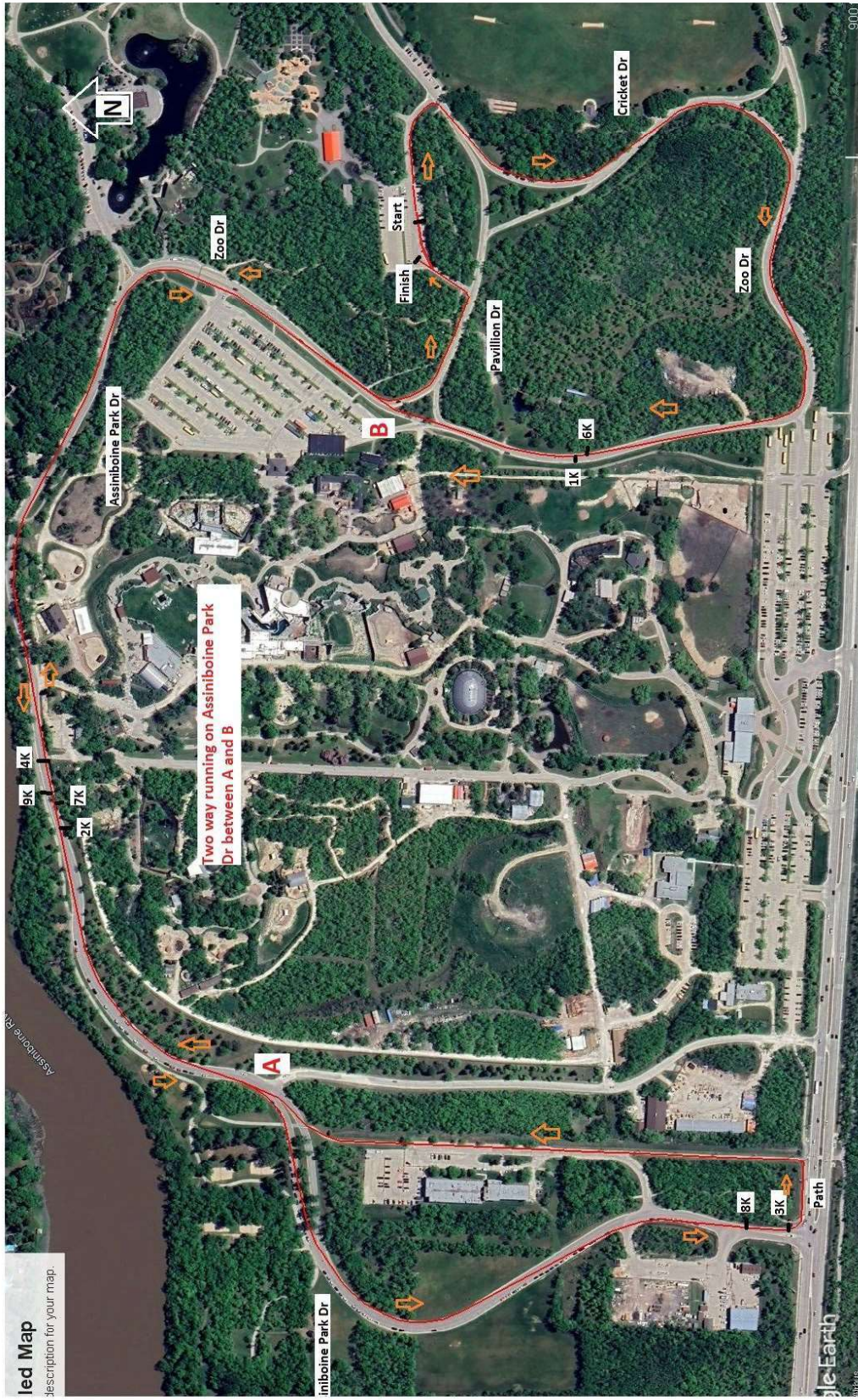


The Running Journey 10 Km

Assiniboine Park
Winnipeg MB

Athletics Canada Certified
MB-2024-017-DRY
Certification expires Dec 31, 2034



Course Description:
Entire course is SPR
10 Km is two loops 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 right at Zoo Dr (South)
Turn left at Pavillion Dr (East)
Turn left into parking lot and veer right to start line (East)
Start second lap which is same as first.
Enter parking lot at end of second lap and proceed straight to Finish Line (NE)

Km Splits:
1K: 95 m North of no parking sign
2K: 47.5 m west of corner fence post at Gate 7
3K: 6.5 m South of concrete pillar at park exit
4K: 4 m West of 30 Km sign
5K: 15.93 m NW of drainage pipe in culvert (5 Km start)
6K: 14 m North of no parking sign
7K: 26 m West of corner fence post at Gate 7
8K: 14 m North of concrete pillar at park exit
9K: 10 m West of east edge of Gate 7

Start Line
Eastern most tree on median
14.45 m
Marker
9.30 m
Drainage Pipe in culvert
Marker is even with north edge of yellow parking lot lines

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