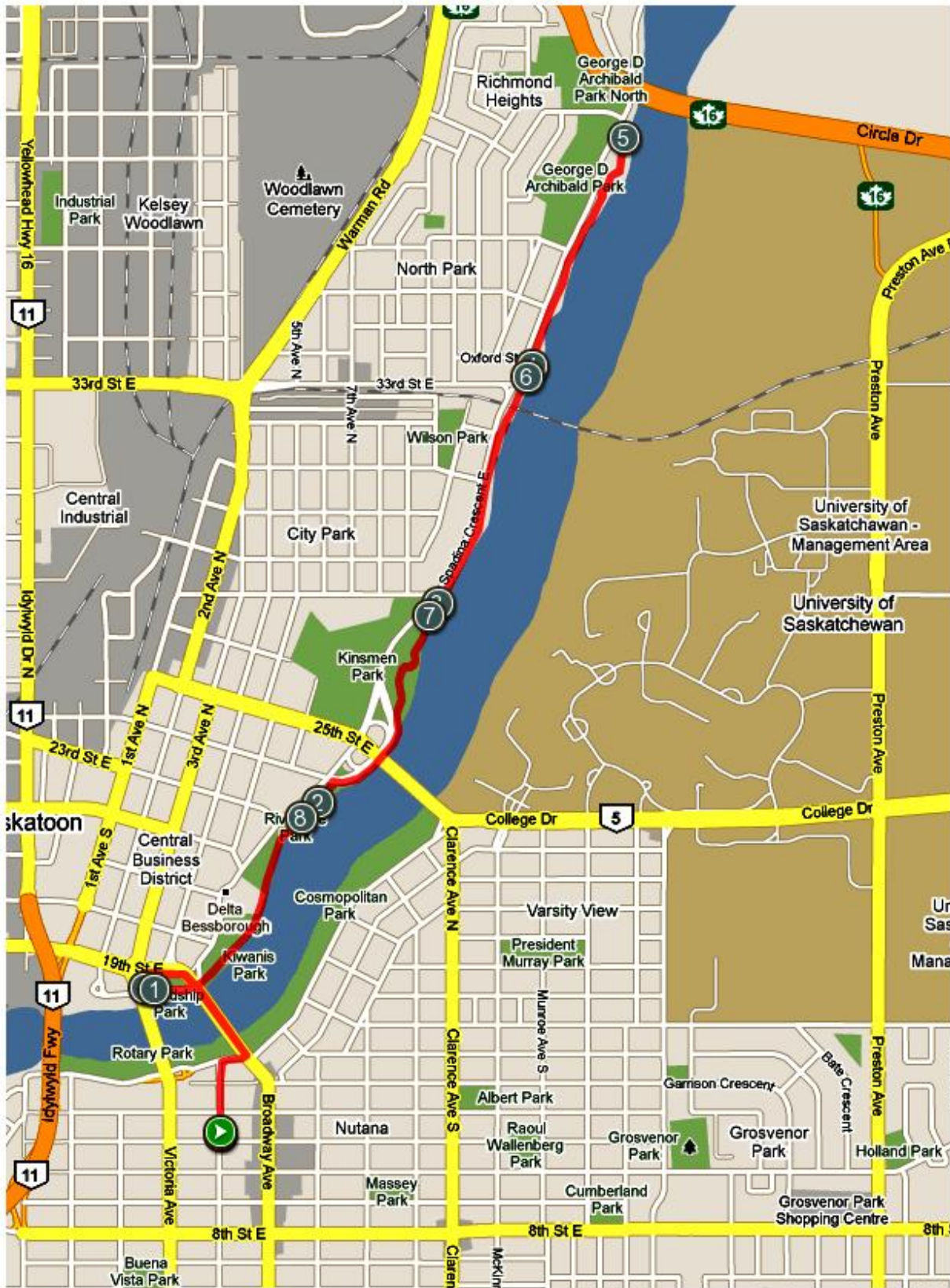




# Brainsport Brainfreeze - 10K Route



The 10K course begins beside Grace Westminister Church on Eastlake Avenue. It moves north until hitting Saskatchewan Crescent where it turns east to Broadway Avenue then north along the Broadway Bridge to cross the river. At the north end of the bridge participants will turn west on 19<sup>th</sup> Street, then south on 3<sup>rd</sup> Avenue. Upon reaching Spadina Crescent, the course merges onto the Meewasin Valley trail heading eastward under the Broadway Bridge. Runners will follow the Meewasin trail northwards until reaching the halfway turnaround near the Circle Drive Bridge. The course follows the exact same path back to the finish.