

ROUTE DESCRIPTION



Lifemark 5 KM

Saturday June 8, 2019

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

Start Times for 5KM

Start time (Competitive Wheelchair Division)- 7:59 am

Start time (runners)- 8:00 am

- START on Sackville St near Queen St
- Left on South Park St
- Right on Spring Garden Rd
- Right on Summer St
- Continue onto Trollope St
- Enter roundabout, against flow of traffic
- Exit roundabout onto Cogswell St (outbound), heading toward Robie St
- Right on Robie St
- Right on Cunard St
- Continue through roundabout, with flow of traffic
- Exit roundabout onto Agricola St
- Right on Charles St
- Right on Gottingen St
- Left on Cogswell St (inbound)
- Right on Brunswick St
- Proceed to the finish line!
- Listen as the announcer calls out your name as you FINISH!