

STEP UP

FOR MENTAL HEALTH



5K COURSE

23RD ST./
SPADINA

➔ 10K
➔ 5K

FINISH LINE

SASK. CR. E

BROADWAY BRIDGE

TRAFFIC BRIDGE

NUTANA

SASK. CR. W

ST. PAUL'S
CATHEDRAL

COLLIERS
BUILDING

FINISH LINE
ON SPADINA CR.



ST. HENRY AVE.

START LINE

DIEFENBAKER
MANAGEMENT
AREA

QUEEN
ELIZABETH

EXHIBITION

AVALON