

## MCAC\_Heartland\_2017\_16\_km\_Final

16.1 kilometers

Leg	Dir	Type	Notes	Total
	←	Left	Turn left onto River Grove Ave	0.2
0.7	↑	Straight	Continue across Britannia onto Tillsdown Dr	0.9
0.4	←	Left	Turn left onto Sir Monty's Dr	1.3
0.3	→	Right	Turn right onto Hollywell Ave	1.6
0.6	←	Left	Turn left onto Sir Monty's Dr	2.2
0.1	↑	Straight	Continue across Creditview Rd onto Bancroft Dr	2.2
1.5	←	Left	Turn left onto Donway Dr	3.7
0.9	←	Left	Turn left onto Cruz Ave	4.6
0.2	→	Right	Turn right onto Delgado Dr	4.7
0.4	↑	Straight	Continue onto Nolan Rd	5.1
0.2	←	Left	Turn left onto Donway Dr	5.3
0.4	←	Left	Turn left onto Bancroft Dr	5.7
0.2	↑	Straight	Continue across Mavis Rd onto Cantay Rd	6.0
0.7	↑	Straight	Continue across McLaughlin Rd on Cantay Rd	6.6
1.2	↑	Straight	Continue across Britannia Rd E onto Avebury Rd	7.9
1.1	→	Right	Turn right onto Matheson Blvd W	8.9
0.9	↑	Straight	Continue across McLaughlin Rd on Matheson Blvd W	9.8
0.7	↑	Straight	Continue across Mavis Road on Matheson Blvd W	10.5
0.7	←	Left	Turn left onto Terry Fox Way MUT west side	11.2
0.9	→	Right	Turn right onto trail	12.1
0.7	→	Right	Turn left on sidewalk to driveway then right onto Loonlake Ave	12.9
0.5	←	Left	Turn left onto Whitehorn Ave	13.4
0.4	→	Right	Turn right onto Bristol Rd W	13.8
0.5	→	Right	Turn right onto Millbrook Ln	14.3
0.6	←	Left	Turn left onto Willow Way	14.9
0.6	→	Right	Turn right onto Riverside Pl	15.5
0.2	→	Right	Turn right onto path	15.7
0.1	←	Left	At fork keep left	15.8
0.1	→	Right	At fork keep right	15.9

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