



Indicates caution area ■  
 Aid Station ■

# 75k



In support of the **Betty Wallace Women's Health Centre**  
*Devoted to women fighting breast cancer & osteoporosis*

Approx km from start	Direction or Turn	Road Name
Start		Memorial Park - Have Fun!
0	West	Lakeshore Blvd
2.8	Right	Lorne Park Rd.
4.2	Left	Truscott Dr.
8.4	Straight	Truscott becomes Kingsway Dr.
10	Right	Ford Dr.
11.2	Left (W)	Upper Middle Rd. E.
11.6	Right	Joshuas Creek Dr.
11.8	Right	Bayshire Dr.
13.1	Straight	Bayshire becomes Glenashton Dr.
16.3	Right (N)	6th line
20.9		<b>Aid Station</b>
20.9	Left (W)	Lower Baseline Rd.
22.5	Left (W)	Lower Baseline continues left @top of hill
24	Left (S)	4th line
24.6	Right (W)	Lower Baseline Rd.
28	West	***Lower Baseline Rd. continues straight 400m after crossing #25***
30.2	Left (S)	Tremaine Rd.
31.2	Right	No. 2 Sideroad
33.3	Right (N)	Appleby Line
33.6	Left (W)	No. 2 Sideroad
35.9	Right (N)	Walkers Line
36.8	Right	No. 4 Sideroad
39.3	Left (N)	Appleby Line
40.3	Right	Britannia Rd.
48.6	Right (S)	4th line
51.1	Left (W)	Lower Baseline Rd.
52.5	Right	Lower Baseline Rd. Continues
54.2		<b>Aid Station</b>
54.2	Right	6th Line Rd.
58.8	Left (E)	Glenashton
62.1	Straight	Glenashton becomes Bayshire Dr.
63.4	Left	Joshuas Creek Dr.
63.6	Left	Upper Middle Rd. E.
64	Right	Ford Dr.
65.2	Left	Kingsway Dr.
66.8	Straight	Kingsway Dr. becomes Truscott
71.1	Right	Lorne Park Rd.
72.5	Left (E)	Lakeshore Blvd
74	Right (S)	Ben Machree Dr.
74.5	Right	Maple Ave. S.
74.6	Connect	Onto water front trail Follow Pink Arrows to Finish
76	Home	Memorial Park - You Did It!!