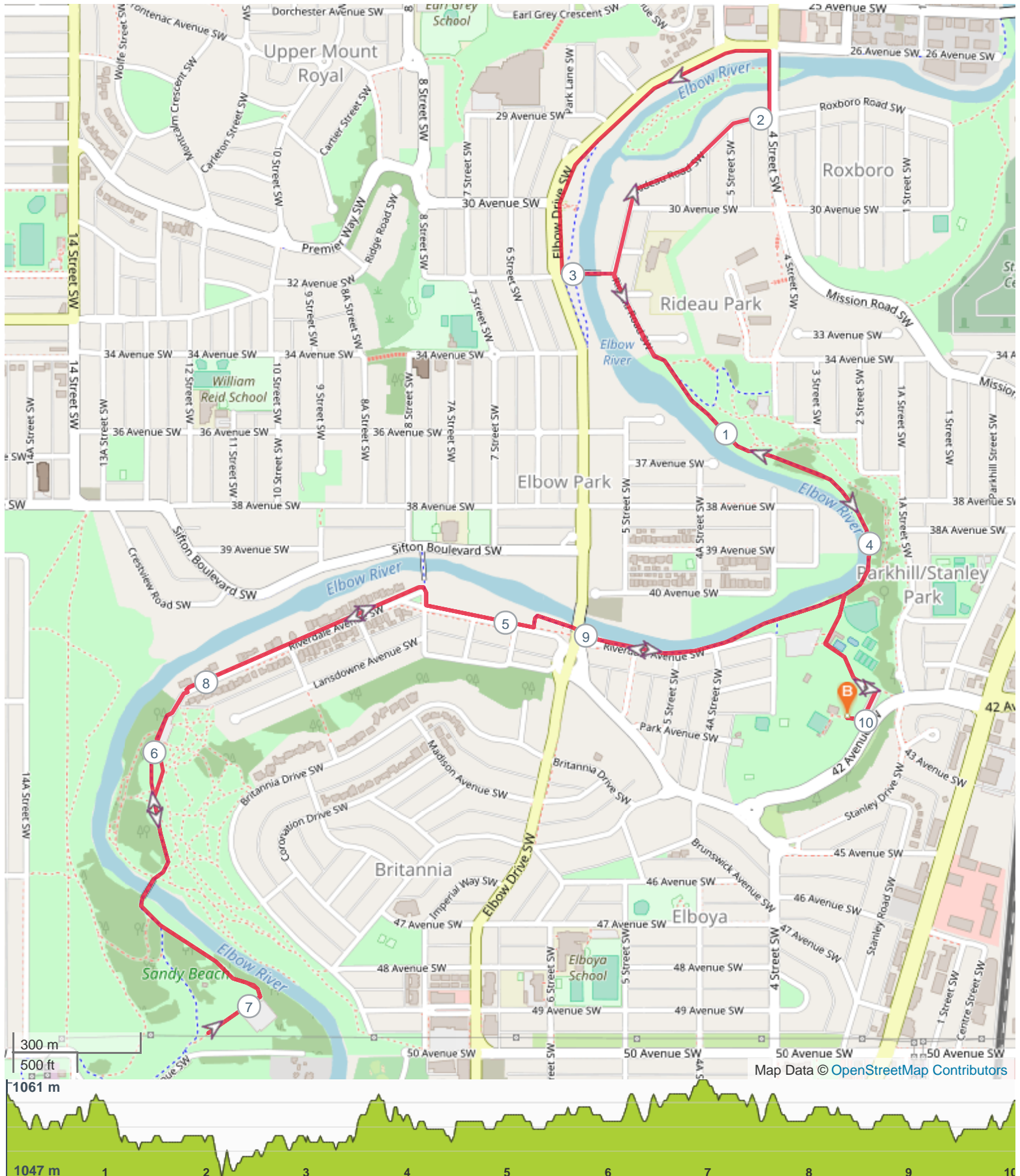


## Spring Trio 10 Km



## ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Start on
2	0.037	←	Turn sharp left
3	0.113	↖	Turn left
4	0.282	→	Turn right
5	0.405	↗	Turn right onto Elbow River Pathway
6	0.448	↖	Keep left onto Elbow River Pathway
7	1.455	↗	Turn slight right onto Rideau Road SW
8	2.025	←	Turn left
9	2.036		Turn left
10	2.176	↖	Turn left onto Elbow River Pathway
11	2.977	←	Turn left onto Elbow River Pathway
12	3.097	↗	Turn right onto Rideau Road SW
13	3.389		Keep right onto Elbow River Pathway
14	3.615		Keep right onto Elbow River Pathway
15	4.104	↗	Turn slight right onto Elbow River Pathway
16	4.834		Turn left
17	4.930	→	Turn right
18	5.185	→	Turn right
19	5.223	←	Turn right
20	5.228	←	Turn left
21	5.837		Turn right onto Riverdale Avenue SW
22	5.898		Keep right onto Elbow River Pathway
23	6.261	↗	Keep right onto Elbow River Pathway
24	6.450		Keep left
25	6.742	→	Turn right
26	7.035	←	Turn left
27	7.490	↖	Keep left onto Elbow River Pathway
28	7.517	↖	Keep left onto Elbow River Pathway
29	7.667	↗	Keep right
30	7.718	↖	Keep left
31	7.734	↖	Keep left
32	7.807	↗	Turn left

No	Km	Turn	Directions
33	7.811	↗	Turn right onto Elbow River Pathway
34	7.884	↖	Turn slight left onto Riverdale Avenue SW
35	7.946		Turn left
36	8.554	→	Turn right
37	8.559	↗	Turn left
38	8.597	←	Turn left
39	8.852	↖	Turn left onto Elbow River Pathway
40	9.635	↘	Turn sharp right
41	9.758	←	Turn left
42	9.927	→	Turn right
43	10.002	→	Turn sharp right
44	10.040		