



## Course description, Quarter Marathon, LR-S 2017

All events use the same start and finish, located at the northeast corner and driveway access to the Soccer Park. Begin heading north on the soccer park access road. At 300 meters, turn right onto the sidewalk, then right again on the paved path. Continue south on the path.

Just past the 1 k mark, you enter a 500 meter portion of the course where some runners will experience two-way traffic. Faster runners will return to this section and meet slower participants. Also, some Quarter Marathon runners will meet people on the 5k loop. All participants must stay to their left when meeting oncoming traffic.

Continue south past “Abe’s Hill” on your left, then turn right onto the marked turn at 1.36 km. Continue south until you cross Grandview Drive where the two-way traffic section ends. Take the paved path south until you reach McKenzie where you turn right (staying on the sidewalk), until you reach Grandview Drive where you turn right and run north on the street for about 500 meters.

Once you reach the section where the trail crosses the street at 2.63 km, turn left and return to the path. At this point, some runners will meet oncoming traffic. Again, it is very important that you stay to your left as you continue north. At 3.12 km, you will be instructed to turn left onto the crushed limestone path and head West onto the “Bush Farm” section of the trail. You will proceed west to the 3.79 km mark before turning right.

Continue north as the path weaves through the bush and then turns right to head east and back to the start. You will emerge from the bush at 4.87 km where you turn left to begin a different version of lap 2. At this point, 5K participants you are running with will turn right to finish their event.

Continue north on the soccer park access road past the point where you turned right on the opening lap. You continue all the way to the driveway access to the highway where you turn right and then right again to return to the path and head south.

Continue south, again entering the area where two-way traffic may be present. Keep to the left, as at 6.18 km, you will turn left onto the paved loop around Abe’s Hill. Continue around this loop until you return to the original course. Remember that you are running a Quarter Marathon, 10.55 k, so this extra loop is needed beyond the 5k loop.

After you turn left at 6.91 km, you return to the original course, which stays the same as your first lap all the way to 10.42 km where you turn right to head for the finish line.

Be aware of your surroundings. If wearing headphones, keep the volume low so you can hear what is going on around you. Don’t group up and block the course. Allow faster participants to pass.

Course cutting (running off the course to gain a distance advantage) is not permitted. Anyone doing so may be disqualified.