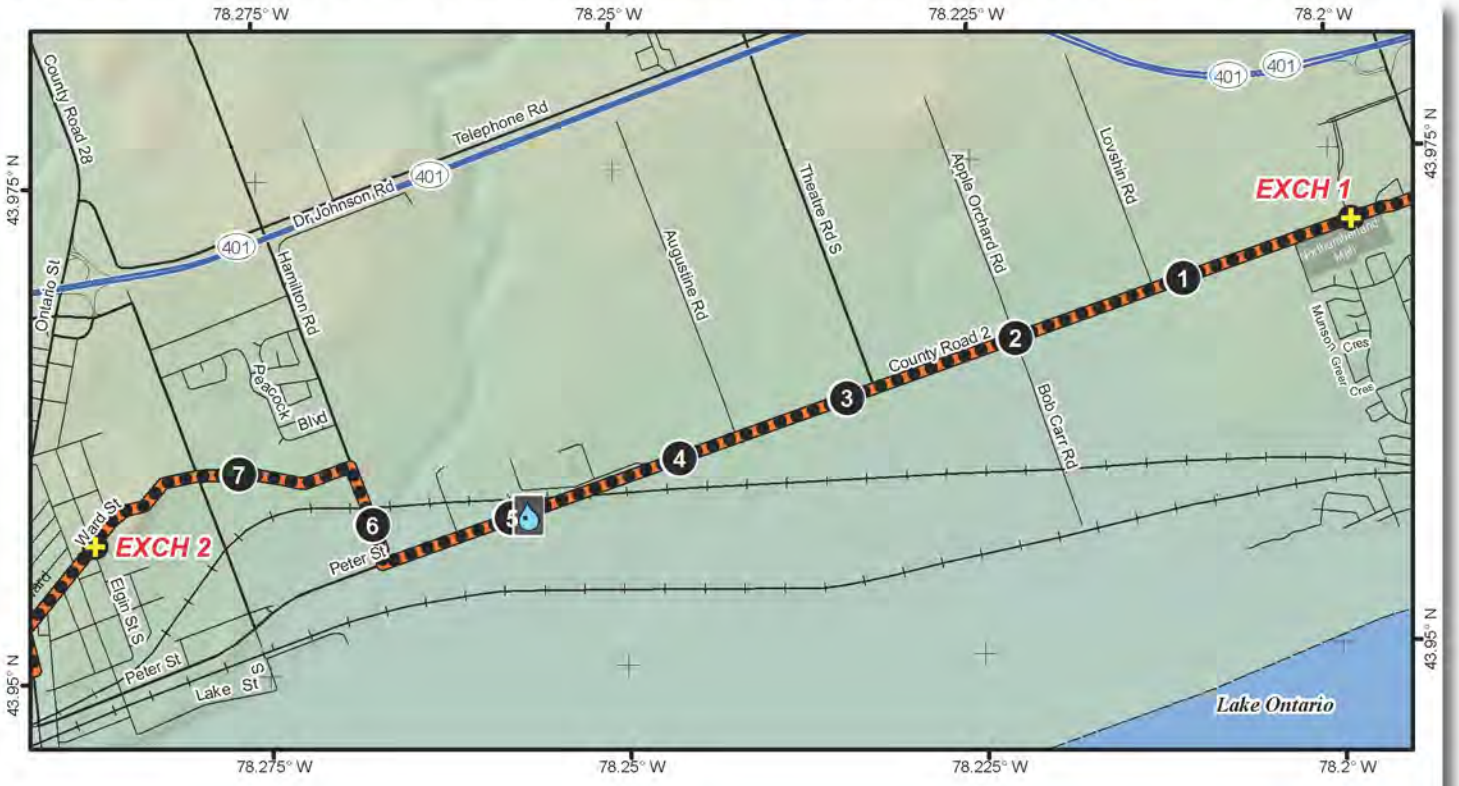
0.0	Depart starting line heading West out of parking lot
0.2	LEFT onto D'Arcy St.
0.4	RIGHT onto Trail
1.3	LEFT onto Division St.
2.5	RIGHT onto King St. W (Run WITH TRAFFIC)
3.3	RIGHT onto William St. (Run WITH TRAFFIC)
5.4	LEFT onto CR-20 (Elgin St.)
5.9	Arrive at Exchange 1

Van Directions:

0.0	Depart starting line heading South on D'Arcy St.
1.2	RIGHT onto King St. E
2.8	RIGHT onto William St.
4.9	LEFT onto CR-20 (Elgin St.)
5.6	Arrive at Exchange 1



LEG 2 -- 8.0 KM -- MODERATE -- PARTIAL NO VAN SUPPORT



LEG 2 – 8.0KM – MODERATE

Leg Notes:
No Van Support start at Ex 1 and ends approx. 500 meters after runners and teams turn onto Hamilton Road (5.8km), where road straightens.

Ragnar will provide 1 water station(s) on this leg. In effort to be more sustainable these water stations will **not** have cups. Please carry a water bottle

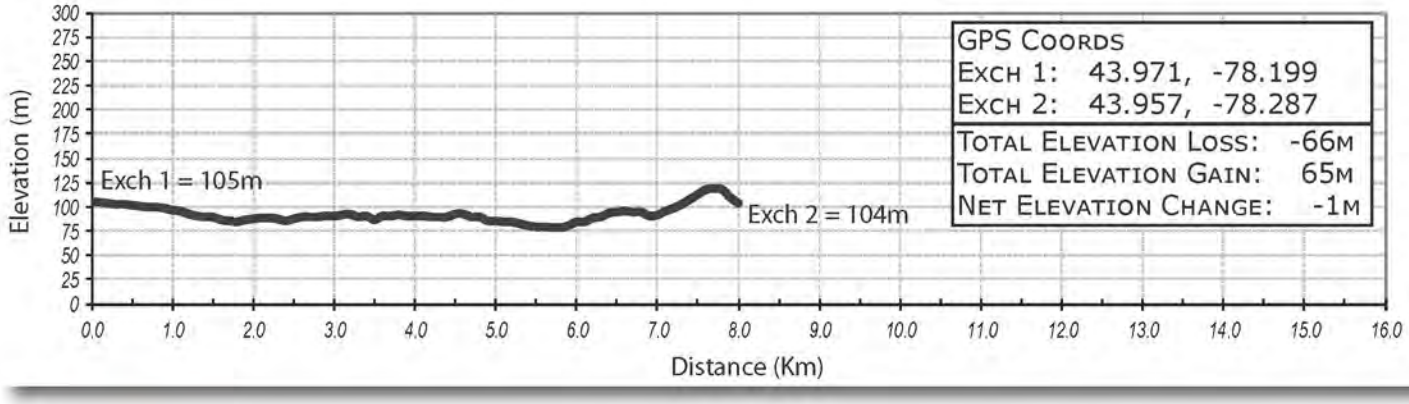
3.0 Km from Water Station to Exchange 2

Exchange 2
Town Park Recreation Centre
62 McCaul St., Port Hope, ON L1A 1A2
GPS: 43.957022, -78.287006

Runner Directions:

0.0	Depart Exchange 1 heading West on Elgin St., which becomes Hwy 2
5.8	RIGHT onto Hamilton Rd.
6.3	LEFT onto Ward St.
8.0	Arrive at Exchange 2

Van Directions:
Follow Runner Directions.



LEG 3 -- 11.7 KM -- HARD -- FULL VAN SUPPORT

LEG 3 -- 11.7KM -- HARD

Leg Notes:
Parking is extremely tight at this location. Please make every effort to follow parking volunteer's directions.

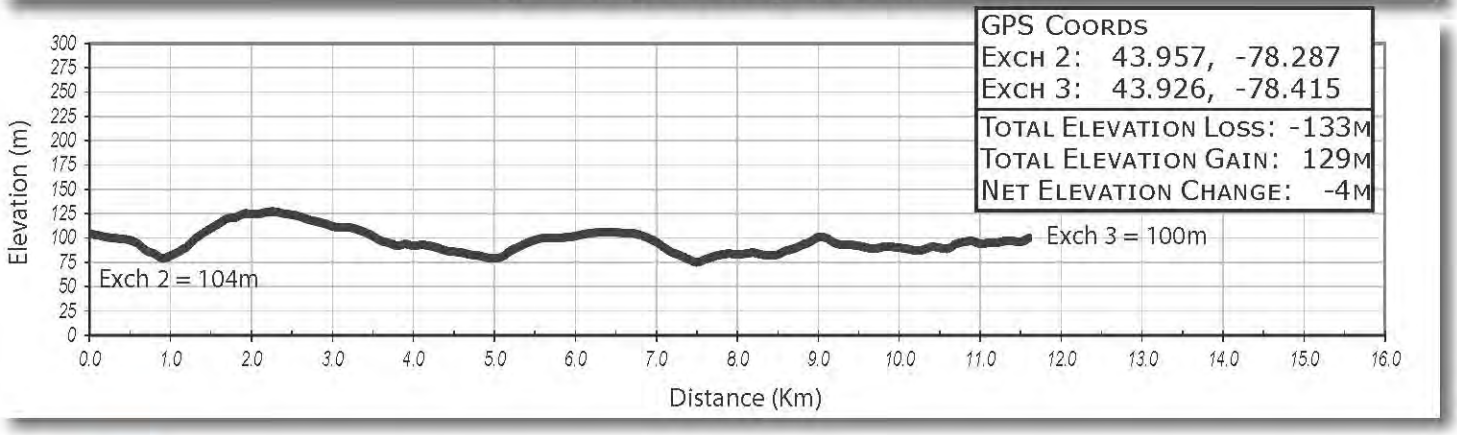
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 3
Wesleyville United Church
2082 Lakeshore Rd., Port Hope, ON L1A 3VF
GPS: 43.925846, -78.414898

Runner Directions:

0.0	Depart Exchange 2 running West on Ward St
0.6	Ward St. curves left on Mill St.
0.9	RIGHT onto Walton St (Hwy 2) which becomes Lakeshore Rd.
2.2	STRAIGHT through intersection to stay on Lakeshore Rd
3.8	Stay LEFT to go under Railway Bridge to stay on Lakeshore Rd.
11.7	Arrive at Exchange 3

Van Directions:
Follow Runner Directions.



LEG 4 -- 10.0 KM -- HARD -- FULL VAN SUPPORT

LEG 4 -- 10.0 KM -- HARD

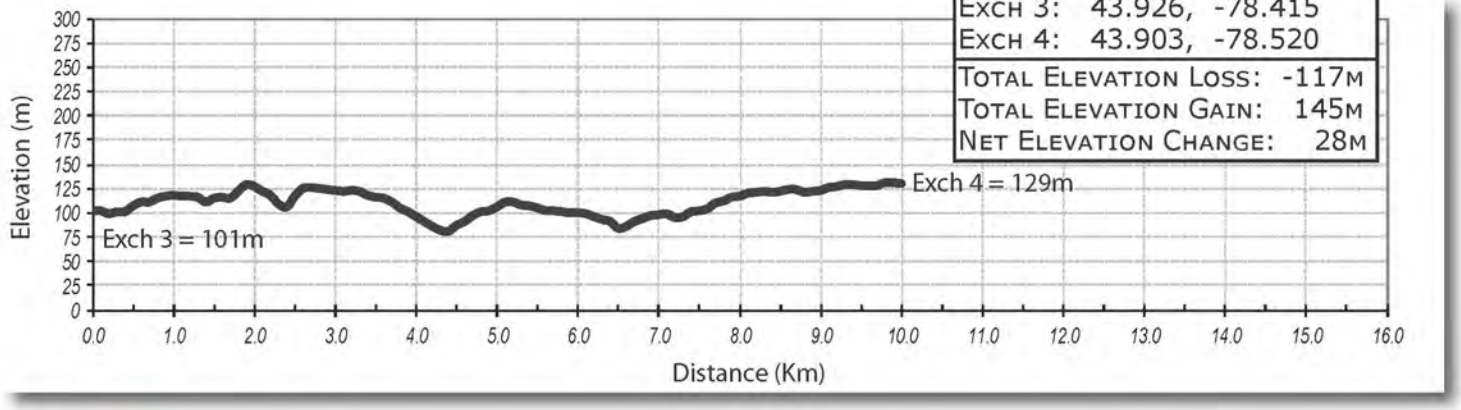
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 4
Morgan's Road
4098 Lakeshore Road
Newcastle, ON L1B 1L9
GPS: 43.903370, -78.520048

Runner Directions:

0.0	Depart Exchange 3, continuing West on Lakeshore Road
2.1	LEFT to stay on Lakeshore Rd.
4.0	LEFT to stay on Lakeshore Rd.
10.0	Arrive at Exchange 4

Van Directions:
Follow Runner Directions.



LEG 5 -- 8.6 KM -- MODERATE -- FULL VAN SUPPORT

LEG 5 -- 8.6KM -- MODERATE

Leg Notes:
When departing Ex #4, Vans MUST follow one-way van directions North up Morgan's Rd. Team Vans will connect with runners again at 4.9Km mark, where Stephenson Rd. meets Lakeshore Rd.

Runner need to be cautious crossing railway tracks immediately following 2.6Km turn onto Lakeshore Rd

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

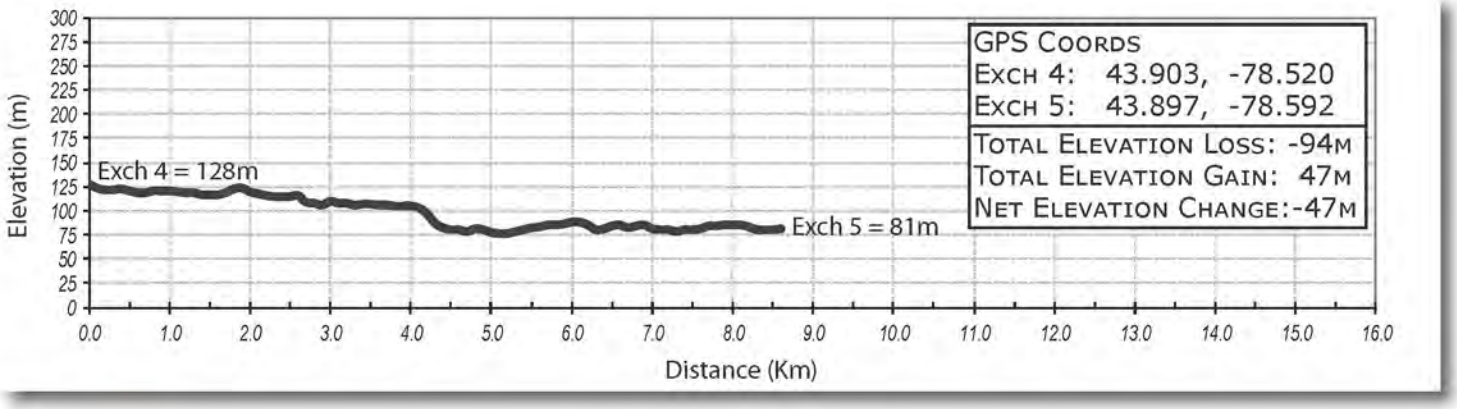
Exchange 5
421 Newcastle Waterfront
Lakebreeze Dr., ON L1B 0A6
GPS: 43.896804, -78.592443

Runner Directions:

0.0	Depart Exchange 4 heading West on Lakeshore Rd.
2.6	Sharp LEFT to stay on Lakeshore Rd.
4.8	LEFT onto Boulton St.
5.1	RIGHT onto Mill St.
6.3	LEFT onto Port of Newcastle Dr.
6.8	LEFT onto Trail
7.4	Trail becomes Shipway Ave. sidewalk
7.7	Cross road onto Waterfront Trail
8.6	Arrive at Exchange 5

Van Directions:

0.0	Depart Exchange 4 heading North on Morgan's Road
1,4	LEFT onto Metcalfe St.
3.9	LEFT onto Stephenson Rd.
6.6	LEFT onto Boulton St.
7.0	RIGHT onto Mill St.
8.22	LEFT onto Port of Newcastle Dr.
9.3	RIGHT onto Lakebreeze Dr.
9.7	Arrive at Exchange 5



LEG 6 -- 16.1 KM -- VERY HARD -- FULL VAN SUPPORT

LEG 6 -- 16.1KM -- VERY HARD

Leg Notes:
Food: There will be 2 food trucks at this Major Exchange (Fundraiser for "Feed the Need")

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

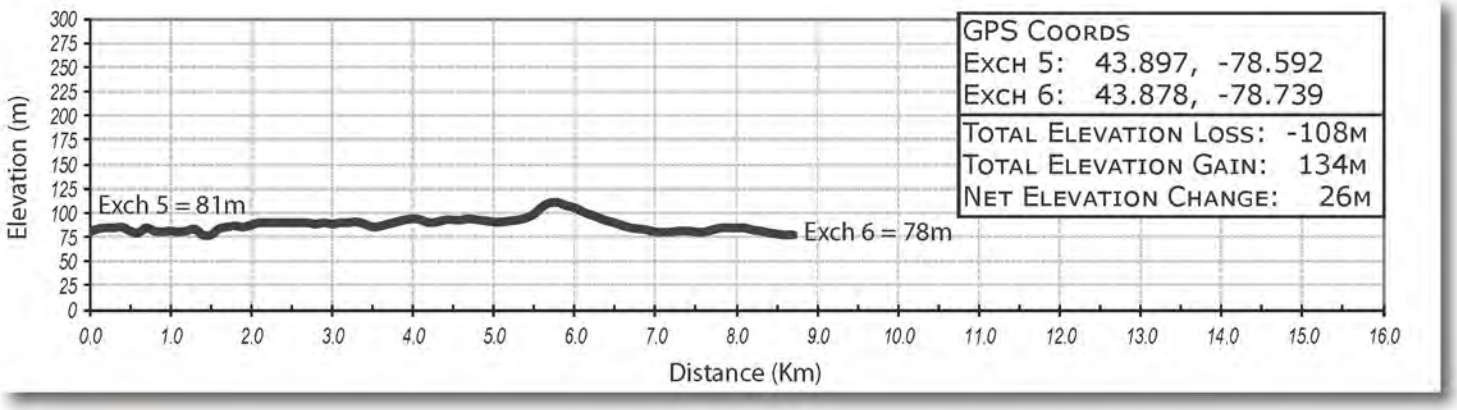
Exchange 6
Darlington Lower Hydro Fields
Crago Rd., Clarington ON
GPS: 43.816613, -79.109578

Runner Directions:

0.0	Depart Exchange 5 heading North on Waterfront Trail
0.6	LEFT to stay on Waterfront Trail
1.9	RIGHT onto Cobbledick Rd.
2.1	LEFT onto Service Rd.
3.4	RIGHT onto trail
5.2	RIGHT onto Bennett Rd.
5.7	LEFT onto Service Rd.
6.8	RIGHT onto Lake Rd.
8.1	LEFT onto Port Darlington Rd.
8.4	RIGHT onto W. Beach Road (Run WITH TRAFFIC)
8.9	Stay RIGHT onto Waterfront Trail
10.4	RIGHT onto Waverley Rd.
10.6	LEFT onto S. Service Rd.
12.7	LEFT onto trail
13.1	RIGHT to stay on trail
14.1	Trail crosses Holt Rd.back onto Waterfront Trail
15.0	Cross over Park Rd.
15.8	LEFT onto Waterfront Trail
16.1	Arrive at Exchange 6

Van Directions:

0.0	Depart Exchange 5 heading North on Toronto St.
2.2	LEFT onto Mill St.
2.5	LEFT (W) onto Fwy 401 (MacDonald Cartier Fwy) toward Toronto
13.0	Take Exit
14.0	LEFT onto Holt Rd.
14.6	RIGHT onto S. Service Rd.
16.3	LEFT onto Crago Rd.
16.5	Arrive at Exchange 6

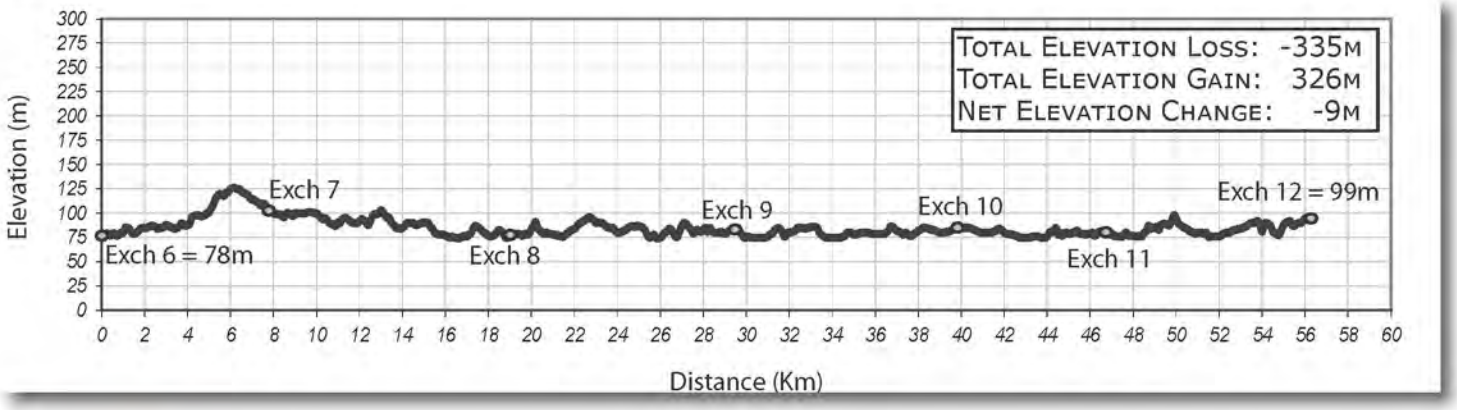


VAN 2 -- LEGS 7-12 -- 48.4 KM

Inactive Van Directions (Exchange 6 to Exchange 12)

0.0	Depart Exchange 6 heading South on Crago Rd.
0.5	RIGHT onto Osbourne Rd.
1.8	LEFT onto Energy Drive
2.7	Energy Dr. becomes Courtice Rd.
3.0	LEFT onto Fwy 401 (MacDonald Cartier Fwy)
32.0	Take Exit 394
32.8	LEFT onto Kingston Rd.
33.3	LEFT onto Whites Rd. N (Cross over Fwy)
34.2	LEFT onto Oklahoma Dr.
34.4	LEFT onto Eyer Dr.
35.0	Arriver at Exchange 12

Exchange 12 Address:
Holy Redeemer Roman Catholic Church
796 Eyer Dr., Pickering, ON L1W 3B5
GPS: 43.816613, -79.109578



LEG 7 -- 11.4 KM -- HARD -- FULL VAN SUPPORT

LEG 7 -- 11.4KM -- HARD

Leg Notes:
Food: Jubilee Pavilion, located at Exchange 7.

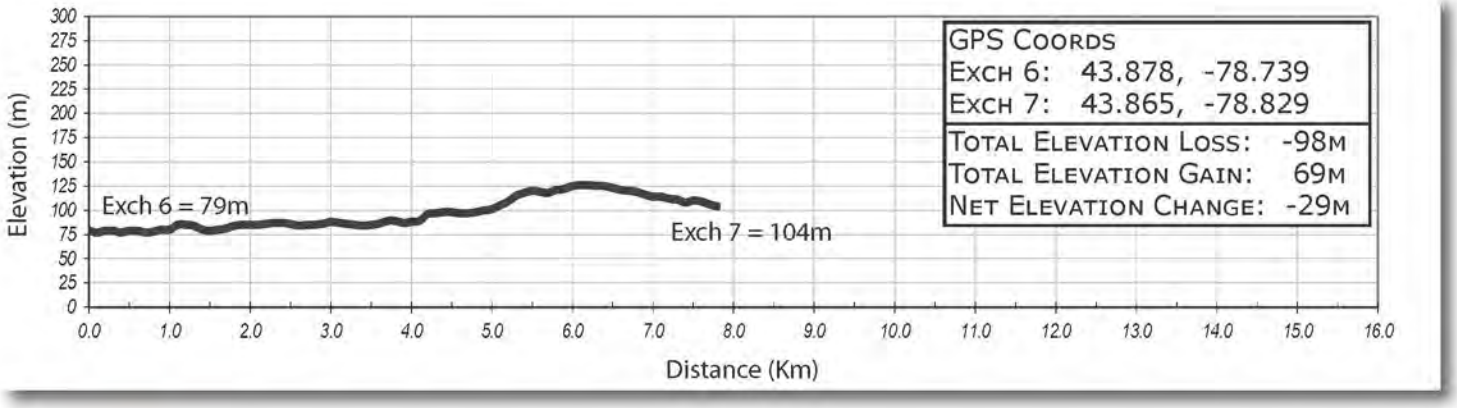
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

No porta-loos at Ex #7. Indoor toilets will be available

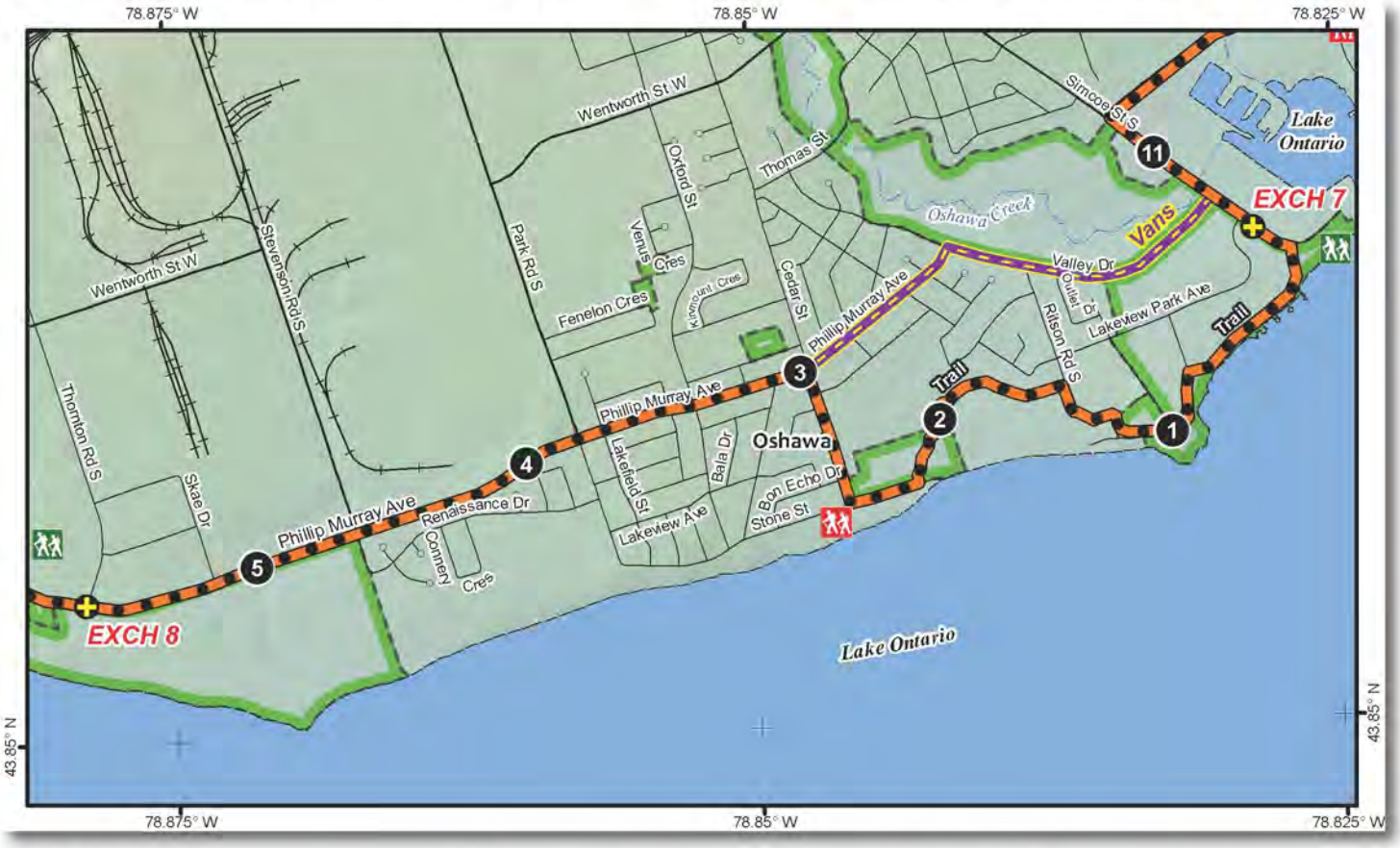
Exchange 7
Lakeview Park
1356 Simcoe St., Oshawa, ON L1H 4M4
GPS: 43.864887, -78.828232

Runner Directions:

0.0	Depart Exchange 6 headed South on Waterfront Trail
0.6	RIGHT onto Osbourne Road
1.4	RIGHT to stay on Osbourne Rd.
1.9	LEFT onto Energy Drive
2.7	LEFT onto "access road with no name"
2.8	RIGHT onto Darlington Park Rd
4.2	STRAIGHT onto Darlington Park
4.9	RIGHT onto Waterfront Trail
5.4	RIGHT onto road which turn into trail
5.8	Road ends and turns into Trail at gate
6.2	Leave trail by running RIGHT onto Colonel Sam Dr.
6.5	LEFT to stay on Colonel Sam Dr.
8.5	LEFT onto Waterfront Trail
9.9	Emerge from trail by running STRAIGHT on Harbour Rd.
10.8	LEFT on Simcoe St. South (run WITH TRAFFIC)
11.4	Arrive at Exchange 7



LEG 8 -- 5.6 KM -- EASY -- FULL VAN SUPPORT



LEG 8 -- 5.6KM -- EASY

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

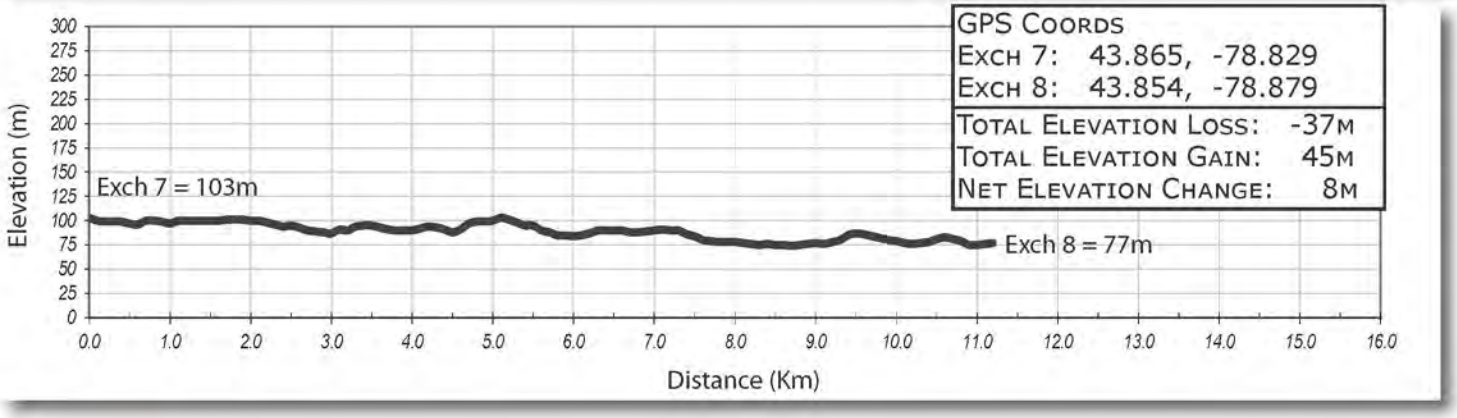
Exchange 8
Canlan Ice Sports
1401 Philip Murray Ave. Oshawa, ON L1J 8C4
GPS: 43.854128, -78.878021

Runner Directions:

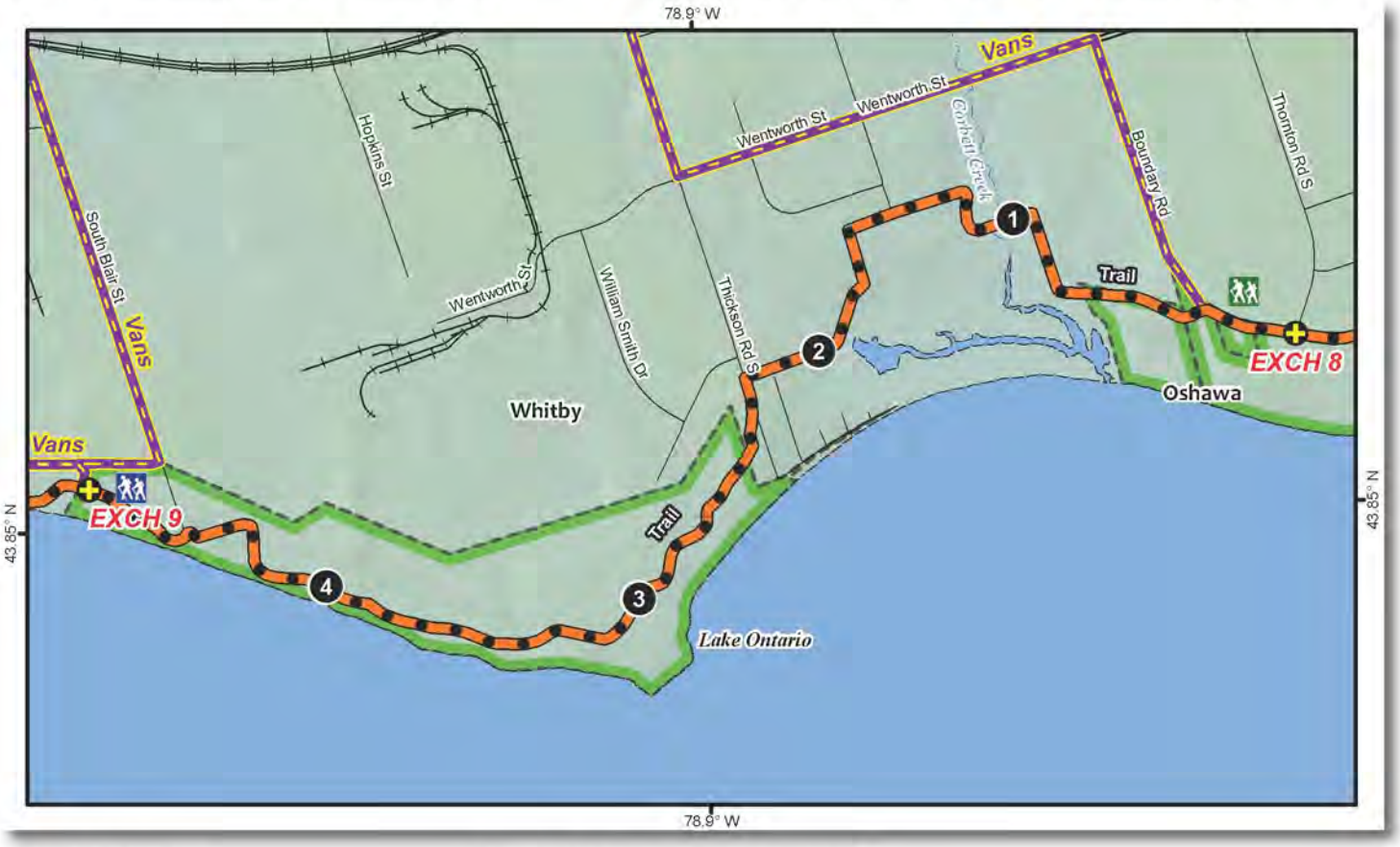
0.0	Depart Exchange 7 continuing STRAIGHT (S) on Simcoe St. S
0.2	RIGHT onto trail through Lakeview Park
1.3	Exit trail briefly by roundabout and continue on sidewalk on Ritson Rd.
1.5	LEFT onto trail
2.5	RIGHT onto Cedar St.
3.0	LEFT onto Phillip Murray Ave. (Run on Sidewalk)
5.6	Arrive at Exchange 8

Van Directions:

0.0	Depart Exchange 8 LEFT (N) on Simcoe St S
0.2	LEFT onto Valley Dr.
1.2	LEFT onto Phillip Murray Ave
4.8	Arrive at Exchange 8



LEG 9 -- 4.9 KM -- EASY -- PARTIAL NO VAN SUPPORT



LEG 9 -- 4.9KM -- EASY

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

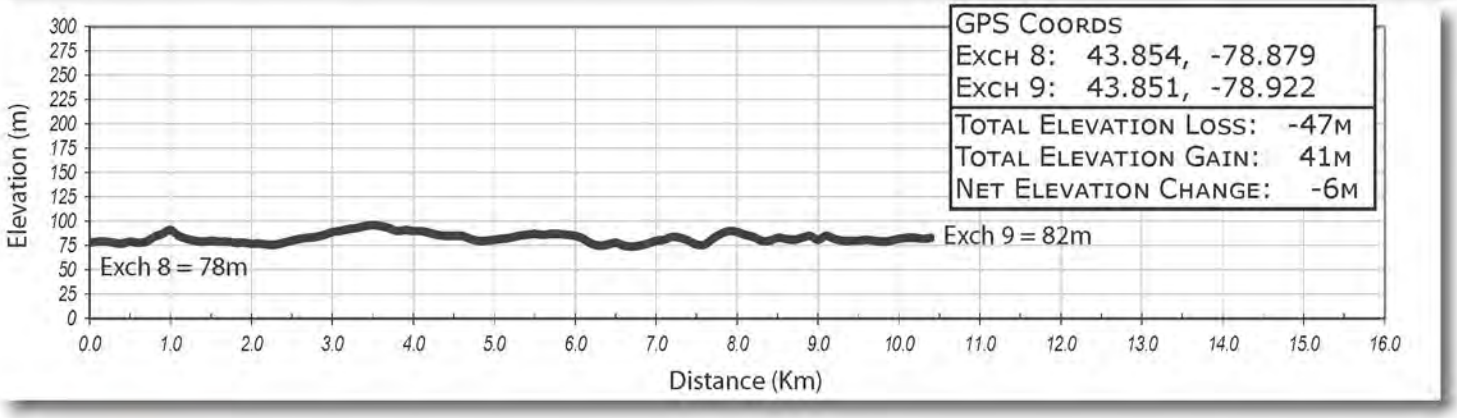
Exchange 9
Kiwannis Heydenshore's Park
589 Water St., Whitby, ON L1N 9V9
GPS: 43.851464, -78.920407

Runner Directions:

0.0	Depart Exchange 8 heading West on Philip Murray Ave, following signs onto the Waterfront Trail
2.2	LEFT onto Thickson Rd. (very briefly)
2.4	Bear LEFT back onto Waterfront Trail
4.9	Arrive at Exchange 9

Van Directions:

0.0	Depart Exchange 8 heading North on Boundary Rd.
1.1	LEFT onto Wentworth St.
2.3	RIGHT onto Thickson Rd. S
3.2	LEFT onto Victoria St. E
5.1	LEFT onto S. Blair St.
6.6	RIGHT onto Water St.
6.7	Arrive at Exchange 9



LEG 10 -- 10.4 KM -- HARD -- FULL VAN SUPPORT

LEG 10 -- 10.4KM -- HARD

Leg Notes:
On the final 0.9 Km, Runners will be on the same route as Leg 11 runners, running in the opposite direction

Runners need to be careful coming into Exchange due to traffic and direction of runners coming in and out. Volunteers will be there to help.

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

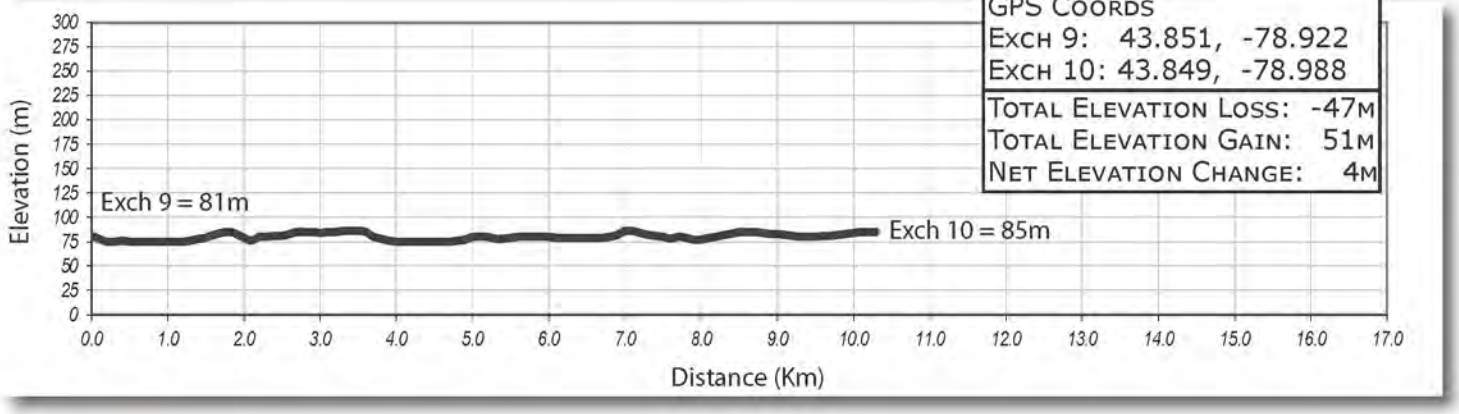
Exchange 10
Caruthers Creek Community Church (C4)
599 Bayly St. E, Ajax, ON L1Z 1L4
GPS: 43.848687, -78.988513

Runner Directions:

0.0	Depart Exchange 9 continuing West on the Waterfront Trail
0.9	Emerge from the Waterfront Trail and go STRAIGHT on Brock St. S (RR 46)
1.8	LEFT onto Victoria St
4.5	LEFT onto Eastbourne Beach Rd.
4.7	RIGHT onto Trail (which joins Waterfront Trail)
5.1	Bear RIGHT to stay on Waterfront Trail
5.9	LEFT onto Halls Rd. S
6.9	RIGHT onto Waterfront Trail
7.7	RIGHT onto Lakeridge Rd South
7.8	LEFT onto Range Rd.
8.6	RIGHT onto trail (which runs between houses and field / parallel to Audley Rd. S)
9.2	STRAIGHT to remain on trail (all the way to exchange)
10.4	Arrive at Exchange 10

Van Directions:

0.0	Depart Exchange 9 continuing West on Water St.
0.8	RIGHT onto Brock St. S
1.7	LEFT onto Victoria St. W, which becomes Bayly St. E
6.3	LEFT onto Audley Rd. S
6.5	Arrive at Exchange 10



GPS COORDS
EXCH 9: 43.851, -78.922
EXCH 10: 43.849, -78.988

TOTAL ELEVATION LOSS: -47M
TOTAL ELEVATION GAIN: 51M
NET ELEVATION CHANGE: 4M

LEG 11 -- 6.9 KM -- MODERATE -- FULL VAN SUPPORT

LEG 11 -- 6.9KM -- MODERATE

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

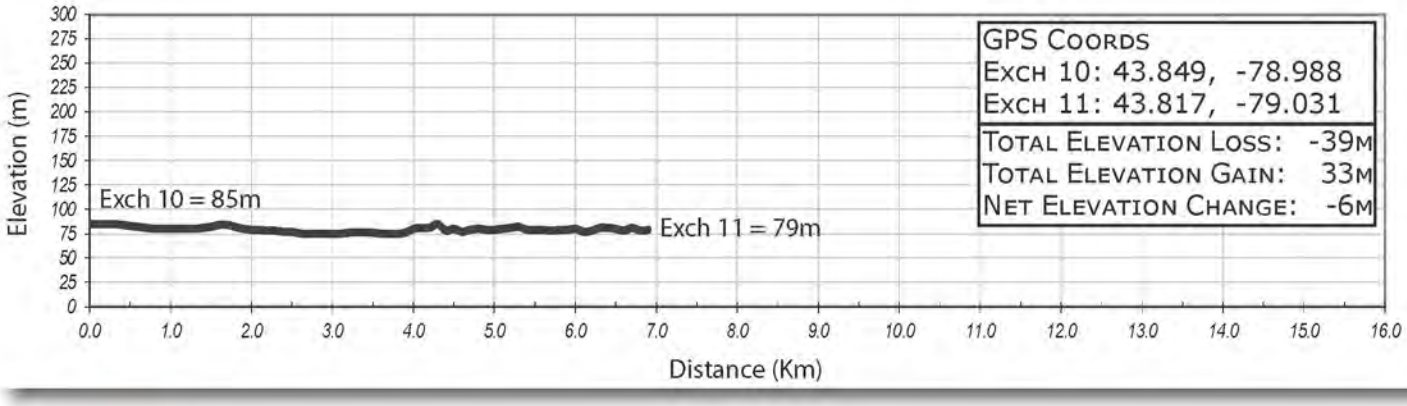
Exchange 11 - Rotary Park
177 Lake Driveway W, Ajax, ON L1S 7J1
GPS: 43.817177, -79.031861

Runner Directions:

0.0	Depart Exchange 10 heading back down same trail as runners on Leg 10
0.9	RIGHT to direct runners to Audley Rd.
1.0	LEFT onto Audley Rd. (run on sidewalk)
1.9	RIGHT on Ashbury Blvd (run on sidewalk)
2.1	Sidewalk becomes Waterfront Trail. Continue on Waterfront Trail following signs
6.9	Arrive at Exchange 11

Van Directions:

0.0	Depart Exchange 10 turning RIGHT onto Audley Rd.
2.0	RIGHT onto Ashbury Blvd.
2.7	LEFT onto Shoal Point Rd.
2.9	RIGHT onto Range Line Rd.
3.7	RIGHT onto Pickering Beach Rd.
4.0	LEFT onto Dreyer Dr. E (3rd exit LEFT on roundabout)
4.1	LEFT onto Clover Ridge Dr. E
5.1	LEFT onto RR-44 (Harwood Ave. S)
5.6	RIGHT onto Lake Driveway W
7.2	Arrive at Exchange 11



LEG 12 -- 9.2 KM -- HARD -- FULL VAN SUPPORT

LEG 12 -- 9.2KM -- HARD

Leg Notes:
Food fundraiser at Exchange 12, hosted the the Knights Columbus

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

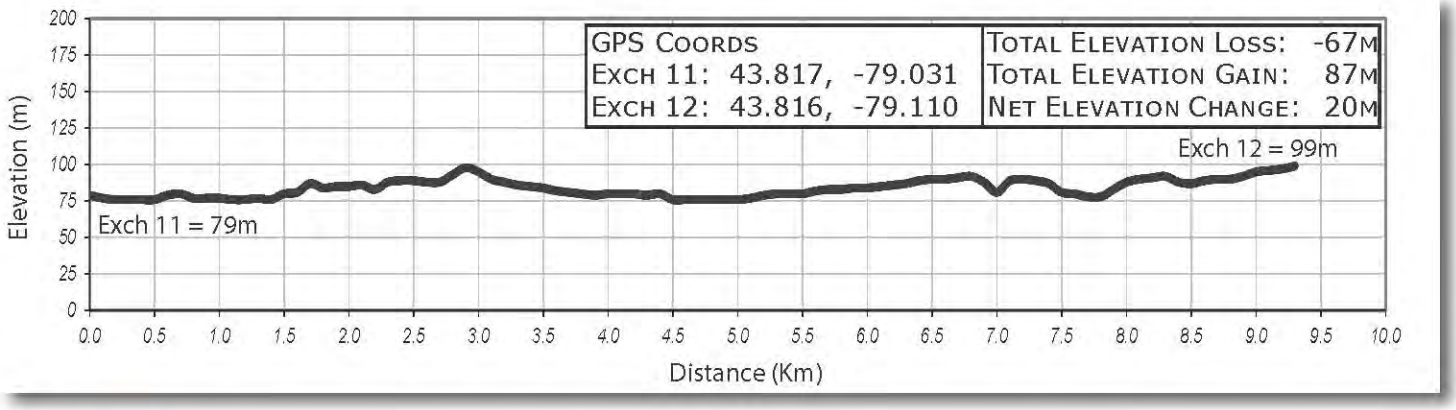
Exchange 12
Holy Redeemer Roman Catholic Church
796 Eyer Dr., Pickering, ON L1W 3B5
GPS: 43.816613, -79.109578

Runner Directions:

0.0	Depart Exchange 11 running West on Waterfront Trail
1.9	RIGHT heading North staying on Waterfront Trail
3.0	Cross Brock Rd. and turn LEFT (W) following path by Montgomery Park Rd.
3.8	Cross Sandy Beach Rd. to follow trail
4.4	RIGHT (W) to follow shoreline
4.9	RIGHT onto Liverpool Rd.
6.8	LEFT onto Bayly St.
8.5	LEFT onto West Shore Blvd
8.7	RIGHT onto Hillcrest Rd.
9.1	RIGHT onto Eyer Dr.
9.2	Arrive at Exchange 12

Van Directions:

0.0	Depart Exchange 11 turning LEFT on Lake Driveway W.
1.4	LEFT onto Westney Road S.
2.7	LEFT onto Bayly St. West
5.4	LEFT onto Brock Rd.
7.4	RIGHT onto Montgomery Park Rd.
8.3	RIGHT onto Sandy Beach Rd.
9.6	LEFT onto Allysum St.
9.7	LEFT onto Krosno Blvd. (to meet your runner as they come North up Liverpool Rd.
10.5	RIGHT on Liverpool St.
11.3	LEFT onto Bayly St.
13.1	LEFT onto West Shore Blvd
13.3	RIGHT onto Hillcrest Rd.
13.6	RIGHT onto Eyer Dr.
13.8	Arrive at Exchange 12

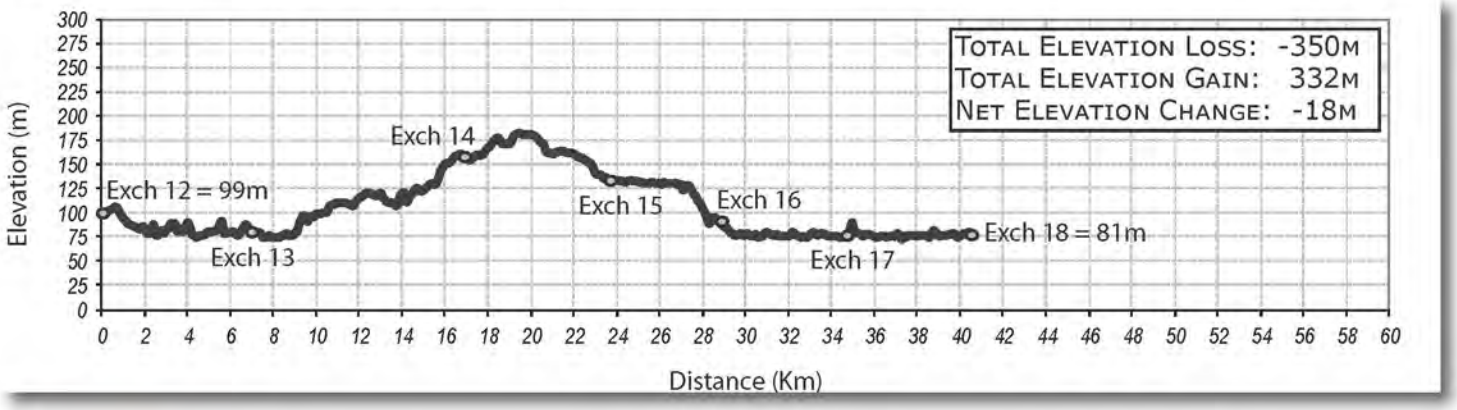


Van 1 -- Legs 13-18 -- 40.7 KM

INACTIVE VAN DIRECTIONS TO EXCHANGE 18:

0.0	Depart Exchange 12 South on Eyer Dr.
0.6	RIGHT onto Oklahoma Dr.
0.8	RIGHT onto RR-38 (Whites Rd)
1.5	Take ramp (RIGHT) onto Hwy 401 Collectors
20.6	At exit 375 keep RIGHT onto Ramp
20.8	Take Ramp (RIGHT) onto Don Valley Pkwy
36.8	Merge onto Gardiner Expy (Frederick G. Gardiner Expy)
43.4	Keep RIGHT onto Ramp
43.6	Take ramp (LEFT) toward Lake Shore Blvd
43.7	Merge onto Hwy 2 (Lake Shore Blvd)
48.2	Keep RIGHT on Lake Shore Blvd
48.3	Bear RIGHT (S) onto Hwy 2 (Lake Shore Blvd)
49.0	Turn LEFT onto Humber Bay Park Rd.
49.3	Arrive at Exchange 18

Exchange 18 Address:
Humber Bay Park West
(near) 225 Humber Bay Park Rd. W,
Etobicoke ON, M8V 3X7
GPS: 43.619307, -79.477891



LEG 13 -- 7.0 KM -- HARD -- FULL VAN SUPPORT

LEG 13 -- 7.0KM -- HARD

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

No porta-loos available at Ex #13. Not permitted by City.

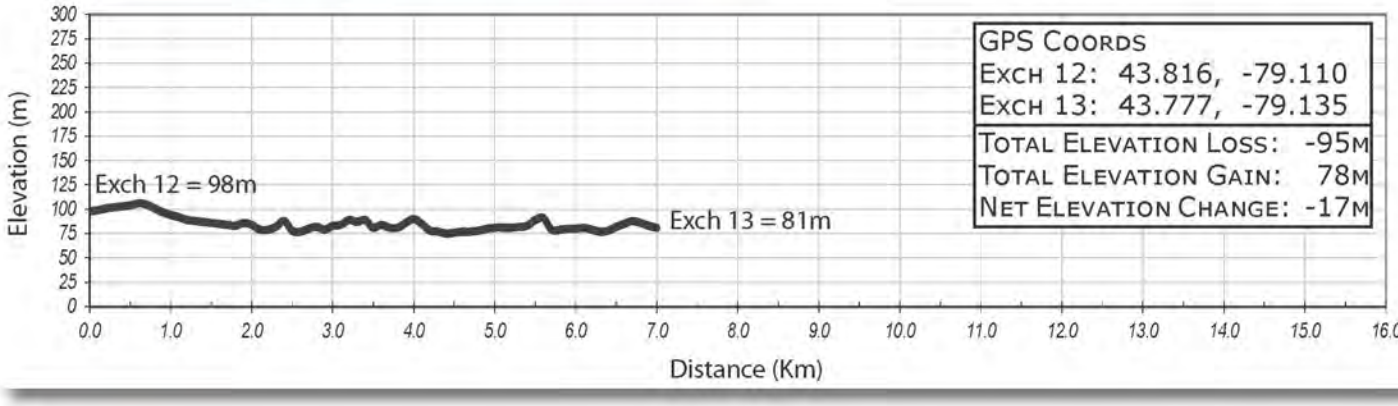
Rouge Hill Railway Station
West Parking Lot
(near) 23 Port Union Road, Scarborough, ON M1C 5K5
GPS: 43.777159, -79.135150

Runner Directions:

0.0	Depart Exchange 12 by running South on Eyer Dr.
0.6	LEFT onto Oklahoma Dr.
1.2	RIGHT onto West Shore Blvd
1.8	RIGHT on Surf Ave
1.9	LEFT on Marksbury Rd.
2.1	RIGHT onto Waterfront Trail
3.5	Leave Waterfront Tail by running STRAIGHT onto Rodd Ave. (Run Against Traffic)
3.9	LEFT onto Bella Vista Dr. and bear RIGHT onto trail (follow trail RIGHT under railway tracks and LEFT over bridge heading West)
4.9	Emerge from trail running STRAIGHT onto Lawrence Ave E. (Run WITH TRAFFIC on sidewalk)
6.1	Bear RIGHT to stay on Lawrence Ave. E
6.7	LEFT onto Port Union Rd.
7.0	Arrive at Exchange 13

Van Directions:

0.0	Depart Exchange 12 South on Eyer Dr.
0.6	RIGHT onto Oklahoma Dr.
0.8	RIGHT onto RR-38 (Whites Rd.)
1.5	Take Ramp (RIGHT) onto Hwy 401 (West toward Toronto)
4.4	Keep RIGHT onto Ramp toward Hwy 2/ Sheppard Ave
4.8	Keep RIGHT to stay on Ramp toward Sheppard Ave
4.9	LEFT onto Hwy 2 (Kingston Rd.)
5.1	LEFT onto Port Union Rd.
7.7	Arrive at Exchange 13



GPS COORDS
EXCH 12: 43.816, -79.110
EXCH 13: 43.777, -79.135

TOTAL ELEVATION LOSS: -95M
TOTAL ELEVATION GAIN: 78M
NET ELEVATION CHANGE: -17M

LEG 14 -- 9.5 KM -- HARD -- FULL VAN SUPPORT

LEG 14 -- 9.5KM -- HARD

Leg Notes:
Food: Church will provide some simple snacks for sale during peak times. (Fundraiser for the Church)

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

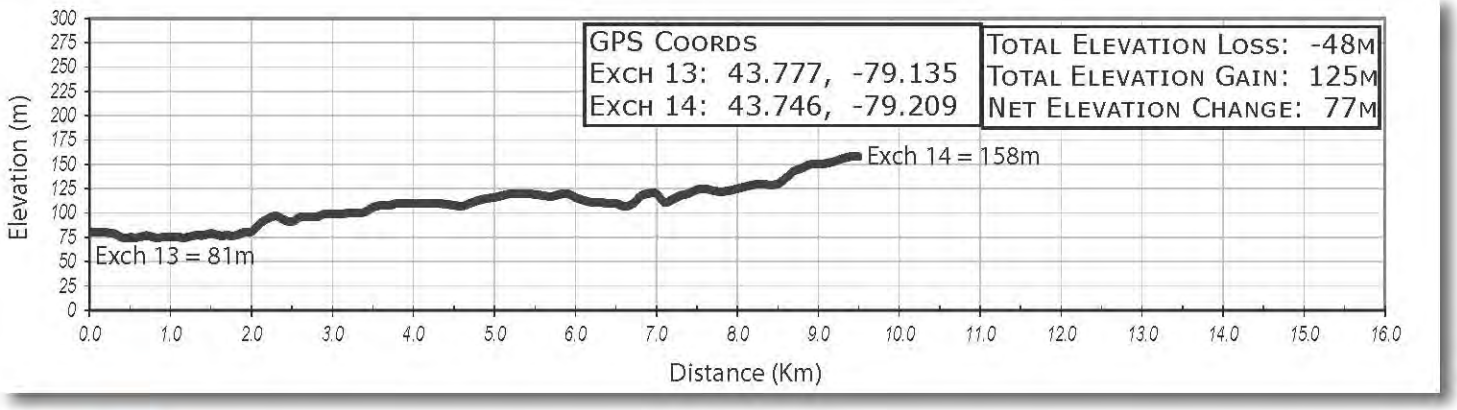
Exchange 14
Scarborough Bluffs United Church
3739 Kingston Rd, Scarborough, ON M1J 3H4
GPS: 43.745813, -79.208058

Runner Directions:

0.0	Depart Exchange 13, running STRAIGHT across roundabout and turn LEFT across Bridgend St.
0.2	Sharp LEFT: then
0.3	RIGHT to go under Railway Tracks
0.4	RIGHT onto Waterfront Trail
2.3	Emerge from trail and turn RIGHT and Immediately LEFT onto Copperfield Rd.
4.0	RIGHT onto Manse Rd
4.5	LEFT onto Coronation Dr.
5.4	LEFT onto Morningside Ave.
6.4	RIGHT onto Guildwood Pkwy. (Run WITH TRAFFIC)
9.0	LEFT onto Kinston Rd.
9.5	Arrive at Exchange 14

Van Directions:

0.0	Depart Exchange 13 turning RIGHT Port Union Rd.
0.3	LEFT onto Lawrence Ave.
2.4	LEFT onto Beechgrove Dr.
3.3	LEFT to stay on Beechgrove Dr.
4.1	RIGHT onto Copperfield Rd.
5.8	RIGHT onto Manse Rd.
6.3	LEFT onto Coronation Dr.
7.2	LEFT onto Morningside Ave.
8.2	RIGHT onto Guildwood Pkwy
10.7	LEFT onto Kingston Rd.
11.0	LEFT onto Saunders Rd. and immediately RIGHT onto Crestwood Dr.
11.2	Arrive at Exchange 14 (carpark behind Church & Exchange)



LEG 15 -- 7.4 KM -- MODERATE -- FULL VAN SUPPORT

LEG 15 -- 7.4KM -- MODERATE

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

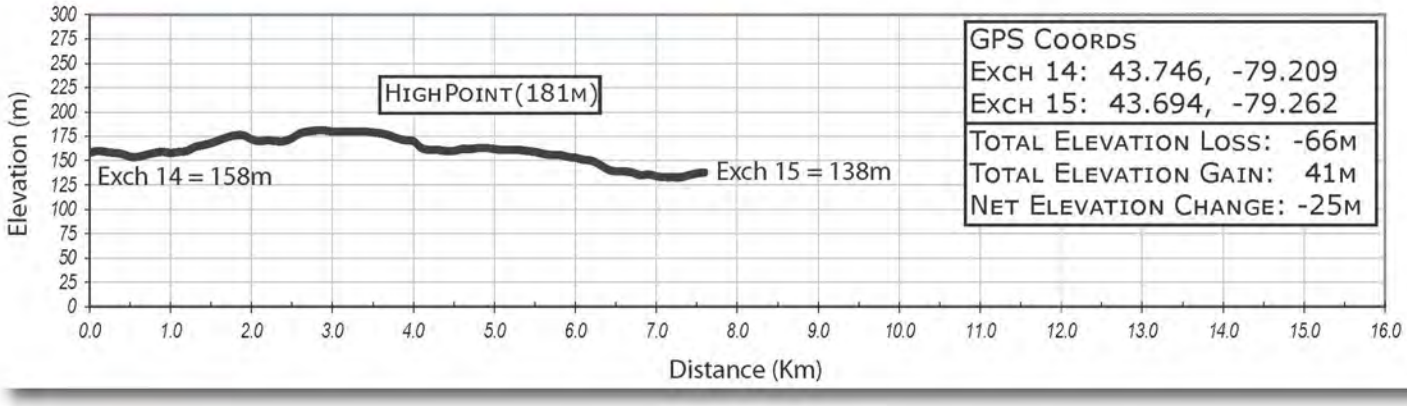
No porta-loos at Ex #15. Indoor toilets available.

Exchange 15
Birchmount Bluffs Neighborhood Centre
93 Birchmount Rd., Scarborough, ON M1N 3J7
GPS: 43.694693, -79.262412

Runner Directions:

0.0	Depart Exchange 14 continuing West on Kingston Rd.
7.4	Arrive at Exchange 15

Van Directions:
Follow Runner Directions.



LEG 16 -- 4.5 KM -- EASY -- FULL VAN SUPPORT

LEG 16 – 4.5KM – EASY

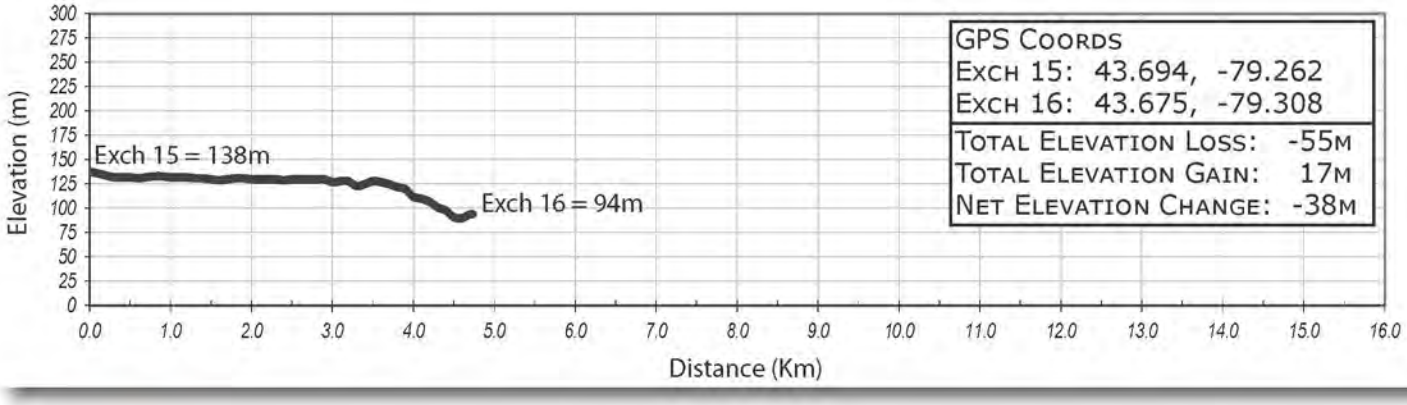
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 16
St. John the Baptist Norway Anglican Church
470 Woodbine Ave., Toronto, ON M4L 1T6
GPS: 43.674932, -79.308391

Runner Directions:

0.0	Depart Exchange 15 turning RIGHT onto Kingston Rd. (Running against Traffic)
4.4	RIGHT on Woodbine Ave.
4.5	Arrive at Exchange 16

Van Directions:
Follow Runner Directions.



LEG 17 -- 6.0 KM -- EASY -- FULL VAN SUPPORT

LEG 17 -- 6.0KM -- EASY

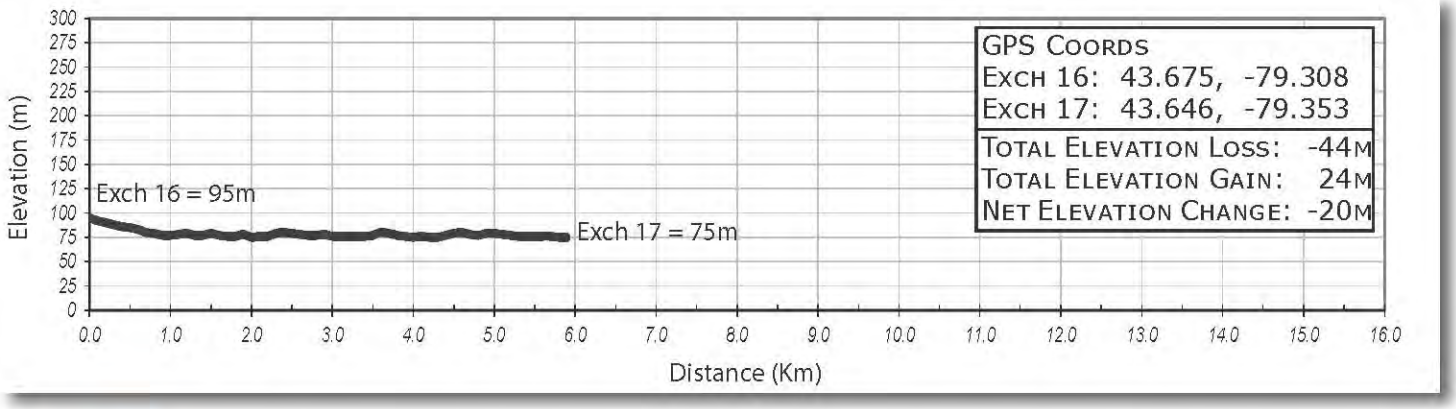
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 17
242-252 Cherry St.
Toronto, ON M5A 3L3
GPS: 43.645815, -79.353286

Runner Directions:

0.0	Depart Exchange 16 running back down (South) Woodbine Ave. (run WITH TRAFFIC)
1.0	Woodbine curves and becomes Lakeshore Blvd
3.1	LEFT onto Leslie St.
3.4	RIGHT onto Commissioners St.
5.9	RIGHT onto Cherry St.
6.0	Arrive at Exchange 17

Van Directions:
Follow Runner Directions.



LEG 18 -- 6.4 KM -- MODERATE -- FULL VAN SUPPORT

LEG 18 -- 6.4KM -- MODERATE

Leg Notes:
This leg offers spectacular views of downtown Toronto. Approximately 70% of this leg is on the Martin Goodman Trail which is designated by a blue and green stripe.

If you follow this line, you will have no problem navigating all the various parks and will end up at Exchange 18. Keep the Lake on the LEFT and the City on your RIGHT and enjoy the ride!!

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

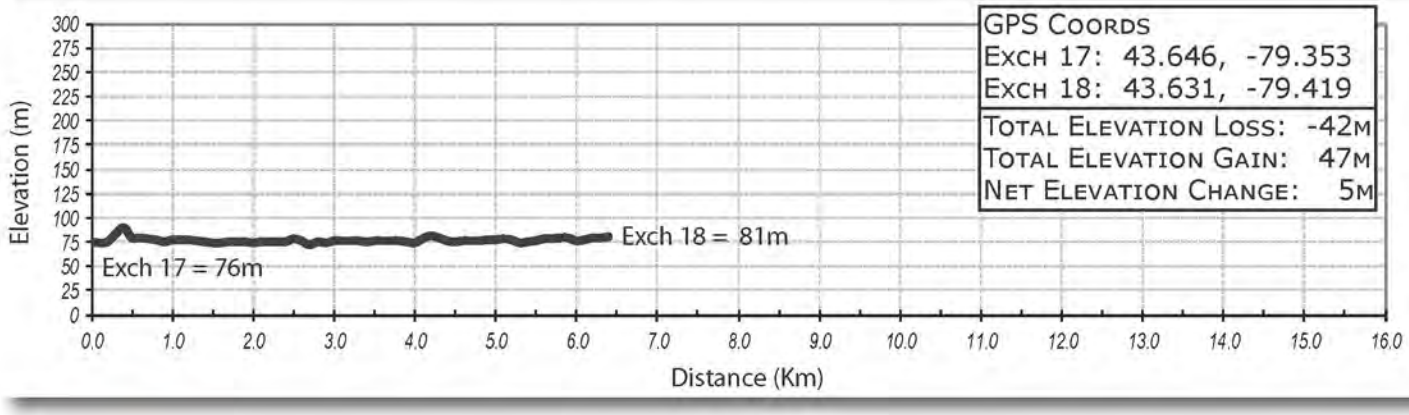
Exchange 18
GPS: 43.631426, -79.418831

Runner Directions:

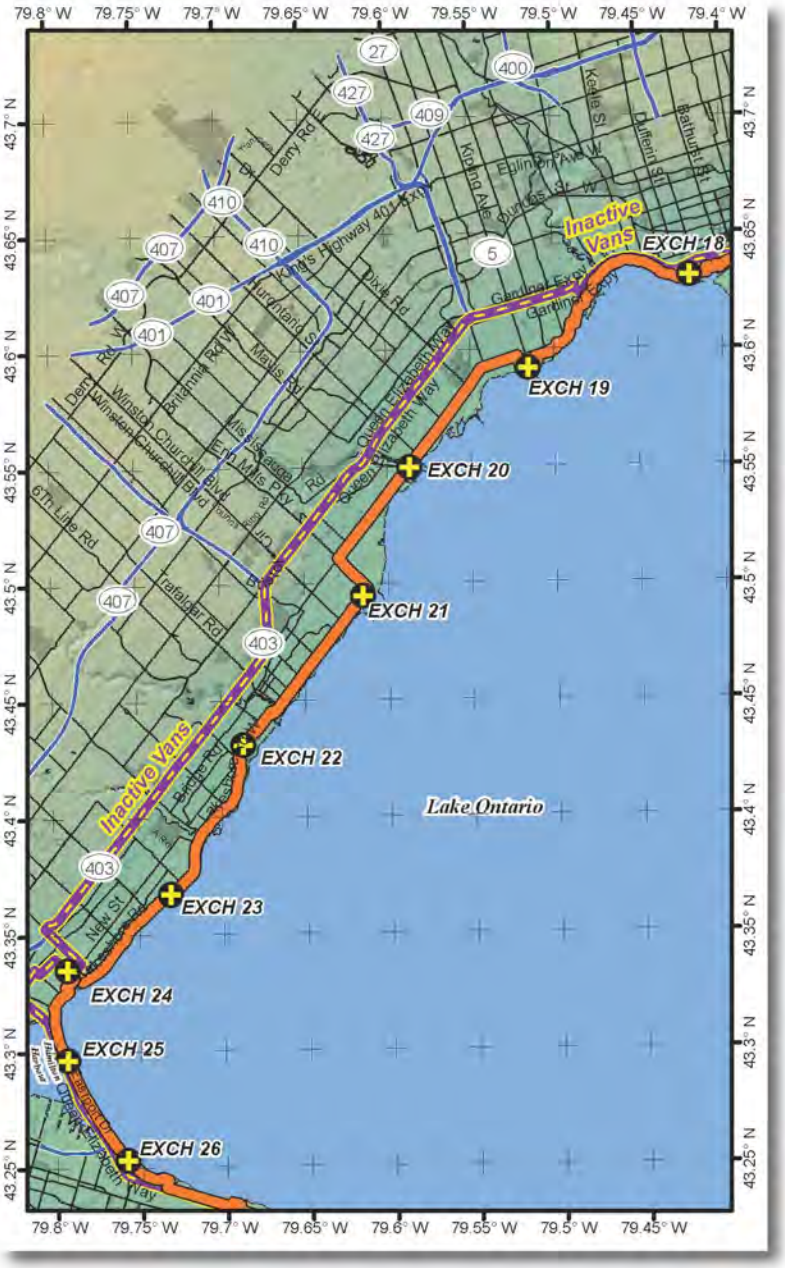
0.0	Depart Exchange 17 running North on Cherry St
0.2	Follow trail (Martin Goodman Trail) along Cherry St. / Lake Shore Blvd.
0.8	Leave trail and continue on road shoulder of Queens Quay
4.4	RIGHT onto Waterfront Trail
4.6	LEFT to continue on trail through Coronation Park (continue to follow signs)
6.2	LEFT onto pathway to direct runners to bridge overpass, then sharp RIGHT onto bridge
6.4	Arrive at Exchange 18

Van Directions:

0.0	Depart Exchange 17 headed North on Cherry St
0.7	Bear LEFT onto Parliament St which becomes Queens Quay
4.4	RIGHT onto Stadium Rd.
4.7	LEFT on Hwy 2 [Lake Shore Blvd W.]
6.3	RIGHT onto Ontario Dr.
6.5	Arrive at Exchange 18



VAN 2 -- LEGS 19-24 -- 53.4 KM



Exchange Notes:
Showers (4 in each gender). Please shower quickly and allow others to enjoy the facility

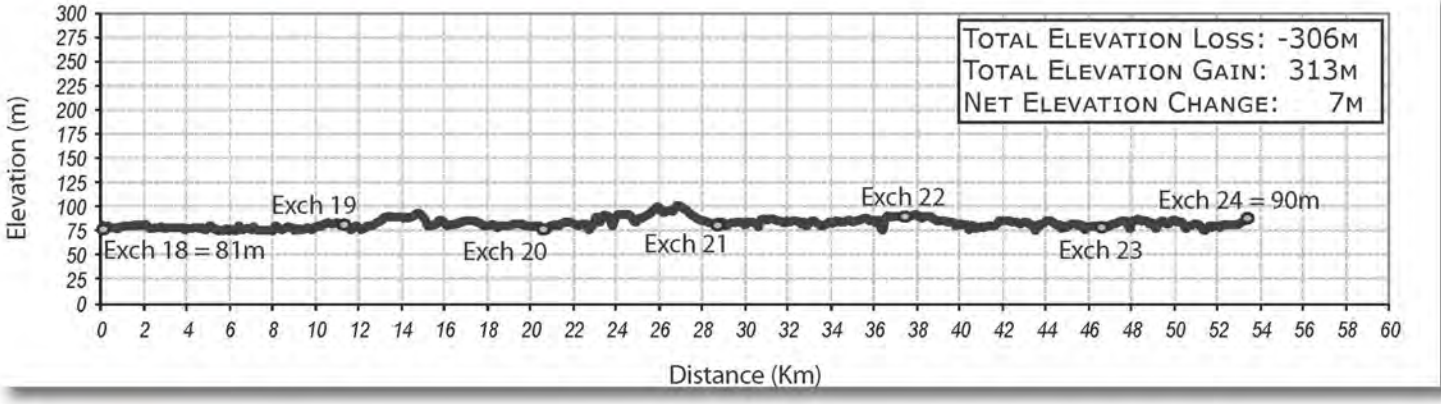
Indoor Sleeping (Arena Auditorium). Bring your Sleeping Bag!

Food – hot drinks and snacks

Inactive Van Directions (Exchange 18 to Exchange 24)

0.0	Depart Exchange 18 on Humber Bay Park Rd North
0.2	RIGHT onto Hwy 2 (Lake Shore Blvd)
0.5	LEFT onto Park Lawn Rd.
1.2	Take ramp (LEFT) onto Gardiner Expy
7.0	Gardiner Expy changes to QEW (Queen Elizabeth Way)
22.5	Merge onto Hwy 403 (Queen Elizabeth Way)
42.2	Take the exit 102 for Guelph Line/Regional Rd 1
42.7	LEFT onto Guelph Line
45.1	RIGHT onto New St.
45.7	RIGHT onto Seneca Ave.
45.9	Arrive at Exchange 24

Exchange 24 Address:
Burlington Central Arena
519 Drury Lane
Burlington, ON L7R 2X3
GPS: 43.335644, -79.793941



LEG 19 -- 11.7 KM -- HARD -- FULL VAN SUPPORT

LEG 19 -- 11.7KM -- HARD

Leg Notes:
Similar to Leg 18, this leg offers spectacular views of downtown Toronto. A great deal of this leg is on the Martin Goodman and Humber Bay Trails which is designated by a blue and green stripe.

If you follow this line, you will have no problem navigating all the various parks and will end up at Exchange 19. Keep the Lake on the LEFT and the City on your RIGHT and enjoy the ride!!

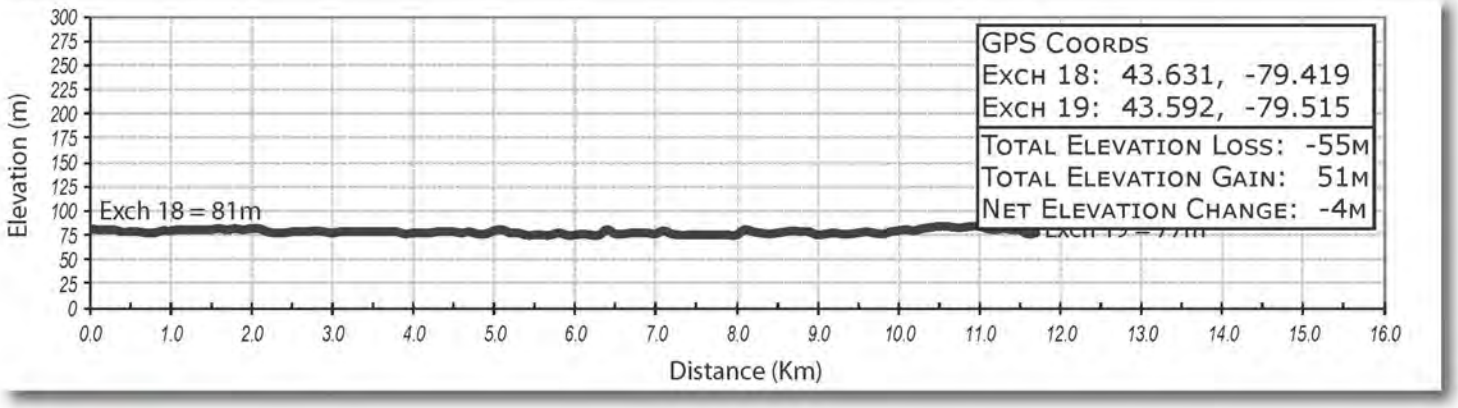
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

This route for Vans is quite tricky. Please also use map quest or GPS to find Exchange location

Exchange 19
Colonel Smith Park
65 Colonel Samuel Smith Park Drive, Etiboke, ON
M8V 4B6
GPS: 43.593167, -79.516210

Runner Directions:

0.0	Depart Exchange 18 heading back over road overpass bridge
0.1	Sharp LEFT onto pathways directing runners back onto Martin Goodman Trail
0.2	Sharp LEFT onto Trail. Follow signs along Waterfront
8.0	Leave Trail running STRAIGHT onto Norris Crescent
8.2	LEFT onto Lake Shore Blvd. W.
9.6	LEFT onto First St.
9.7	RIGHT onto Lakeshore Dr.
9.8	Slight RIGHT onto Morrison St.
10.1	LEFT onto Fifth St.
10.2	RIGHT to join Morrison St. again
10.9	LEFT onto Thirteenth St.
11.2	RIGHT onto Lakeshore Dr., which immediately joins onto Trail
11.7	Arrive at Exchange 19



LEG 20 -- 8.8 KM -- MODERATE -- FULL VAN SUPPORT

LEG 20 -- 8.8KM -- MODERATE

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

No porta-loos at Ex #20. Indoor toilets available.

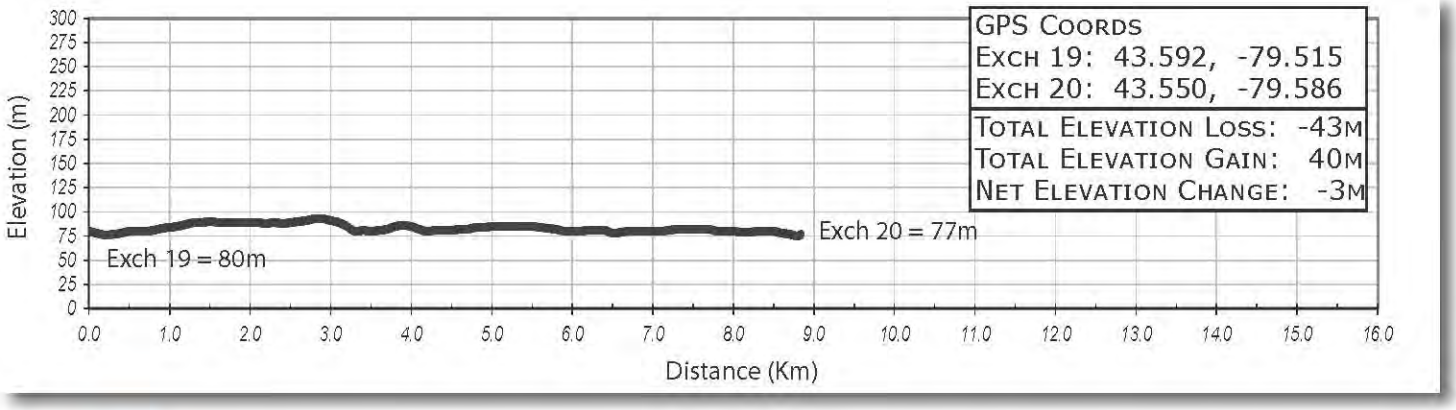
Exchange 20
Port Credit Lighthouse
105 Lakeshore Rd. W, Port Credit, ON L5H 1E9
GPS: 43.550050, -79.586416

Runner Directions:

0.0	Depart Exchange 19, continuing on the trail
0.5	RIGHT onto Twenty Third St.
1.2	LEFT on Lake Shore Blvd W.
8.8	Arrive at Exchange 20

Van Directions:

0.0	Depart Exchange 19 heading North on Colonel Samuel Smith Park Dr.
0.7	LEFT on Lake Shore Blvd West which becomes Lake Shore Rd East
8.8	Arrive at Exchange 20



LEG 21 -- 8.0 KM -- MODERATE --FULL VAN SUPPORT

LEG 21 -- 8.0KM -- MODERATE

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

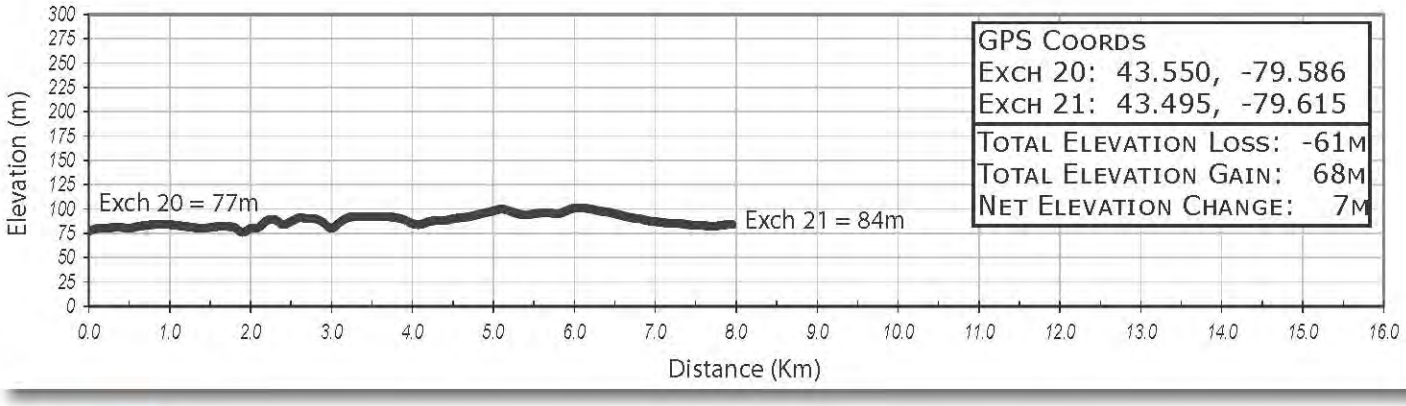
No porta-loos at Ex #21. Indoor toilets available.

Exchange 21
Dog Park at Lakeside Park
2477 Lakeshore Rd. W
Mississauga, ON L5J 1J9
GPS: 43.494742, -79.614563

Runner Directions:

0.0	Depart Exchange 20 continuing West on Lakeshore Rd E.
5.5	LEFT on Southdown Rd.
7.6	Road curves and becomes Lakeshore Rd W.
8.0	Arrive at Exchange 21

Van Directions:
Follow Runner Directions.



LEG 22 -- 9.3 KM -- HARD -- FULL VAN SUPPORT

LEG 22 -- 9.3KM -- HARD

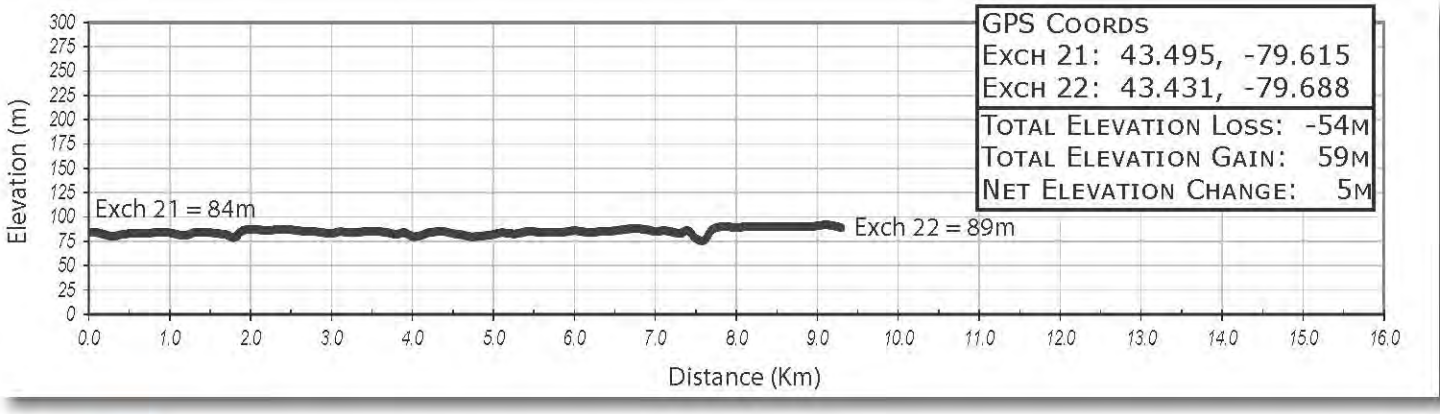
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 22
St. Paul's Church
454 Rebecca St, Oakville, ON L6K 1K7
GPS: 43.431, -79.688

Runner Directions:

0.0	Depart Exchange 21, continuing on Lakeshore Rd.
7.1	RIGHT onto Thomas St.
7.3	LEFT onto Randall St., which becomes Rebecca St.
9.3	Arrive at Exchange 22

Van Directions:
Follow Runner Directions.



LEG 23 -- 8.5 KM -- MODERATE -- FULL VAN SUPPORT

LEG 23 -- 8.5KM -- EASY

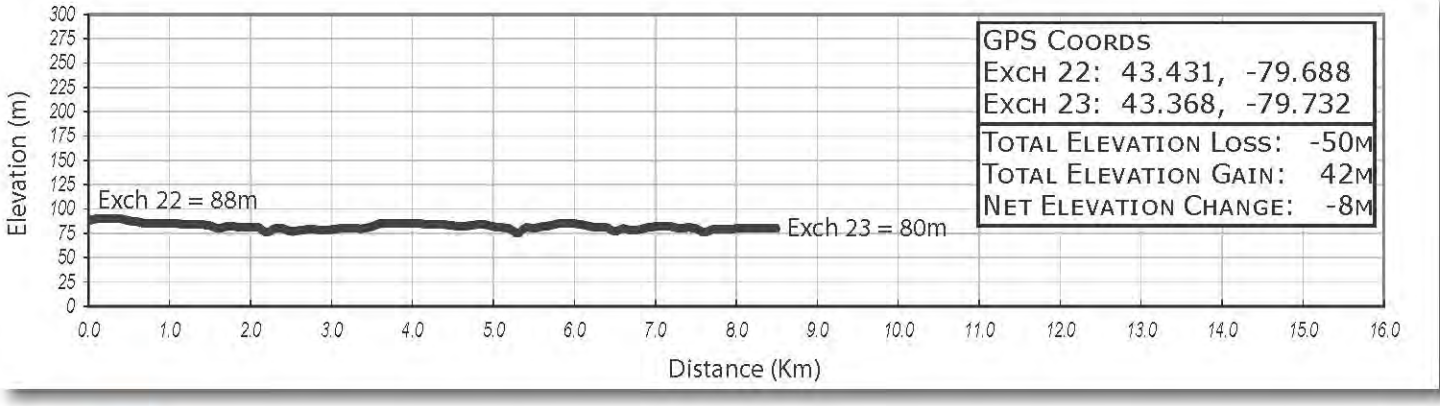
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 23
Lakeside Shopping Village
5353 Lakeshore Rd E, Burlington, ON
GPS: 43.367772, -79.730797

Runner Directions:

0.0	Depart Exchange 22, continuing on Rebecca St.
0.8	LEFT onto Fourth Line
0.9	RIGHT onto Lakeshore Rd.
8.5	Arrive at Exchange 23

Van Directions:
Follow Runner Directions.



LEG 24 -- 7.1 KM -- MODERATE -- FULL VAN SUPPORT

LEG 24 -- 7.1KM -- MODERATE

Leg Notes:
Showers (4 in each gender). Please shower quickly and allow others to enjoy the facility

Indoor Sleeping (Arena Auditorium - 300 capacity)

Food – hot drinks and snacks

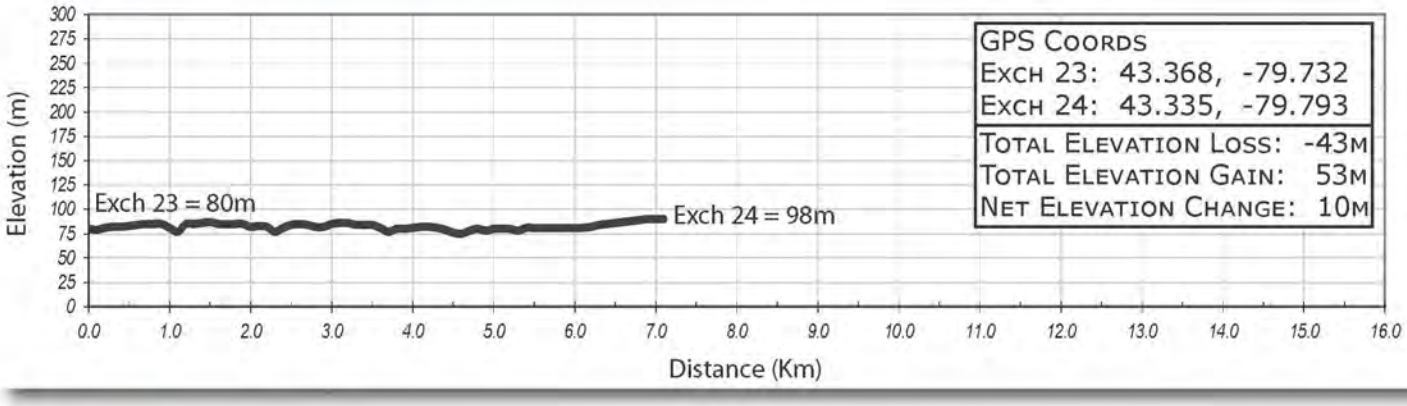
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 24
Central Arena
519 Drury Lane
Burlington, ON L7R 2X3
GPS: 43.335470, -79.791773

Runner Directions:

0.0	Depart Exchange 23 running West on Lakeshore Rd., on sidewalk (Run WITH TRAFFIC)
0.1	LEFT to cross Lakeshore, then RIGHT to run against traffic on sidewalk.
6.0	RIGHT onto Seneca Ave. (Run WITH TRAFFIC)
6.6	LEFT onto New St. (Run WITH TRAFFIC)
6.8	RIGHT onto Drury Lane (Run WITH TRAFFIC)
7.1	Arrive at Exchange 24

Van Directions:
Follow Runner Directions.

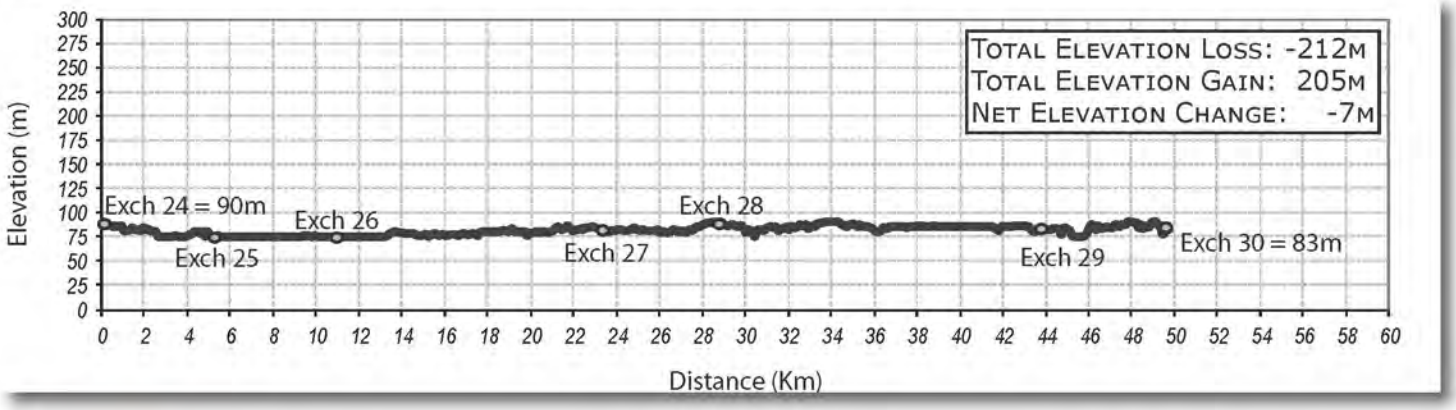


Van 1 -- Legs 25-30 -- 49.7 KM

Inactive Van Directions (Exchange 24 to Exchange 30)

0.0	Depart Exchange 24 West (road in front of Arena)
0.1	RIGHT onto Drury Lane
1.0	LEFT onto Prospect St.
2.1	RIGHT onto Brant St.
2.4	LEFT onto Fairwell St.
3.9	Take ramp on RIGHT onto Queen Elizabeth Way (QEW), heading East
51.8	Take exit 51
52.6	RIGHT onto Seventh St. Louth
52.7	LEFT onto S. Service Rd.
54.5	LEFT onto Third St. Louth
55.0	Arrive at Exchange 30

Exchange 30 Address:
Charles Daley Park
Jordan Station, ON L0R 1SO, Canada
GPS: 43.181583, -79.323059



LEG 25 -- 5.3 KM -- EASY -- FULL VAN SUPPORT

LEG 25 -- 5.3KM -- EASY

Leg Notes:
IF THE BRIDGE LIGHTS AND ALARMS SOUND, SIGNALLING BRIDGE IS GOING UP, DO NOT ATTEMPT TO RUSH ACROSS. (THIS WILL RESULT IN INSTANT DQ). WAIT PATIENTLY FOR BRIDGE TO RAISE, SHIP TO PASS AND BRIDGE TO LOWER AGAIN. ONLY PROCEED WHEN PERMITTED TO DO SO.

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

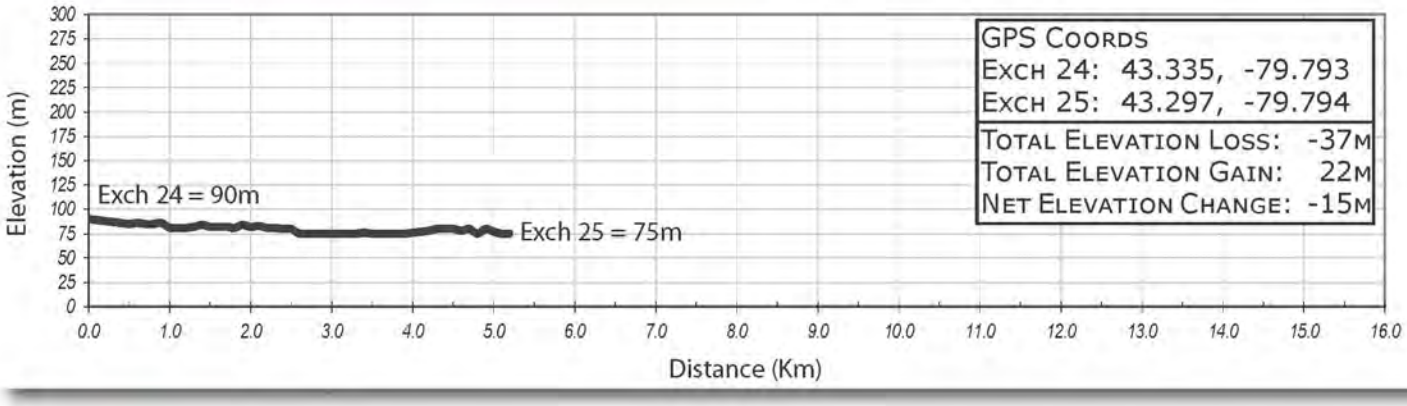
Exchange 25
Hamilton Beach
(near) 1057 Breezeway Trail
Hamilton, ON L8H 6Z9
GPS: 43.295487, -79.793304

Runner Directions:

0.0	Depart Exchange 24 back down Drury Lane, which runs into Stinson Ave.
0.4	RIGHT onto Waterfront Trail
1.0	LEFT onto Martha St.
1.2	RIGHT onto Lakeshore Rd.
2.3	LEFT onto Trail which runs parallel to Lakeshore Rd.
4.6	As the trail approached the Lift Bridge RIGHT into a tunnel under the Bridge. Emerge from tunnel and turn RIGHT to find steps Go up steps onto pedestrian walkway just before Bridge RIGHT to go over Bridge and continue on walkway (AS LONG AS ALARMS ARE NOT SOUNDING) RIGHT to go down steps (be careful) RIGHT into tunnel back under Bridge RIGHT onto trail
5.3	Arrive at Exchange 25

Van Directions:

0.0	Depart Exchange 24 back down Seneca Ave.
0.9	RIGHT onto Lakeshore Rd.
2.6	LEFT onto Lakeshore Rd.
4.5	LEFT on Eastpointe Drive.
5.3	Arrive (LEFT) into Exchange 25



LEG 26 -- 5.6 KM -- EASY -- FULL VAN SUPPORT

LEG 26 -- 5.6KM -- EASY

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

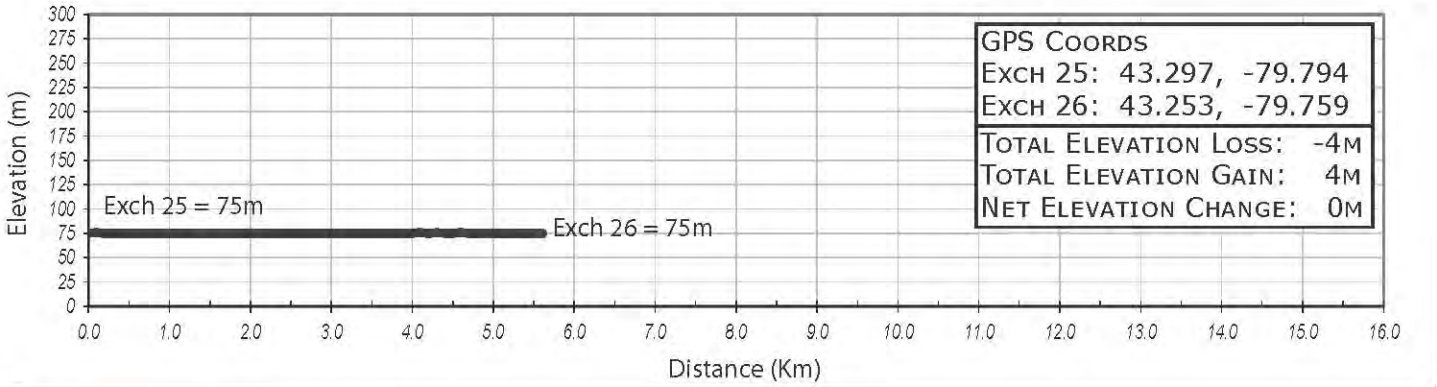
Exchange 26
Confederation Park – Parking Lot
580 Van Wagner's Beach Road, Hamilton, ON
L8E 3L8
GPS: 43.253015, -79.758917

Runner Directions:

0.0	Depart Exchange 25 running on Waterfront Trail parallel to Beach Blvd. Continue on trail
5.6	Arrive at Exchange 26

Van Directions:

0.0	Depart Exchange 25 turning LEFT on Eastport Dr.
0.2	LEFT on Beach Blvd.
3.9	LEFT on Van Wagner's Beach Rd
5.5	At stop sign where Van Wagner's curves to the RIGHT, proceed STRAIGHT into Exchange 26



LEG 27 -- 12.4 KM -- VERY HARD -- PARTIAL NO VAN SUPPORT

LEG 27 -- 12.4KM -- VERY HARD

Leg Notes
No Van Support starts at 4.8km and ends at 10km marker

There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

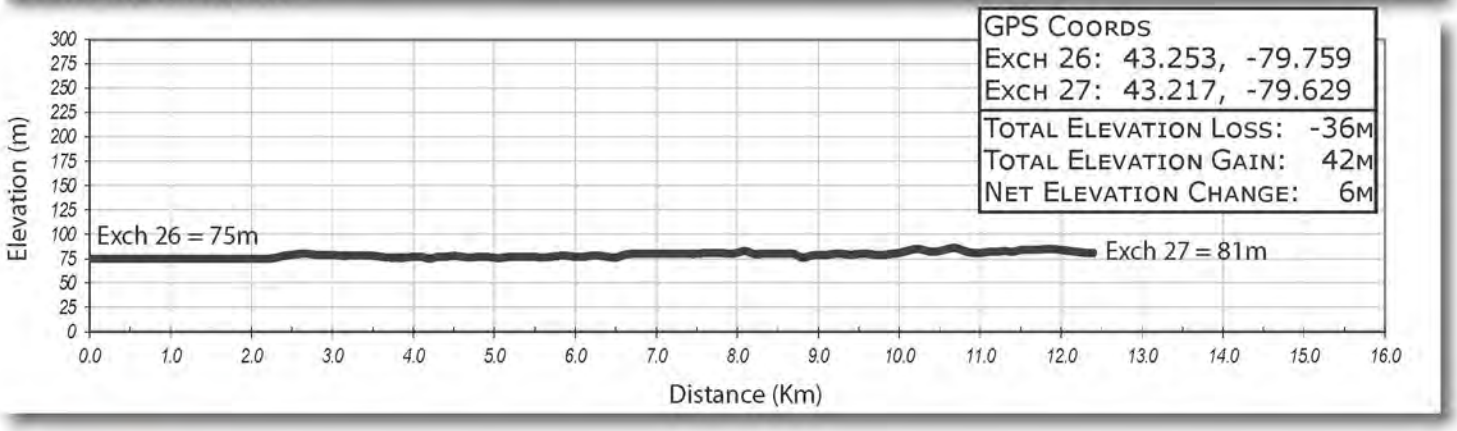
Exchange 27
Fifty-Point Conservation Area
1479 Baseline Road, Hamilton, ON L8E 3L8
GPS: 43.217094, -79.628373

Runner Directions:

0.0	Depart Exchange 26 heading East on Waterfront Trail
2.4	Leave trail by turning RIGHT on Grays Rd. (run WITH TRAFFIC) on shoulder
2.5	LEFT on Frances Ave.
3.4	RIGHT onto Green Rd.
3.6	LEFT onto N. Service Rd.
11.9	LEFT onto Lockport Way.
12.0	RIGHT on Baseline Rd.
12.4	Arrive at Exchange 27

Van Directions:

0.0	Depart Exchange 26 by turning LEFT on Van Wagner's Beach Rd
0.2	LEFT to stay on Van Wagner's Beach Rd which becomes N Service Rd.
11.9	LEFT on Lockport Way.
12.0	RIGHT on Baseline Rd.
12.4	Arrive at Exchange 27



LEG 28 -- 5.2 KM -- EASY -- FULL VAN SUPPORT

LEG 28 – 5.2KM – EASY

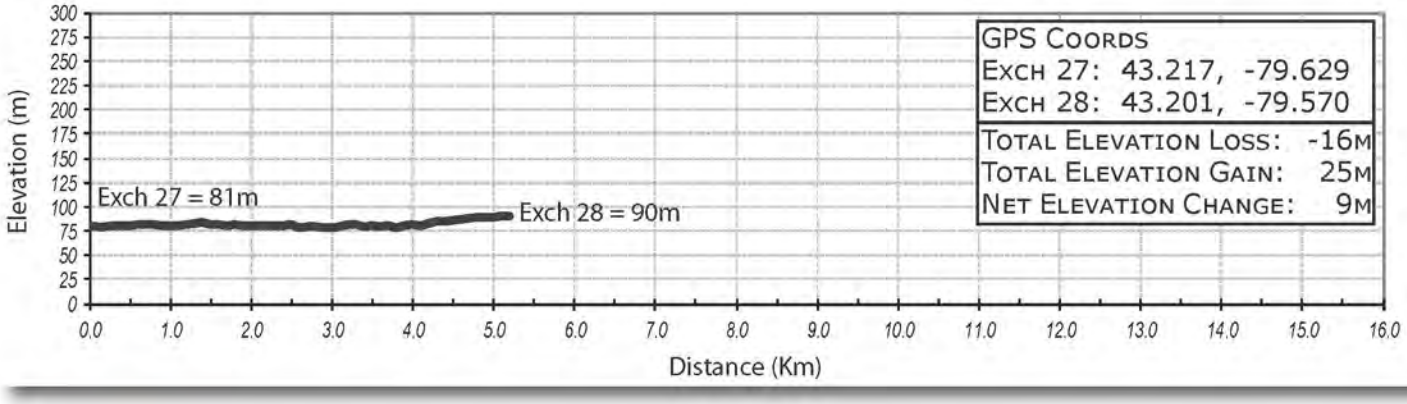
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 28
Lakemount Worship Centre
54 N. Service Road, Grimsby, ON L3M 1Y8
GPS: 43.201365, -79.569682

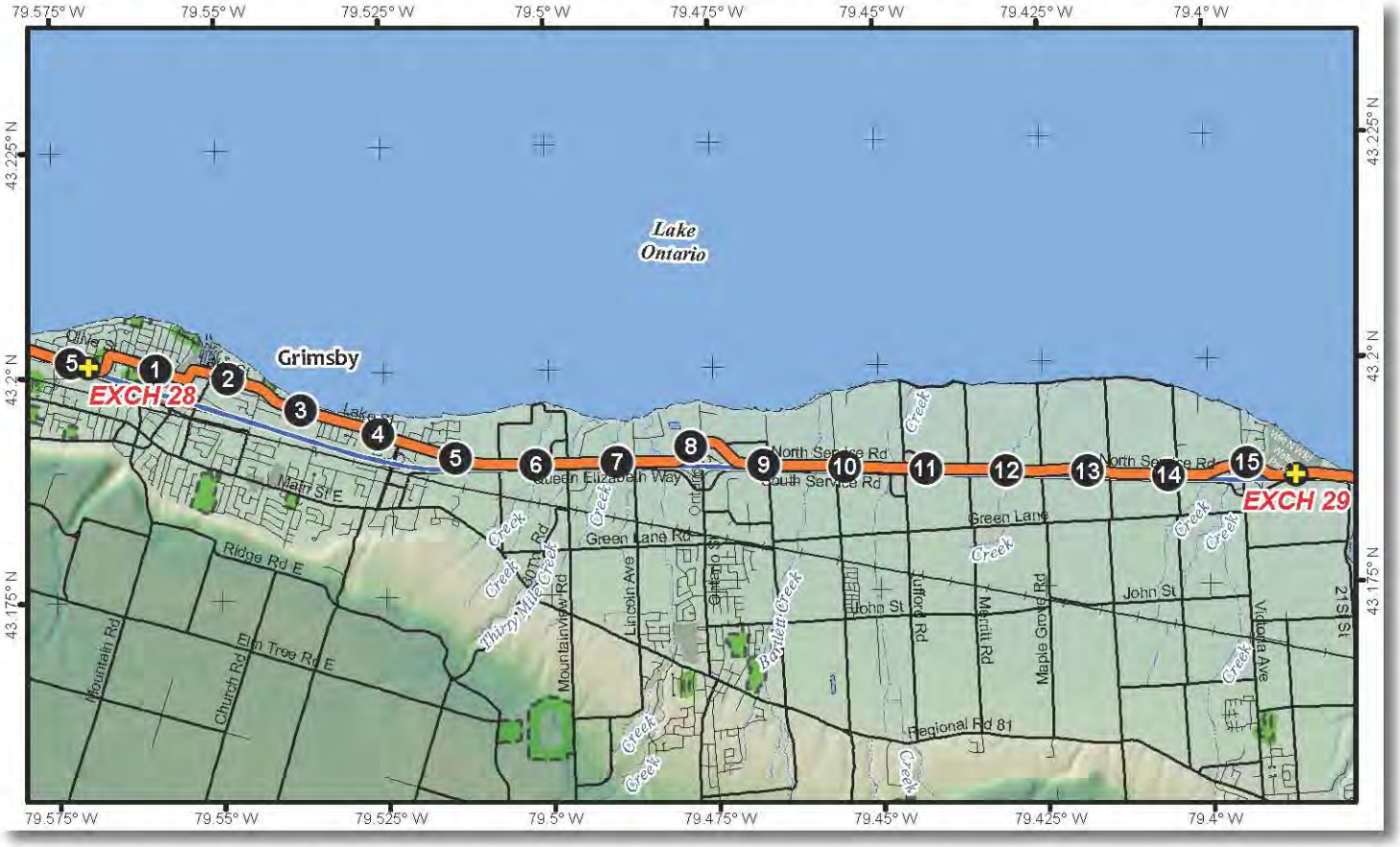
Runner Directions:

0.0	Depart Exchange 27 and continuing East on Base Line Rd.
5.2	Arrive at Exchange 28

Van Directions:
Follow Runner Directions.



LEG 29 -- 15.4 KM -- VERY HARD -- PARTIAL NO VAN SUPPORT



LEG 29 -- 15.4KM -- VERY HARD

Leg Notes:
No Van Support starts at 5.6km and ends at Exchange 29

Vans should pull over legally and safely if they want to support. DO NOT pull over on RIGHT shoulder and attempt to cross road with flags. VERY DANGEROUS

Food: This Exchange is located at a Tim Hortons

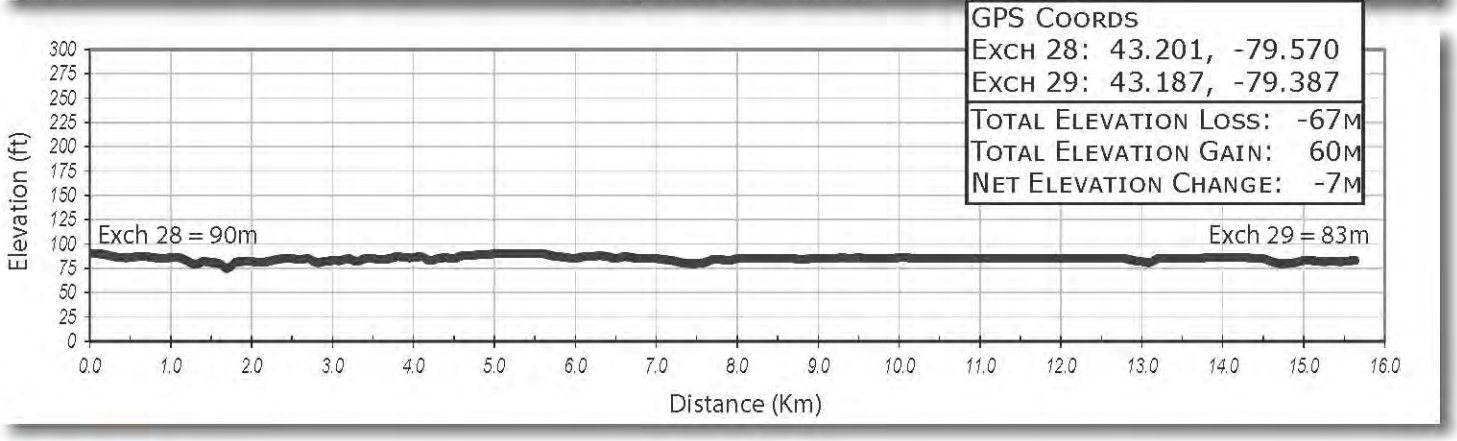
There are no water stations on this leg. Runners, please plan accordingly and carry additional water.

Exchange 29
Tim Hortons
3335 N. Service Road, Vineland, ON L0R 2E0
GPS: 43.187269, -79.390708

Runner Directions:

0.0	Depart Exchange 28 continuing along North Service Rd. W.
0.4	RIGHT onto Olive St.
1.4	LEFT on Ontario St., which turns right into Lake St, which then becomes N. Service Road.
15.4	Arrive at Exchange 29

Van Directions:
Follow Runner Directions.



LEG 30 -- 5.9 KM -- EASY -- PARTIAL NO VAN SUPPORT

LEG 30 – 5.9KM – MODERATE

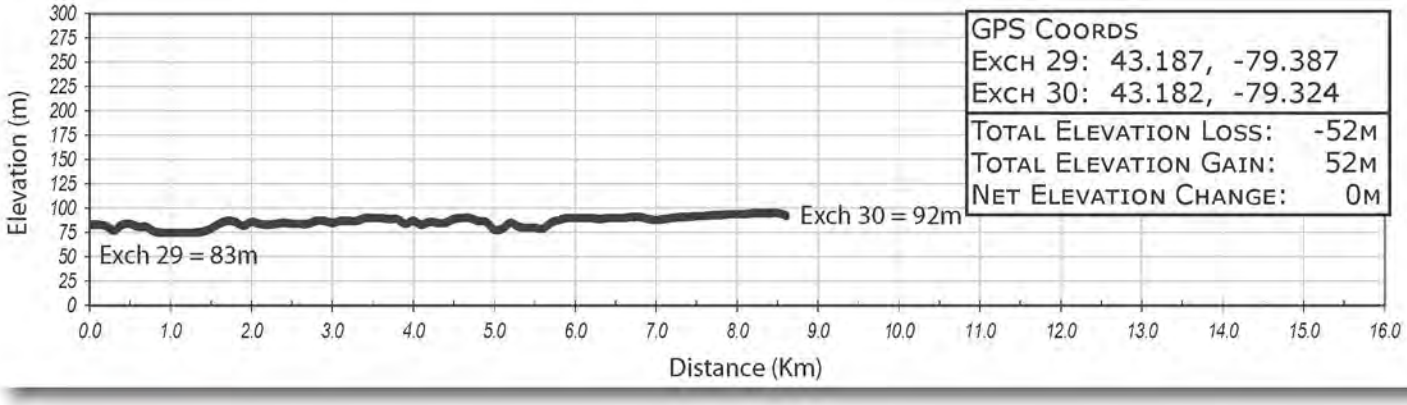
Leg Notes:
No Van Support starts at 3km and ends at Exchange 30

There will be a food fundraiser at Ex 30, hosted by Welland SPCA. They will also be bringing a mobile adoption unit

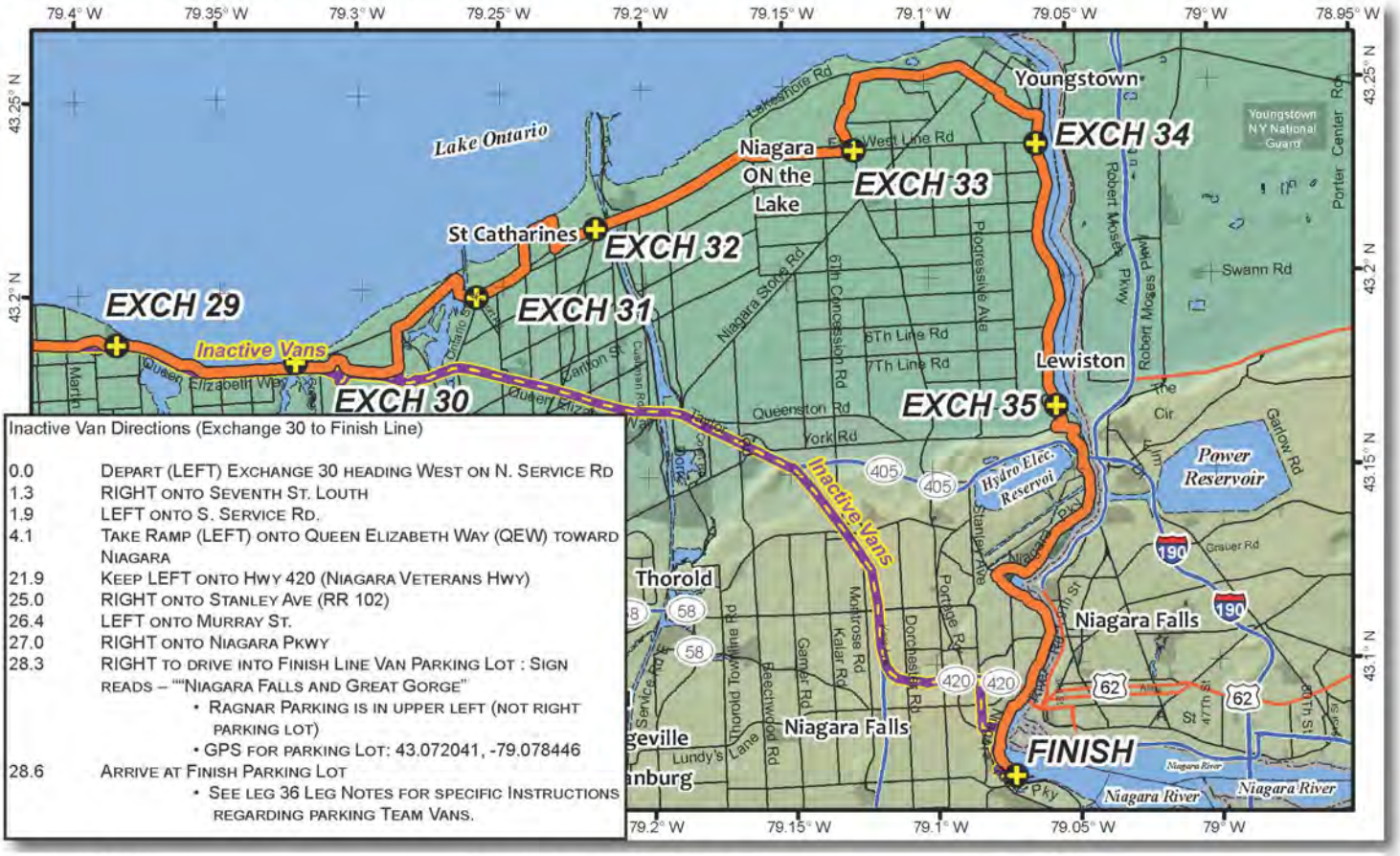
Exchange 30
Charles Daley Park
Jordan Station, ON L0R 1SO, Canada
GPS: 43.181583, -79.323059

Runner Directions:
0.0 Depart Exchange 29 continuing East on North Service Rd
5.7 LEFT into Charles Daley Park
5.9 Arrive at Exchange 30

Van Directions:
Follow Runner Directions.



VAN 2 -- LEGS 31-36 -- 53.4 KM



Inactive Van Directions (Exchange 30 to Finish Line)

0.0	DEPART (LEFT) EXCHANGE 30 HEADING WEST ON N. SERVICE RD
1.3	RIGHT ONTO SEVENTH ST. LOUTH
1.9	LEFT ONTO S. SERVICE RD.
4.1	TAKE RAMP (LEFT) ONTO QUEEN ELIZABETH WAY (QEW) TOWARD NIAGARA
21.9	KEEP LEFT ONTO HWY 420 (NIAGARA VETERANS HWY)
25.0	RIGHT ONTO STANLEY AVE (RR 102)
26.4	LEFT ONTO MURRAY ST.
27.0	RIGHT ONTO NIAGARA PKWY
28.3	RIGHT TO DRIVE INTO FINISH LINE VAN PARKING LOT : SIGN READS – ""NIAGARA FALLS AND GREAT GORGE" • RAGNAR PARKING IS IN UPPER LEFT (NOT RIGHT PARKING LOT) • GPS FOR PARKING LOT: 43.072041, -79.078446
28.6	ARRIVE AT FINISH PARKING LOT • SEE LEG 36 LEG NOTES FOR SPECIFIC INSTRUCTIONS REGARDING PARKING TEAM VANS.

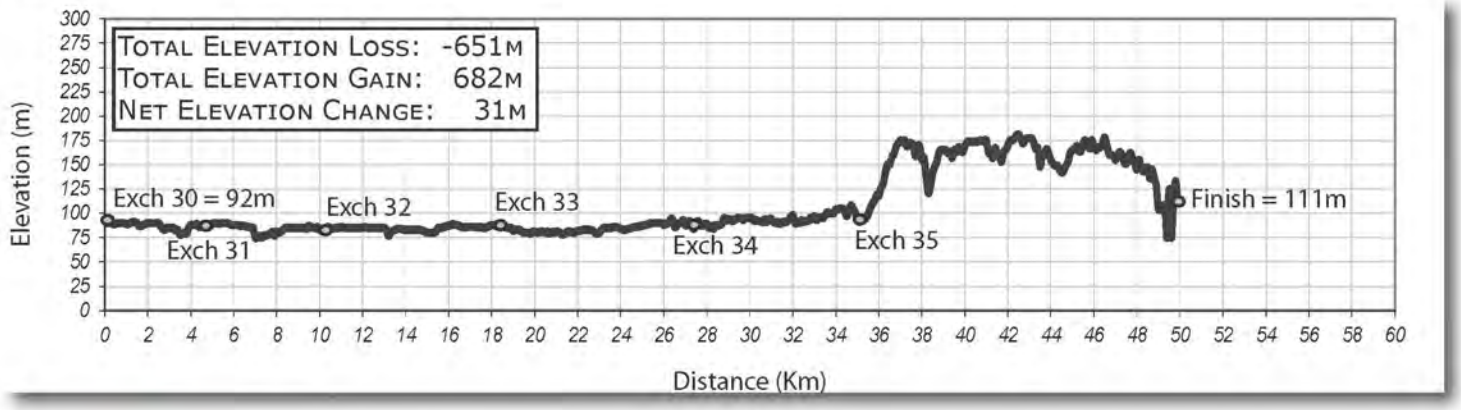
Exchange Notes:
Important thing to remember is when you get into the Niagara Falls area, keep the water on the LEFT and the city of the RIGHT and keep heading in that direction. The sidewalk next to the main road will get you to finish and the path next to the wall along the water edge will get you to the finish.

You will run right by the Horseshoe of Niagara Falls, either way. Runner for leg #36, must study their route and finish location and NOT rely on Ragnar Directional Signage once they reach the Niagara Falls area as there will be so many tourists. Signs will be hard to see.

Note: There will be a lot of tourists to run through.

The turn to get Team Vans into the parking lot, across from the Finish Area is easy to miss. In conjunction with Van Directions, use GPS:
GPS Coordinates: 43.072041, -79.078447

Finish Line Address:
Toronto Power Park (Ex. Toronto Power Generating Station)
7230 Niagara Parkway, Niagara Falls, ON
GPS: 43.071917, -79.073903



LEG 31 -- 8.0 KM -- MODERATE -- FULL VAN SUPPORT

LEG 31 – 8.0KM – EASY

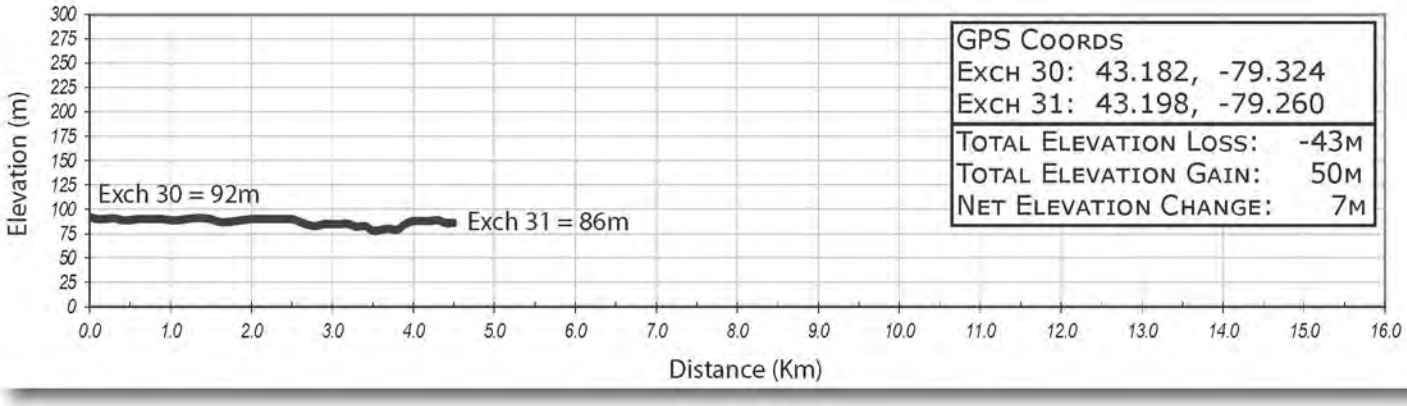
Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water

Exchange 31
Port Church
1 Lakeshore Rd., St. Catharine's, ON L2N 2S7
GPS: 43.197639, -79.259353

Runner Directions:

0.0	Depart Exchange 30 heading West on N. Service Rd.
3.4	LEFT onto Third St. Louth
4.5	RIGHT onto Main St.
6.8	RIGHT onto Lock St.
6.9	RIGHT onto Lakeport Rd.
7.8	Sharp LEFT onto Lakeshore Rd.
8.0	Arrive at Exchange 31

Van Directions:
Follow Runner Directions.



LEG 32 -- 5.6KM -- EASY -- FULL VAN SUPPORT

LEG 32 -- 5.6KM -- EASY

Leg Notes:
There are no water stations on this leg. Runners, please plan accordingly and carry additional water

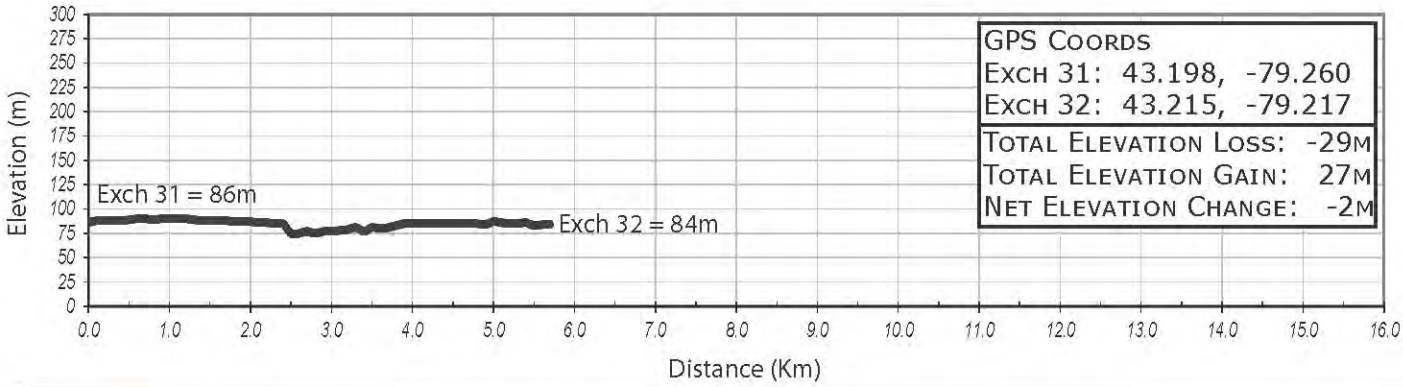
Exchange 32
Grantham Lions Park
732 Niagara St, St Catharine's, ON L2M 7W7
GPS: 43.213833, -79.216700

Runner Directions:

0.0	Depart Exchange 31 heading Northeast on Lakeshore Rd
1.6	LEFT on Geneva St.
2.5	RIGHT onto Trail, which runs along shoreline
3.3	Trail emerges by roundabout onto Lantana Circle
3.5	RIGHT on Vine St.
4.3	LEFT on Lakeshore Rd.
5.6	Arrive at Exchange 32

Van Directions:

0.0	Depart Exchange 31 heading East on Lakeshore Rd.
4.0	Arrive at Exchange 32



LEG 33 -- 8.0 KM -- MODERATE -- NO VAN SUPPORT

LEG 33 -- 8.0KM -- MODERATE

Leg Notes:
No Van Support for the entire leg.

IF THE LIFT BRIDGE LIGHTS AND ALARMS SOUND, SIGNALLING BRIDGE IS GOING UP, DO NOT ATTEMPT TO RUSH ACROSS. WAIT PATIENTLY FOR BRIDGE TO RAISE, SHIP TO PASS, AND BRIDGE TO LOWER AGAIN.

There are no water stations on this leg.

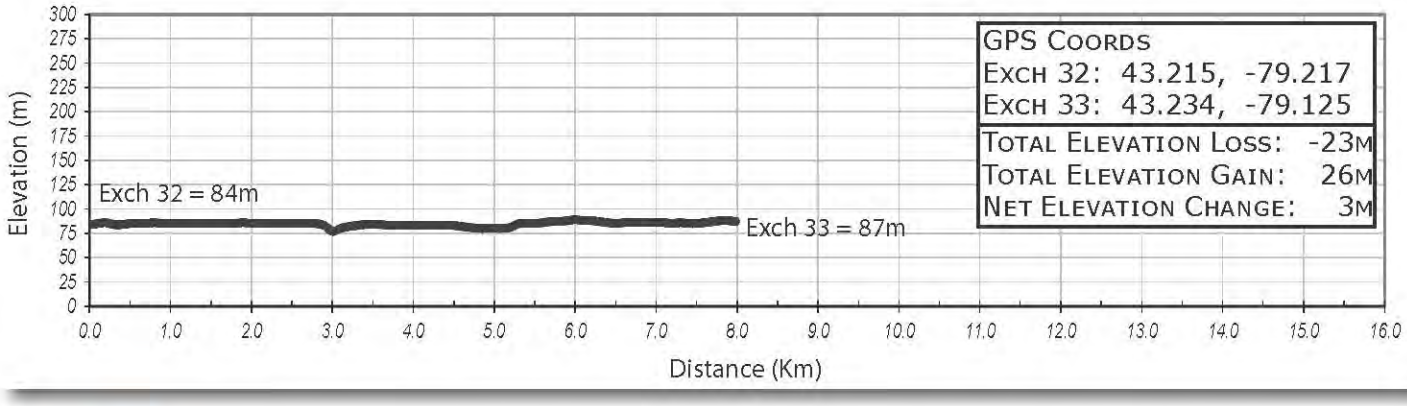
Runners, Please plan accordingly and carry additional water

Exchange 33
Bethany Mennonite Church
572 East and West Line, Niagara-on-the-Lake, ON L0S 1T0
GPS: 43.233626, -79.125344

Runner Directions:

0.0	Depart Exchange 32, continuing East on Lakeshore Rd. (Run on Sidewalk, against Traffic)
0.3	LEFT to cross road, then RIGHT to cross Bridge (run against Traffic)
4.8	RIGHT onto East & West Line
8.0	Arrive at Exchange 33

Van Directions:
Follow Runner Directions.



LEG 34 -- 9.1 KM -- HARD -- NO VAN SUPPORT

LEG 34 -- 9.1KM -- HARD

Leg Notes:
NO VAN SUPPORT: Vans should head directly to Exchange 34 and not support their runners along Leg 34. One water station will be provided for the runners.

Ragnar will provide 1 water station(s) on this leg. In effort to be more sustainable these water stations will not have cups. Please carry a water bottle

3.7 Km from Water Station to Exchange 34
Vans should use GPS coordinates.
Address is difficult to find

No porta-loos at Ex #34. Indoor toilets available

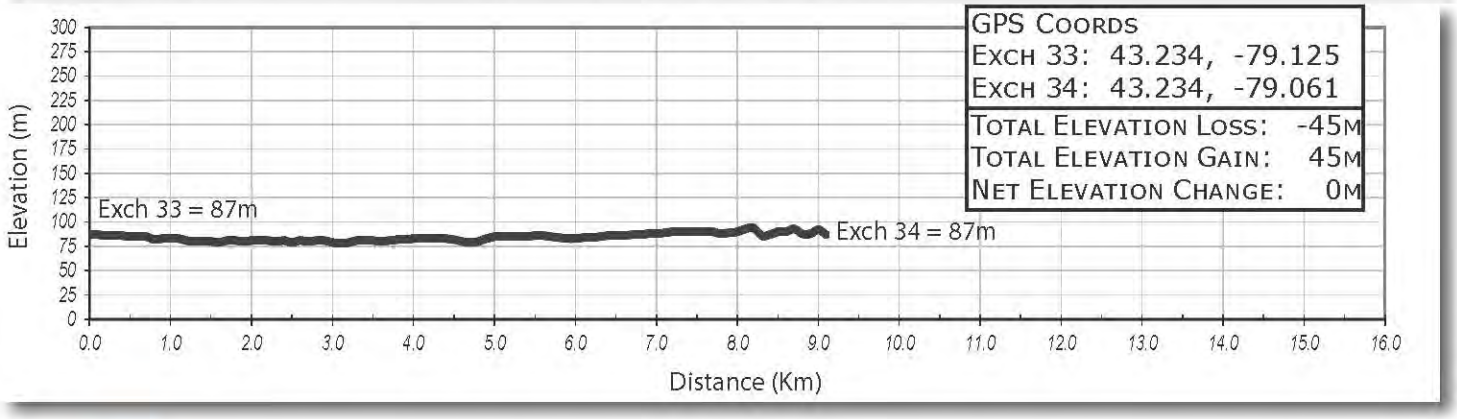
Exchange 34
McFarland Park Picnic Pavilion (near) Niagara Parkway Recreational Trail, Niagara-on-the-Lake, ON L0S 1JO
GPS: 43.234686, -79.061116

Runner Directions:

0.0	Depart Exchange 33 LEFT onto Four Mile Creek Road
2.4	RIGHT onto Old Lakeshore Rd
5.4	Veer RIGHT as Lakeshore Rd. turns into Mary St.
6.4	Continue STRAIGHT onto Trail
8.1	STRAIGHT to cross Niagara Pkwy and Ricardo St. to continue onto Niagara Pkwy Rec. Trail
9.1	Arrive at Exchange 34

Van Directions:

0.0	Depart Exchange 34 and turn LEFT onto Four Mile Creek Road
2.4	RIGHT onto Lakeshore Rd
5.4	RIGHT onto Mary St.
6.4	RIGHT onto King St.
6.5	LEFT onto John St. E
8.0	RIGHT onto Niagara Parkway
8.8	Arrive at Exchange 34



LEG 35 -- 7.9 KM -- MODERATE -- FULL VAN SUPPORT

LEG 35 -- 7.9KM -- MODERATE

Leg Notes:
Parking at this actual Exchange is extremely tight. There are 2 locations to park Team vehicles. The first is at The Willowbank School UPPER CAMPUS, where Vans are directed on the turn by turn instructions. Once this is full, Volunteers will direct Vans down Dee Road to the Willowbank School LOWER CAMPUS where there will be overflow parking. ALL Teams Vans MUST drive initially to the UPPER CAMPUS Parking.

Follow the Van Directions as published. Once parked, there is a path that teams will walk down to reach the Exchange

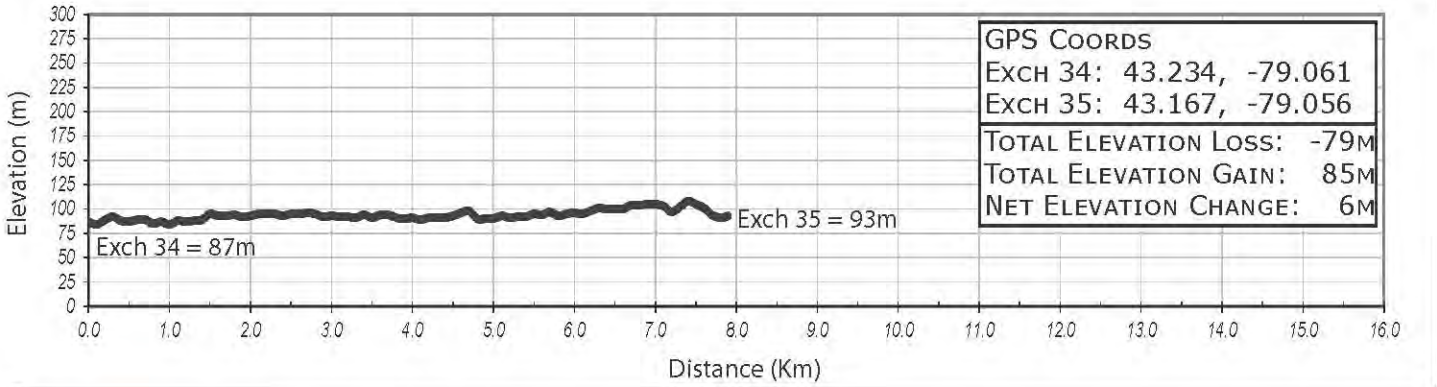
There are no water stations on this leg. Runners, please plan accordingly and carry additional water

No porta-loos at Ex #35. Indoor toilets available

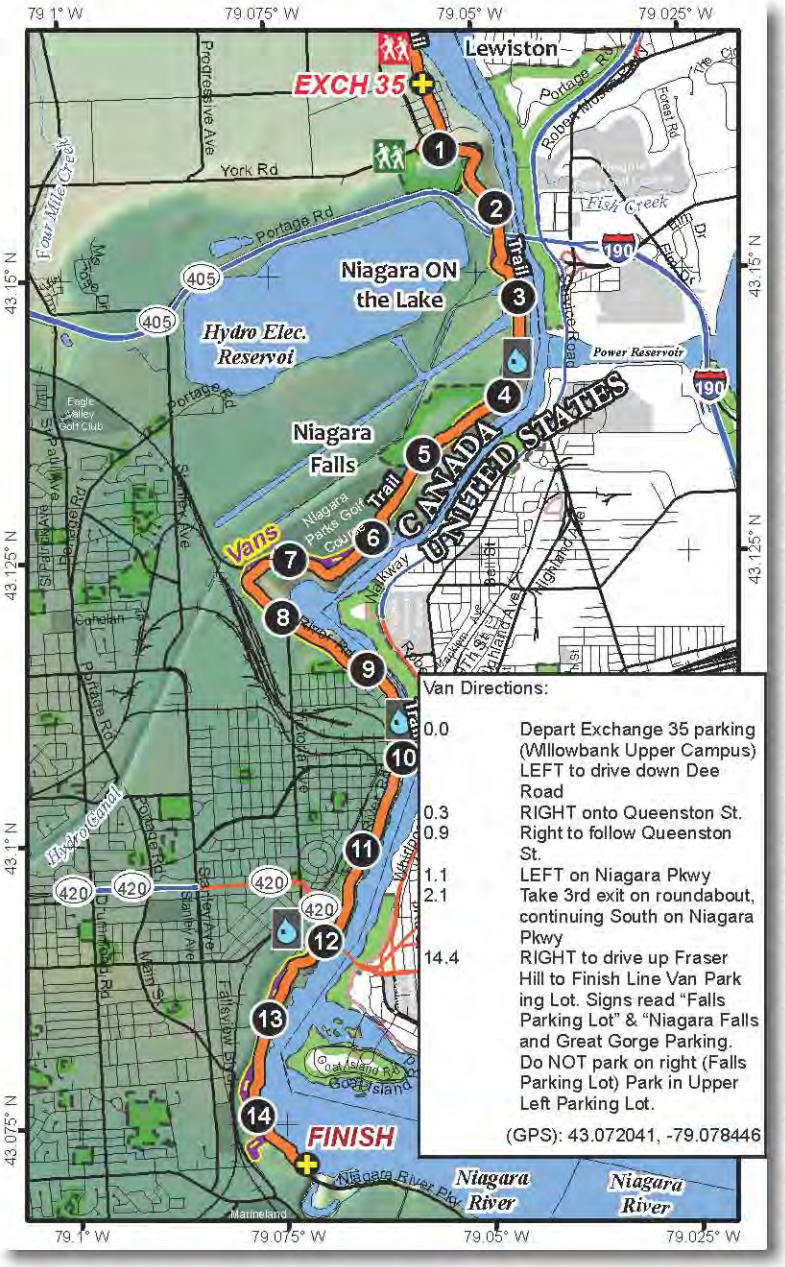
Exchange 35
The School of Restoration Arts at Willowbank (Lower Campus)
5 Walnut St. Queenston, ON, L0S 1L0
GPS: 43.167019, -79.055823

Runner Directions:
0.0 Depart Exchange 34 heading South on trail parallel to Niagara Pkwy
7.5 Emerge from Trail and go STRAIGHT onto Queenston St.
7.9 Arrive at Exchange 35

Van Directions:
0.0 Depart Exchange 34 heading South on Niagara Pkwy
7.5 Bear RIGHT to stay on Niagara Parkway
7.9 LEFT onto Dee Road and immediately LEFT into Willowbank School Upper Campus



LEG 36 -- 14.7 KM -- VERY HARD -- FULL VAN SUPPORT



LEG 36 -- 14.7KM -- VERY HARD

Leg Notes: Leg 36 is the Ragnar REEBOK Leg. It's the 3rd longest, but the Leg that has the largest elevation gain. Very fitting that this leg will pass by the world-famous Horseshoe of Niagara Falls. Enjoy!

Important thing to remember is when you get into the Niagara Falls area, keep the water on the LEFT and the city of the RIGHT and keep heading in that direction. The sidewalk next to the main road will get you to finish and the path next to the wall along the water edge will get you to the finish.
You will run right by the Horseshoe of Niagara Falls, either way. Runner for leg #36, must study their route and finish location and NOT rely on Ragnar Directional Signage once they reach the Niagara Falls area as there will be so many tourists. Signs will be hard to see.

Note: **There will be a lot of tourists to run through.**

The turn to get Team Vans into the parking lot, across from the Finish Area is easy to miss. In conjunction with Van Directions, use GPS:
GPS Coordinates: 43.072041, -79.078447

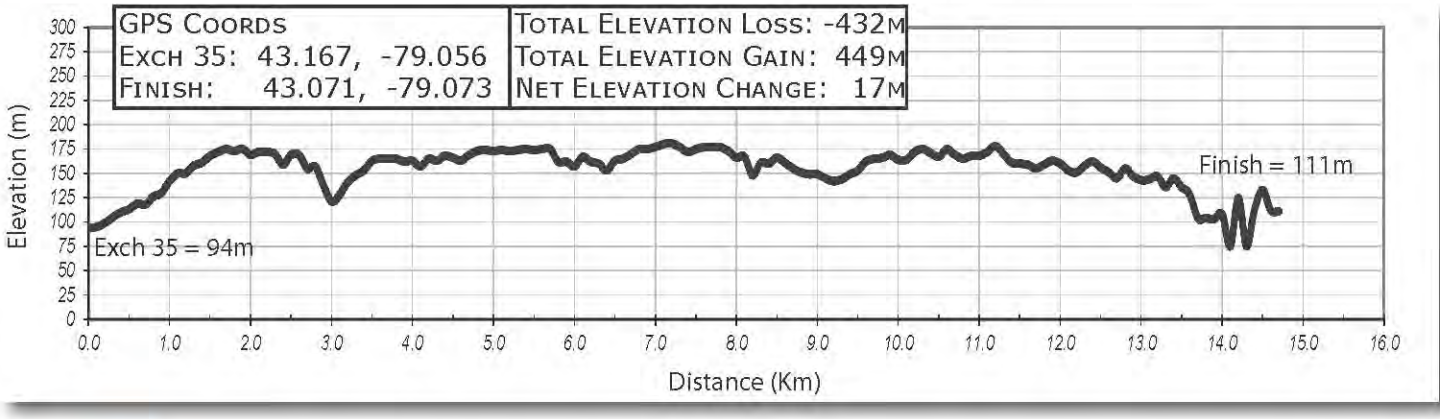
Teams walking from parking lot to Finish Area, can walk on the back-access road that will take them directly to the Finish Area. Volunteers will help direct. There will be Police Assisted crossing at the main road (Niagara Pkwy)

Ragnar will set up a collecting area on the West side of the Old Power Generating Station, where teams can meet their final runner and join them to reach the finish line.

Ragnar will provide 3 water station(s) on this leg. In effort to be more sustainable these water stations will **not** have cups. Please carry a water bottle

6.1 Km from Water Station 36A to Water Station 36B
2.3 Km from Water Station 36B to Water Station 36C
2.8 Km from Water Station 36C to FINISH

Exchange 36: Toronto Power Park (Ex. Toronto Power Generating Station)
7230 Niagara Parkway, Niagara Falls, ON
GPS: 43.071450, -79. 072964

Runner Directions:

0.0	Depart Exchange 35 heading South on Queenston St.
0.5	RIGHT to follow Queenston St.
0.7	LEFT onto Niagara Pkwy to cross over York St., then RIGHT to cross over Niagara Pkwy
0.8	LEFT onto Trail
1.4	Trail emerges briefly to cross over Niagara Pkwy. Head STRAIGHT over to join Trail again.
4.6	RIGHT to Cross Niagara Pkwy, where trails ends, then turn LEFT to run WITH TRAFFIC through Botanical Gardens sidewalk and re-join trail on this side of road.
5.8	LEFT to cross over Niagara Pkwy to join Trail again, running against traffic.
8.3	Trail ends briefly. Run on grass mainly to cross over Whirlpool Aero Parking Lot
8.7	Run on Sidewalk and Trails as directed ALL THE WAY TO FINISH
13.5	NIAGARA FALLS – THE HORSHOE (keep heading South with Water on LEFT)
14.0	Cross Wee Pedestrian Bridge
14.7	Arrive at FINISH