

# STEP UP FOR MENTAL HEALTH



Cameco

Shared 5K/10K  
 5K course  
 10K course

10K start time:  
 8:00 a.m.

5K start time:  
 8:30 a.m.



Both courses start and finish on Spadina in front of courthouse

10K course rejoins Spadina under Broadway Bridge

10K course accesses trail at Gabriel Dumont Park entrance

5K course continues to turnaround on Spadina Cr.

5K Turnaround

Turnaround 1