



Blue Nose 5KM

All races start on Cogswell St, near the Cogswell Roundabout

- Start on Cogswell St, near the Cogswell Roundabout
- Enter Cogswell Roundabout
- Exit roundabout left on North Park St
- Enter Cunard Roundabout
- Right on Cunard St
- Right on Creighton St
- Left on Cosgwell St
- Right on Gottigen St
- Right on Brunswick St
- Right on Spring Garden Road
- Left on South Park St
- Right on University Ave
- Right on Sackville St
- Left on Bell Rd
- Right on Ahern Ave
- Enter Cogswell Roundabout
- Exit roundabout left on Cogswell St
- Listen as the announcer calls your name as you FINISH!