



**Course Description:**  
Entire course is SPR  
15 Km is 3 laps of course  
Start east bound in parking lot  
Veer right through parking lot entrance (SE)  
Turn right at Pavillion Dr (West)  
Turn left onto Cricket Dr (South)  
Turn right at Zoo Dr (West then North)  
Turn left at Assiniboine Park Dr and continue to park exit (West then South)  
Turn left onto Bike Path (East)  
Turn left at Path intersection (North)  
Turn right onto Assiniboine Park Dr (NE, East)  
Turn left at Zoo Dr (South)  
Turn left into parking lot and veer right to start line (East)  
Start second lap which is same as first.  
Finish lap 2 and continue for third lap  
At end of third lap enter parking lot and proceed straight to finish (NE)

**Km Splits:**  
1K: 56 m North of no parking sign  
2K: 69 m West of corner fence post at Gate 7  
3K: 8 m East of Assiniboine Park green sign  
4K: 17 m East of 30 Km sign  
5K: 9.3 m East of Drainage Pipe (10K Start)  
6K: 35 m North of no parking sign  
7K: 47.5 m west of corner fence post at Gate 7  
8K: 6.5 m South of concrete pillar at park exit  
9K: 4 m West of 30 Km sign  
10K: 15.93 m NW of drainage pipe in culvert (5 Km start)  
11K: 14 m North of no parking sign  
12K: 26 m West of corner fence post at Gate 7  
13K: 14 m North of concrete pillar at park exit  
14K: 10 m West of east edge of Gate 7

**Start Line**  
East Edge of median  
Marker is even with north edge of yellow parking lot lines  
13.26 m  
8.76 m  
Corner parking curb  
Start marker in line with east edge of median

**Finish Line: At Parking lot exit**  
First cement block on median  
11.68 m  
Marker  
4.55 m  
First Yellow Line  
Runner's Path