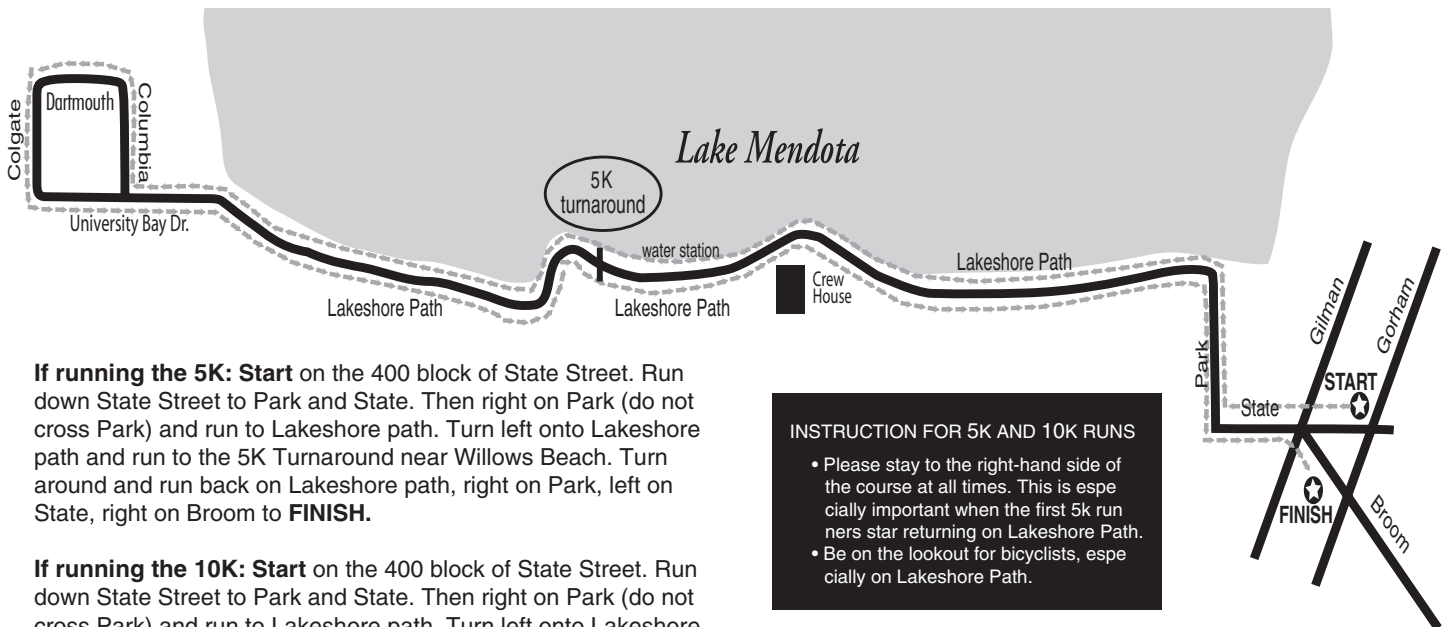


Canterbury 5K/10K Run Course Map



If running the 5K: Start on the 400 block of State Street. Run down State Street to Park and State. Then right on Park (do not cross Park) and run to Lakeshore path. Turn left onto Lakeshore path and run to the 5K Turnaround near Willows Beach. Turn around and run back on Lakeshore path, right on Park, left on State, right on Broom to **FINISH**.

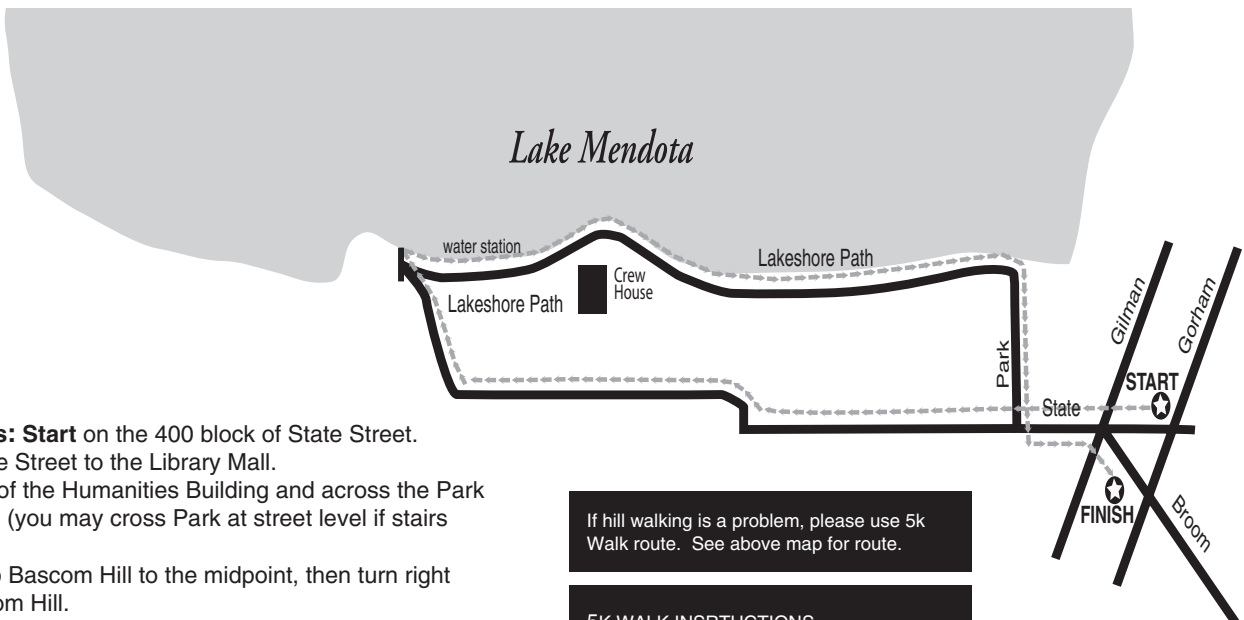
If running the 10K: Start on the 400 block of State Street. Run down State Street to Park and State. Then right on Park (do not cross Park) and run to Lakeshore path. Turn left onto Lakeshore path and run to the base of Picnic Point. Then turn left onto University Bay Drive, right on Columbia, left on Dartmouth, left on Colgate to University Bay Drive. Then right on University Bay Drive back to Lakeshore path, then right on Lakeshore path to Park, right on Park, left on State, right on Broom to **FINISH**.

INSTRUCTION FOR 5K AND 10K RUNS

- Please stay to the right-hand side of the course at all times. This is especially important when the first 5k runners start returning on Lakeshore Path.
- Be on the lookout for bicyclists, especially on Lakeshore Path.

Start on the 400 block of State St. Run down State St. to Park & State. Turn right on Park (do not cross Park) and run to Lakeshore Path.

Canterbury 5K Walk Course Map



Walk directions: Start on the 400 block of State Street. Walk along State Street to the Library Mall. GO UP STEPS of the Humanities Building and across the Park Street Overpass (you may cross Park at street level if stairs are a problem). Walk halfway up Bascom Hill to the midpoint, then turn right and cross Bascom Hill. Turn left and continue to the top of Bascom Hill. Cross Observatory Drive at the cross walk. Turn left and walk along Observatory to Elm Drive. Turn right onto Elm Drive and continue to Lakeshore path. Turn right on Lakeshore path, then to Park, right on Park, left on State, right on Broom to **FINISH**.

If hill walking is a problem, please use 5k Walk route. See above map for route.

5K WALK INSTRUCTIONS

- Please line up behind runners at the start.
- Please stay to the right-hand side of the course at all times.