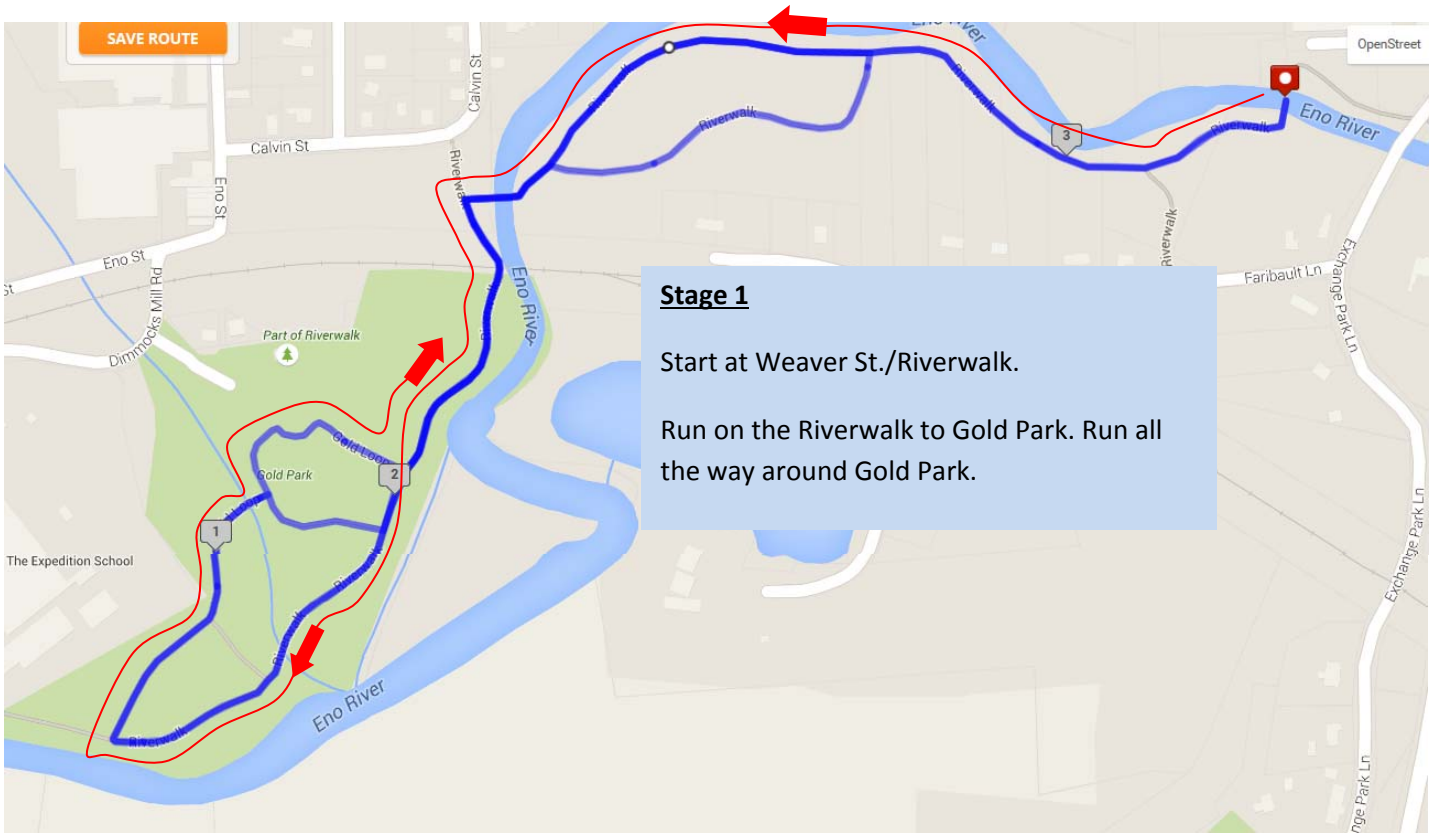


Stage 1

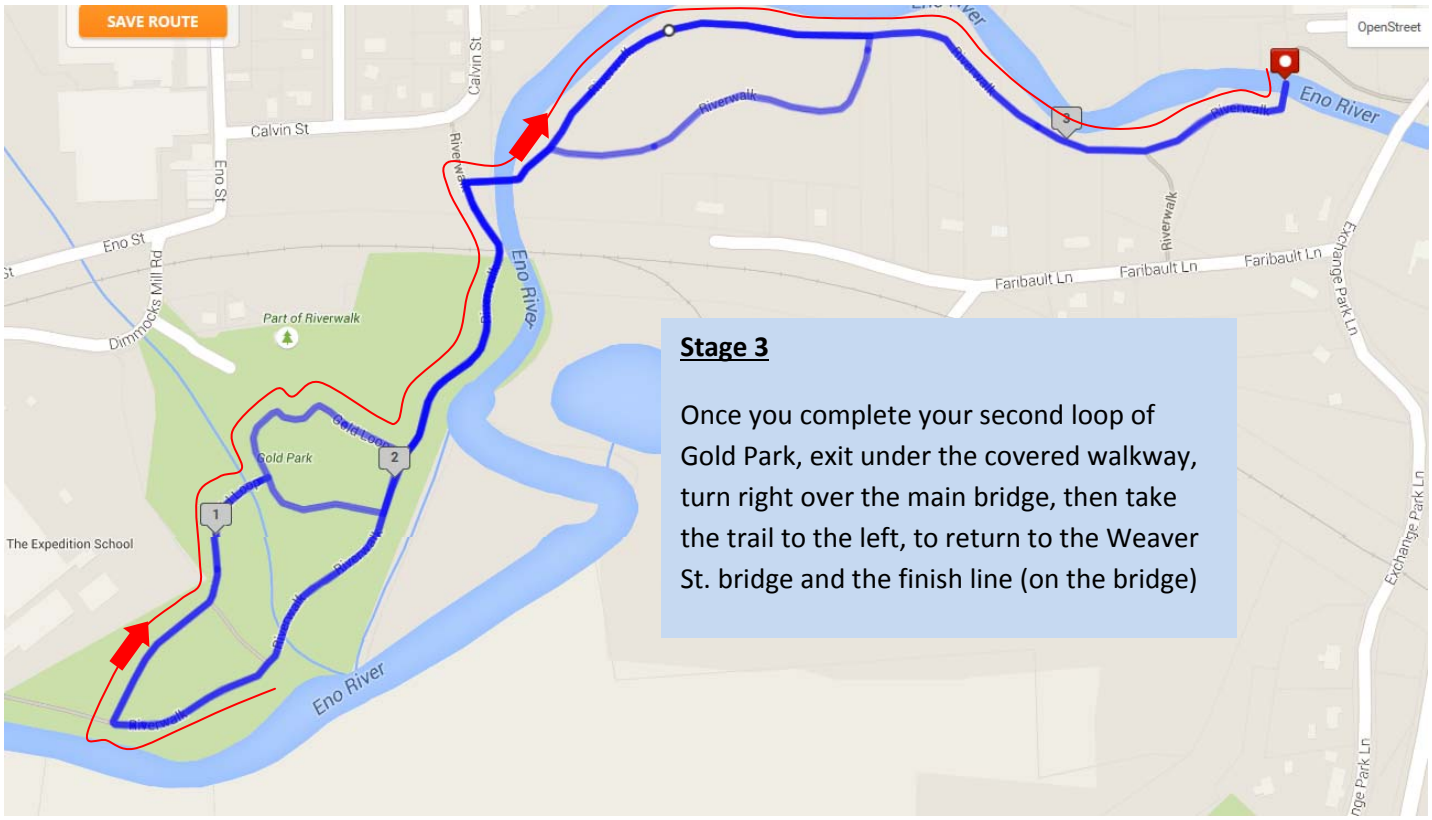
Start at Weaver St./Riverwalk.

Run on the Riverwalk to Gold Park. Run all the way around Gold Park.

Stage 2

Exit Gold Park under the covered walkway, and then right over the main bridge – take the trail to the right (at the fork/Riverwalk sign).

Loop round (keeping left) back into Gold Park for a second loop (same as the first), keeping left.



Stage 3

Once you complete your second loop of Gold Park, exit under the covered walkway, turn right over the main bridge, then take the trail to the left, to return to the Weaver St. bridge and the finish line (on the bridge)