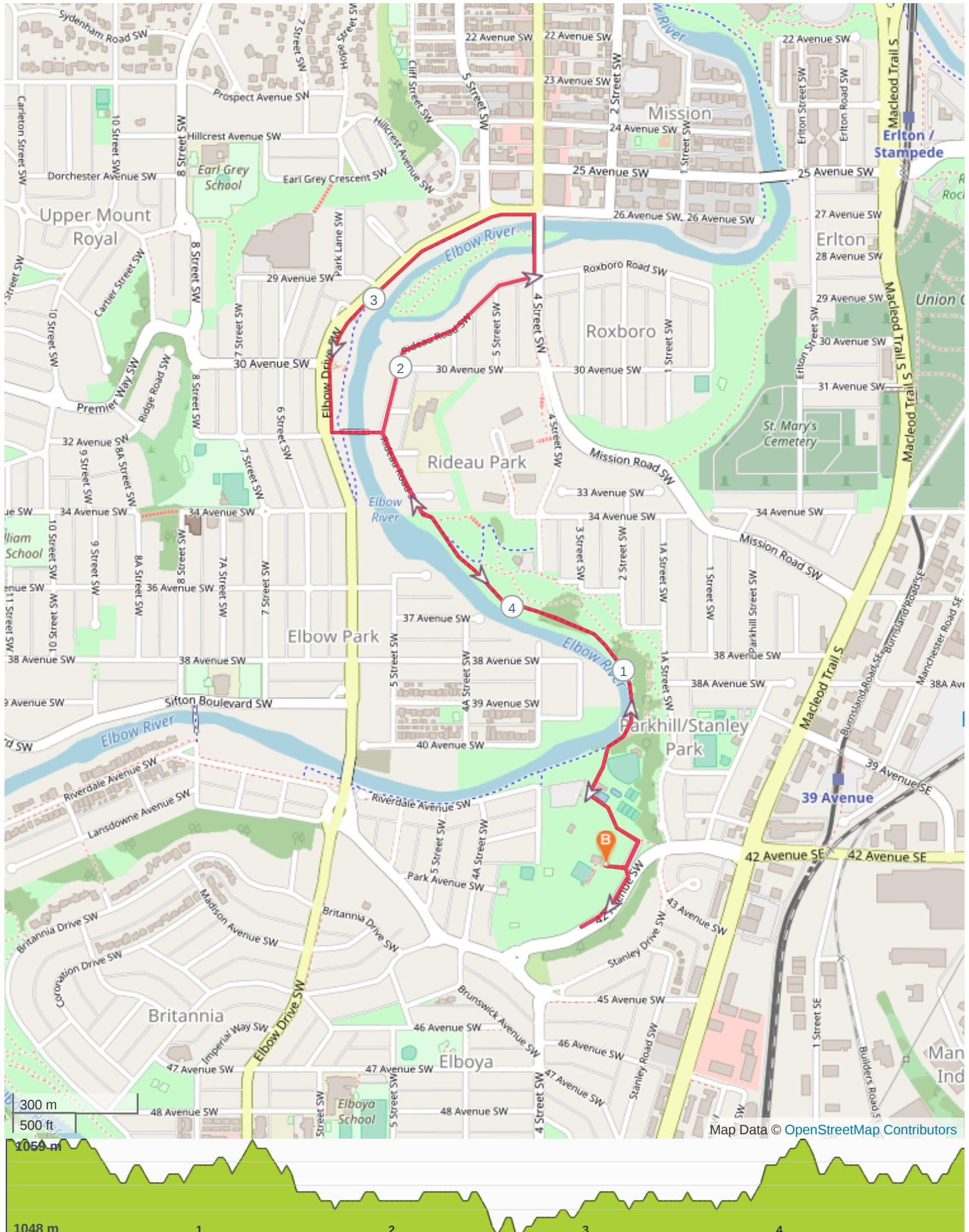


Spring Trio 5 Km



ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Start on
2	0.047	➔	Turn right
3	0.066	↗	Turn right
4	0.399	↖	Turn left
5	0.494	←	Turn left
6	0.663	➔	Turn right
7	0.786	↗	Turn right onto Elbow River Pathway
8	0.829	↖	Keep left onto Elbow River Pathway
9	1.836	↗	Turn slight right onto Rideau Road SW
10	2.406	←	Turn left
11	2.417	↖	Turn left
12	2.557	←	Turn left onto Elbow River Pathway
13	3.358	←	Turn right onto Elbow River Pathway
14	3.478	↗	Turn right onto Rideau Road SW
15	3.770		Keep right onto Elbow River Pathway
16	3.996		Keep right onto Elbow River Pathway
17	4.486	↗	Turn slight right onto Elbow River Pathway
18	4.529	↖	Turn left
19	4.628	↖	Turn right
20	4.635	↗	Turn sharp right
21	4.658	←	Turn left
22	4.827	➔	Turn right
23	4.903	➔	Turn sharp right
24	4.951		