

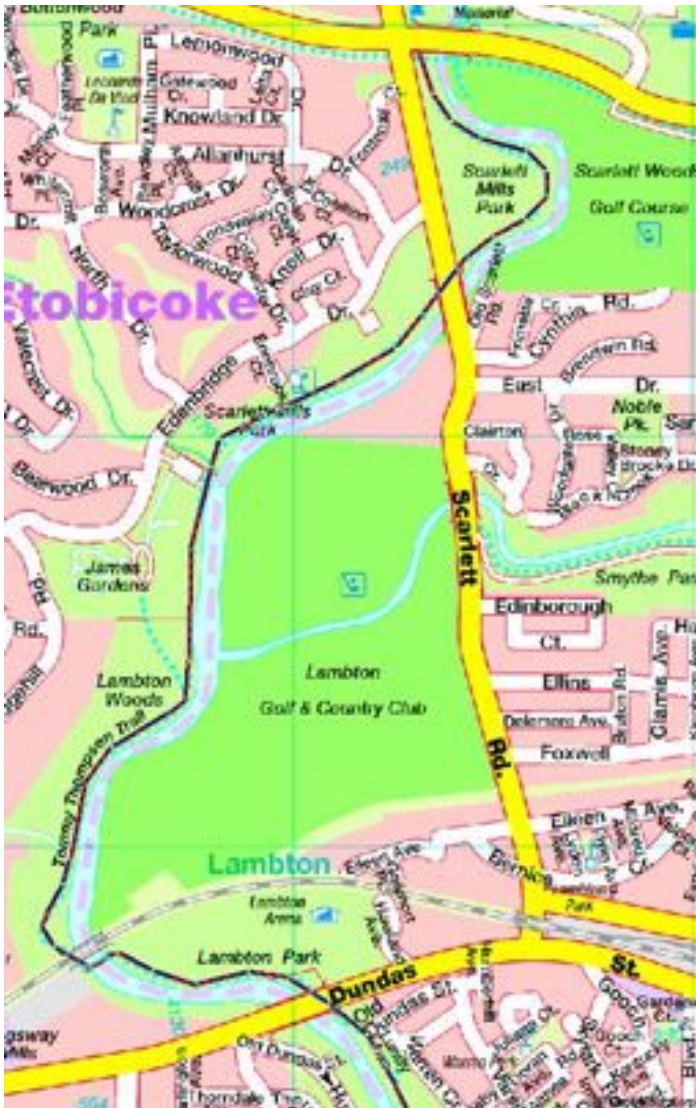
Humber Trail North, 18 / 16 km



MAP ONE:

This route is a 16k route (8 k 'out-&-back') with an addition of 2k at the end for 18k.

Clendenan north to Glenlake and across to Jane. Right on Jane, left on Humberview, left on Old Mill Road. Right on Catherine and right into Etienne Brulé Park. Follow the trail north with the Humber River on your left, past Dundas Street Bridge and up to the wooden bridge. Cross the wooden bridge and continue north.



MAP TWO:

This is now called the Tommy Thompson Trail, continue running north past James Gardens and past the tennis courts, til you come up to Scarlett Rd. Take the path to the right to run under Scarlett, and continue on the path til you get to Eglinton. Turn around and come back down the path but take the first turn to the right to get over to the ESSO station on Scarlett. This is the MANDATORY pit /water stop! Turn your watches off, let everyone refuel, etc. Follow your steps back. Goodlife runners return per the 'out' path. Scotia runners turn left at Jane, right on St Johns over to Dundas then right on Clendanan to RR.

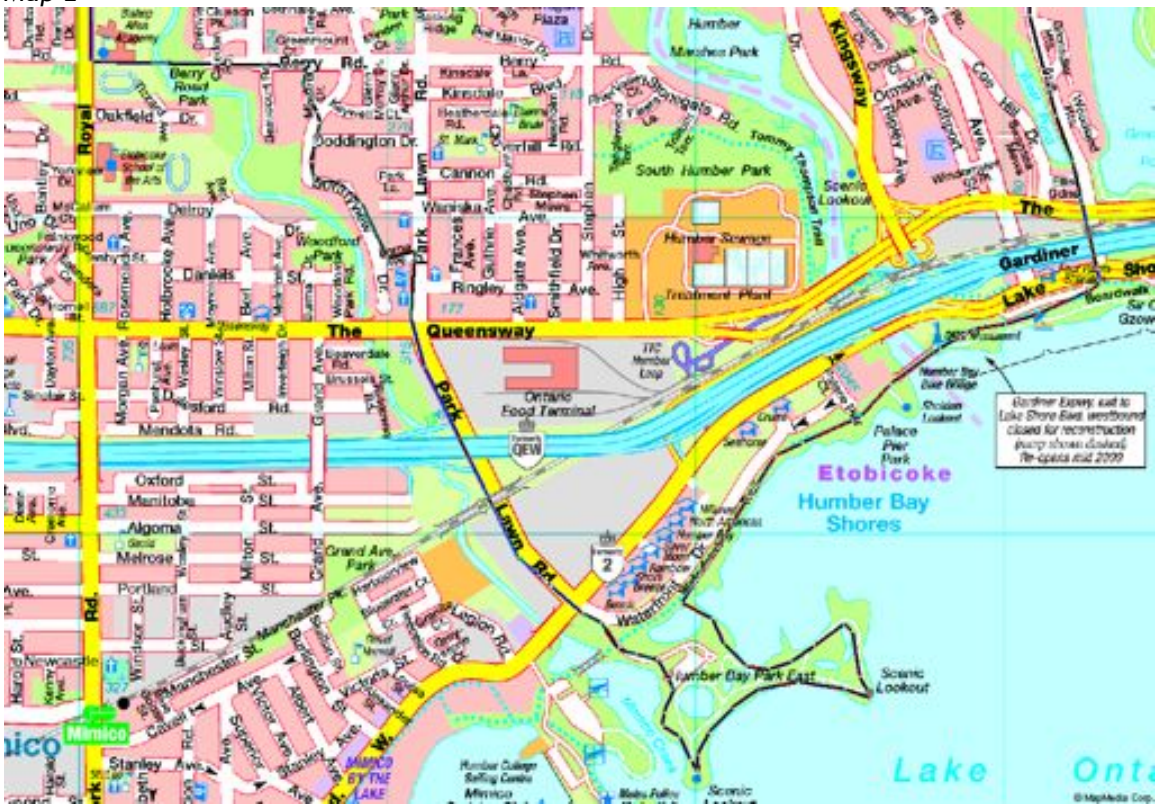
Pacing:

- 1:45 Group: 5:19 to 6:03 /km
- 2:00 Group: 6:15 to 6:45 /km
- 2:15 Group: 6:40 to 7:20 /km
- 2:30 Group: 7:30 to 8:20 /km
- To Complete: 8:15 to 9:15 /km

Bridges of Mimico Creek, 16 or 18km Map 1



Map 2

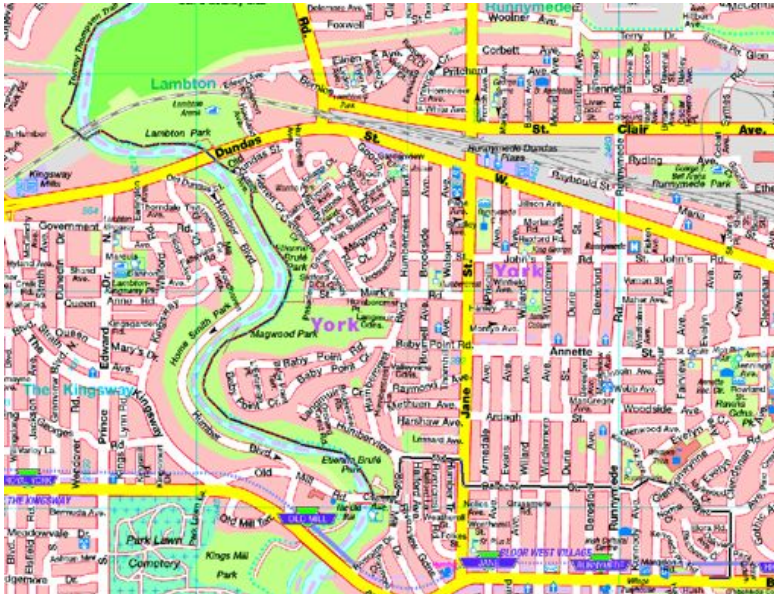


Bloor; left on Clendennan; left on Glenlake; right on Evelyn; left on Annette, left on Jane; right on Humberview; sharp left on Old Mill Drive; right on Old Mill Road; straight through at Bloor into the cemetery, veer right in the cemetery and follow the road to Prince Edward Drive, left on Prince Edward; right on Glenroy; left on Humbervale; at the bottom of Humbervale, veer right over the bridge to Royal York Road, left on Royal York Road; right on the driveway into Bishop Allen Academy and go straight to the back of the property, down a hill and over another bridge and continue straight on Berry Road; right on Minstrel; right on Bonnyview; left on Lorne; right on Park Lawn. Cross Lakeshore Blvd and the MANDATORY WATER STOP is at the Esso at Park Lawn and Lakeshore. Continue on the path and veer right into the Butterfly habitat (across the parking lot and go around the butterfly habitat and end up at the Martin Goodman Trail again. Turn right on the Martin Goodman Trail; left on Ellis; left at Morningside; right on Kennedy.

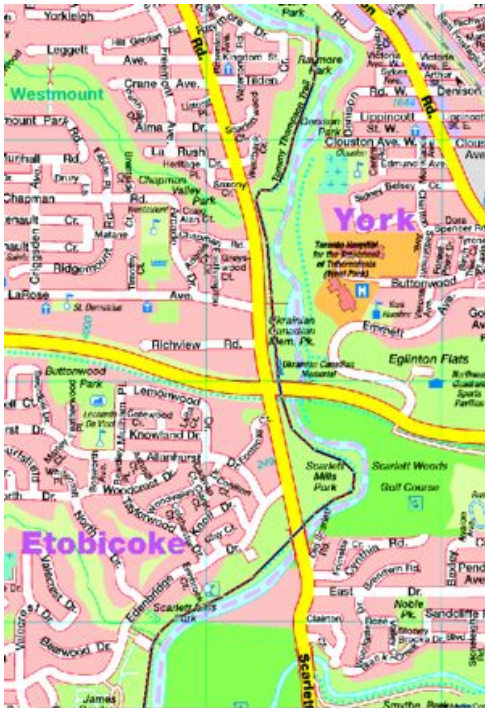
Goodlife: right on Bloor to the Running Room.

Scotia: left on Bloor; right on Runnymede; right on Woodside; right on Evelyn; left on Glenlake; right on Clendennan; right on Bloor to the Running Room.

Humber Trail North, 20km to Hurricane Hazel Monument



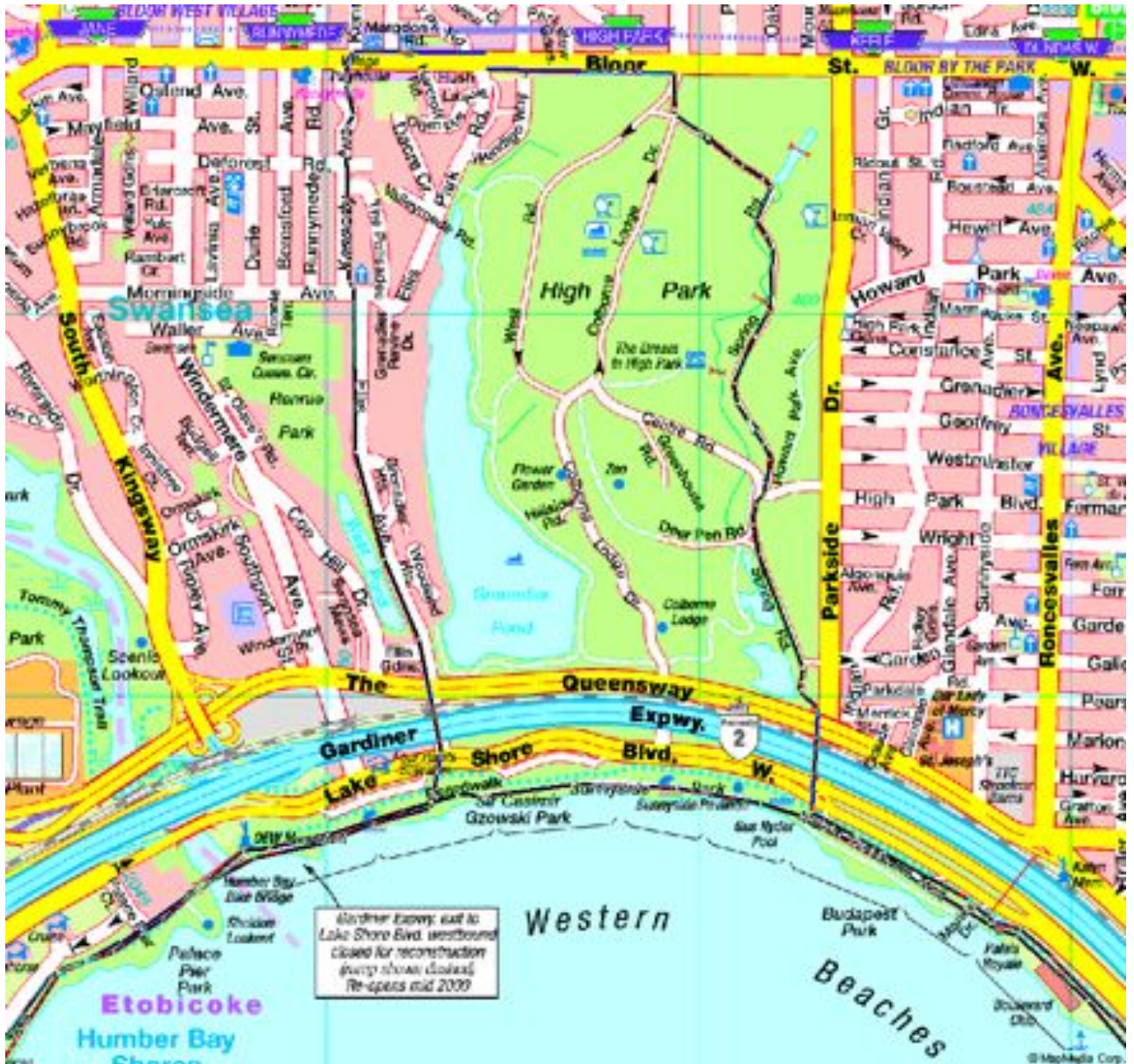
MAP ONE



MAP TWO

A familiar out-&-back route up the Humber North, past Scarlett, to the Hurricane Hazel monument. Mandatory water break at the Esso at Scarlett/Eglinton, preferably on the way back.

**Martin Goodman Trail, 20km:
Out & back to Ontario Place (east), and to Lighthouse (west)**



Map One: Bloor Street to High Park, down Spring Road - Parkside Drive - left on Martin Goodman Trail, turnaround at second traffic light by Ontario Place and come back. This can be a 12k route by returning up Spring Road and back to RR. To make it the 18k route, see map 2. Do not turn right at Parkside on the return from Ontario Place, but continue running West.



Map Two: Head west on the Goodman Trail over the Humber Bridge, over the smaller Mimico Creek bridge and turn left on the roadway just past the Mimico Creek bridge. Follow the road out and until it ends and then run on the path, then the grass out to the small lighthouse - bang on the door to wake up the troll who lives inside and then turn around and come back the way you came except at Park Lawn/ Waterfront Promenade, turn left and go to the Esso station at Park Lawn and Lakeshore for your mandatory water stop. Then come back the way you came and turn left up Ellis Avenue, left on Morningside, right on Kennedy, right on Bloor back to the Running Room.

Windermere, Martin Goodman Trail, Bathurst, Out & Back: 18km

