

2007 Boston Pizza 15 k / 3 k



THE ROUTE

- ?? Start in front of Boston Pizza.
- ?? Follow Franklin Ave around to MacDonal Drive.
- ?? Follow the MacDonal Drive to the beginning of the trail on MacDonal Island..
- ?? Follow the trail clockwise along the river and onto the berm beside MacDonal Drive.
- ?? 3K runners turn at the sign and follow course back to BPs.
- ?? Cross MacDonal Drive onto gravel road to tennis courts.
- ?? Follow the paved path around the Snye to the Haxton Centre.
- ?? Run around the lake and back down to the trail along the Snye.
- ?? Follow trail to the "Snow Dump".
- ?? Turn at snow dump and follow trail back to MacDonal Ave.
- ?? Run past the Bandstand. Do not run up and around the lake.
- ?? Cross MacDonal Drive and follow it to the bridge.
- ?? Cross the bridge and follow the trail to the water treatment plant road.
- ?? Turn at the end of the water treatment plant road and follow the course back to BPs.