

## Killam Marathon Team Relay

**All races start on Cogswell St, near the Cogswell Roundabout**

**Leg #1 – 3.47KM** Arrive at the Blue Nose Start Line area by 7:00am, race starts at 8:00am; expect parking to be a challenge, meters are free and paid parking is available at various locations in the downtown core.

- Start on Cogswell St, near the Cogswell Roundabout
- Enter Cogswell Roundabout
- Exit roundabout on North Park St
- Enter Cunard Roundabout
- Exit Roundabout on Agricola St
- Right on North St
- Continue onto the A. Macdonald Bridge

Exchange Zone is located just past Macdonald bridge near toll booths.  
**Remember to pass your timing belt to your teammate!**

**Leg #2 – 7.62KM** Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Continue on Nantucket Ave
- Continue on School St
- Left on Slayter St
- Right on Woodland Ave
- Right on Lorraine St
- Left on Birchwood Terrace
- Right on Lawnsdale Dr
- Left on Lyngby Ave
- Right on Crichton Ave
- Left on Glen Manor Dr
- Right on Brookdale Crescent
- Right on Trans Canada Trail
- Follow Trail around Lake Banook
- Exit Trail at Nowlan St
- Continue on Prince Albert Rd
- Continue on Ochterloney St
- Right on Maple St
- Left on Thistle St
- Right on Slayer St
- Left on School St
- Continue on Nantucket Ave

Exchange Zone is located just before A. Macdonald Bridge near toll booths.  
**Remember to pass your timing belt to your teammate!**

# ROUTE DESCRIPTION

**Leg #3 – 4.18KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.**

- Continue onto the A. Macdonald Bridge
- Continue on North St
- Right on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave

Exchange Zone is located 100m past Rosemeade Water Station.  
**Remember to pass your timing belt to your teammate!**

**Leg #4 – 5.48KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.**

- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Hennessey Pl (south lane)
- Left on Novalea Dr
- Right on Kenny St
- Right on Devonshire Ave
- Right on Barrington St crossing over to pedestrian way and continuing along water side
- Left on MacDonald Bridge Bikeway
- Follow trail along Barrington St
- Left on Barrington St
- Exit left onto Upper Water St
- Left on Upper Water St

Exchange Zone is located on Upper Water Street before Casino.  
**Remember to pass your timing belt to your teammate!**

**Leg #5 – 3.7KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.**

Right towards boardwalk  
Follow boardwalk along waterside  
Exit boardwalk right on Marginal Rd  
Continue on Terminal Rd  
Left on Hollis St  
Left on Barrington St (near Atlantic Super Store)  
Right on Inglis St  
Left on Young Ave, facing traffic with median on right

Exchange Zone is located 100m past Young Ave Water Station.  
**Remember to pass your timing belt to your teammate!**

# ROUTE DESCRIPTION

**Leg #6 – 6.7KM** Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Left on Point Pleasant Dr
- Enter Point Pleasant Park near Park Place Theatre
- Straight on Sailors Memorial Way
- Slight left at fork onto Arm Rd
- Right on Cable Rd
- Right on Serpentine Rd
- Continue straight on Maple Rd
- Left on Cambridge Dr
- Left on Point Pleasant Dr
- Left on Franklyn St to U-turn on Franklyn St
- Right on Pine Hill Dr
- Right on Tower Rd
- Left on Ogilvie St
- Left on Young Ave, facing traffic with median on right

Exchange Zone is located 100m before Young Ave Water Station.  
**Remember to pass your timing belt to your teammate!**

**Leg #7 – 5.0KM** Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Continue straight on South Park St
- Continue straight on Bell Rd
- Right on Ahern Ave
- Enter Cogswell Roundabout
- Exit roundabout straight on North Park St
- Enter Cunard Roundabout
- Exit Roundabout straight on Agricola St
- Continue on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave

Exchange Zone is located 100m past Rosemeade Water Station.  
**Remember to pass your timing belt to your teammate!**

**Leg #8 – 5.97KM** Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Hennessey Pl
- Left on Novalea Dr
- Right on Kenny St
- Right on Barrington St (coned lane on Barrington Street)

# ROUTE DESCRIPTION

- Right on North St
- Left on Agricola St
- Enter Cunard Roundabout
- Exit roundabout straight on North Park St
- Enter Cogswell Roundabout
- Exit roundabout right on Cogswell St
- Listen as the announcer calls your name as you FINISH!