

Pinery Provincial Park 5 km Road Race

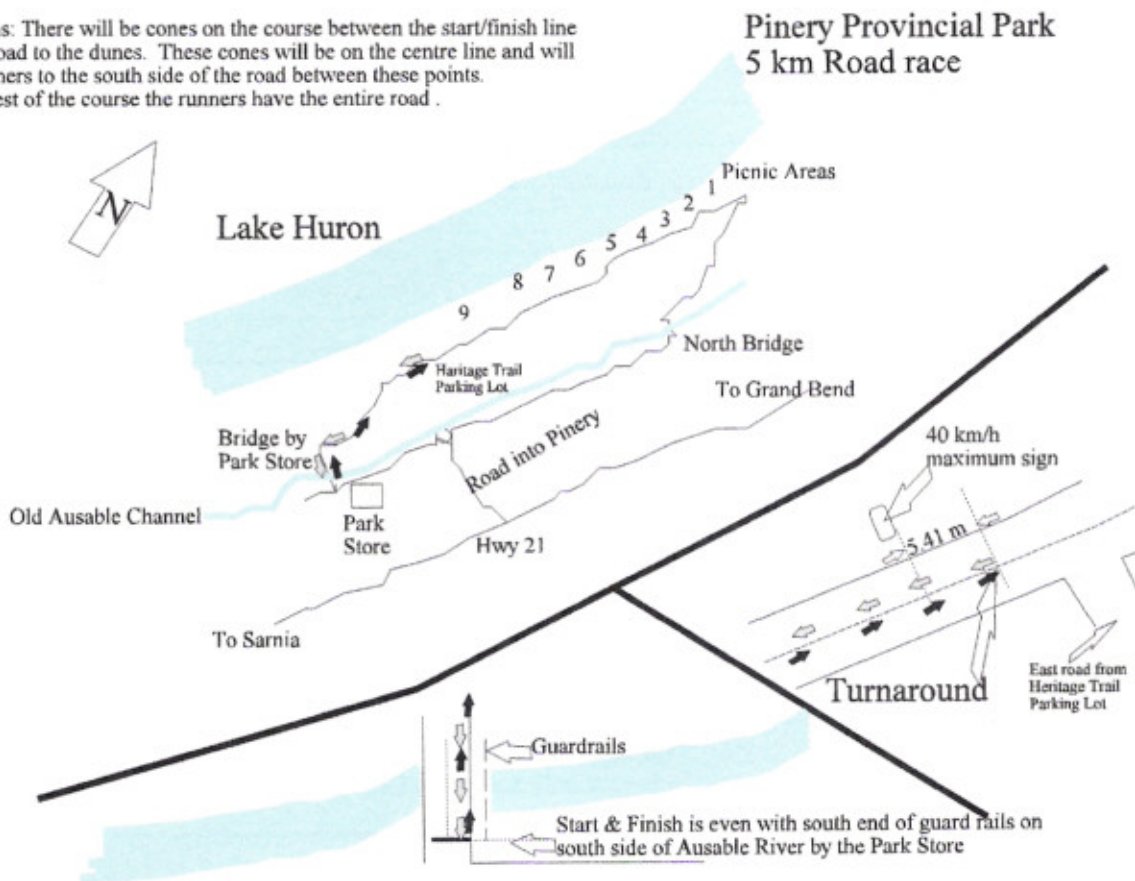
Start/Finish - is even with the south end of the guard rail on south end of bridge on the road across from the Park Store.

1 km/4 km - 83 m west of the sign for four directional points in park west of Administrative Office.

2 km/3 km - no close landmarks

Turnaround (2.5 km Point) - 5.41 m east of "Maximum of 40 km/h" sign, approximately 10 m west of gravel road.

Directions: There will be cones on the course between the start/finish line and the road to the dunes. These cones will be on the centre line and will keep runners to the south side of the road between these points. For the rest of the course the runners have the entire road.



Pinery Provincial Park 10 km Road Race

Start/Finish - is even with the south end of the guard rail on south end of bridge on the road across from the Park Store.

1 km/9 km - 83 m west of the sign for four directional points in park west of Administrative Office.

2 km/8 km - no close landmarks

3 km/7 km - 25 m east of green electrical box with lock on south side of road.

4 km/6 km - 16 m east of sign for "one way" with car at intersection with road to Picnic Area #7.

Turnaround (5 km Point) - 6.40 m west of the sight for entrance to Picnic Area #4.

Directions: There will be cones on the course between the start/finish line and the road to the dunes. These cones will be on the centre line and will keep runners to the south side of the road between these points. For the rest of the course the runners have the entire road.

