



10 km Race



1st Leg

The 10k race will begin at the Scotiabank Stage, proceed through The Forks to the footbridge across the Assiniboine River, and then down to Main Street. At Main Street the runners will turn north and go across the Main Street Bridge. Once across the bridge runners will turn right at the roadway leading into the Forks and will then turn onto the footpath leading down to the walkway along the Assiniboine River. The runners will follow the footpath to the Legislature and will then turn up the path that leads to Assiniboine Avenue. At Assiniboine Avenue runners will head West and then turn into the roadway leading into the Legislature. This roadway bends around and reconnects with Assiniboine Ave. Runners will proceed to the end of Assiniboine Avenue and then down the footpath back to the footpath along the river. Runners will follow the same route back to the Scotiabank Stage.

2nd Leg

When the runners reach the Scotiabank Stage, they will go past the Stage and across the Esplanade Riel to Tache Avenue. At Tache Avenue they will head south along the sidewalk until they reach the footpath that leads behind St. Boniface Hospital. At this point they will run along the footpath until they reach Queen Elizabeth Way. Runners will go onto the bridge and cross the Red River until they reach the footpath going into the Forks. They will turn onto the footpath and proceed along the path through the Forks, until they again reach the Scotiabank Stage.

Final Leg

At this point the runners will proceed under the Esplanade Riel and the Provencher Bridge to the footpath along Waterfront Drive, through Stephen Juba Park. They will follow the footpath until they reach the James Street pump house, where they will turn around and follow the footpath back to the Scotiabank Stage and the finish line.