



GoodLife FITNESS 10KM

All races start on Cogswell St, near the Cogswell Roundabout

- Start on Cogswell St, near the Cogswell Roundabout
- Enter the Cogswell Roundabout
- Exit roundabout left on North Park St
- Enter Cunard Roundabout
- Exit Roundabout straight on Agricola St
- Right on Almon St
- Right on Isleville St
- Left on Bloomfield St
- Right on Northwood Terrace
- Left on North St
- Continue onto the A. Macdonald Bridge
- Continue on Nantucket Ave
- Continue on School St
- Left on Slayter St
- U-turn near Woodland Ave on Slayter St
- Right on School St
- Continue on Nantucket Ave
- Continue on Angus L. Macdonald Bridge
- Continue 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!