

Run For Your Mum Course Description:

Both the 5K Run and the 2K Walk start and finish line will be the same location.

The starting/finishing line will be located at the North end of the park's entrance road. Participants will run/walk south along the right-side of the park's entrance road.

Runners/walkers will turn west (right) on Fir Street, staying on the sidewalk, and then turn north (right) on the pathway just before the retreat center.

Runners/walkers will follow this pathway along 30th until it intersects with the Kulshan Trail.

The 2K walk route will turn right onto the Kulshan Trail until Waugh Road where they will turn right, then right onto Seneca Drive and right again into the Bakerview Wetlands Trail. From the Bakerview Wetlands Trail, walkers will continue behind the skate park, through the east (paved) parking lot and then turn right on the park's entrance road where they will finish at the North end of the park's entrance road.

Once at the Kulshan Trail, the 5K Run will turn west (left) and continue on the Kulshan Trail to a designated turn-a-round just before 18th street. When returning to the park, runners will remain on the Kulshan Trail until Waugh Road. At Waugh Road runners will turn right, then right onto Seneca Drive and right again into the Bakerview Wetlands Trail. From the Bakerview Wetlands Trail, runners will continue behind the skate park, through the east (paved) parking lot and then turn right on the park's entrance road where they will finish at the North end of the park's entrance road.

COURSE MAPS:

