

MCAC_Southdown 2017

15.5 kilometers

Leg	Dir	Type	Notes	Total
	→	Right	Start at BirchwoodPark. Turn right onto Clarkson Rd N	0.0
0.2	←	Left	Turn left onto Balsam Avenue	0.2
0.9	←	Left	Turn left onto Hartland Drive	1.1
0.0	←	Left	Continue across Southdown Road to Bromsgrove Road	1.2
0.3	→	Right	Turn right onto Sheridan Creek Trail	1.5
0.6	→	Right	Turn right onto Truscott Drive. Then left onto Sheridan Creek Trail	2.1
0.6	←	Left	Turn left on trail	2.7
0.3	→	Right	At end of trail, continue west on Benedet Drive	3.0
0.6	←	Left	Turn left onto Vey Road	3.7
0.1	→	Right	Turn right onto Sandgate Crescent and continue around crescent	3.7
0.6	→	Right	Turn right onto Lockhart Road	4.3
0.1	←	Left	Turn left onto Truscott Drive	4.4
0.2	→	Right	Turn right onto Buckby Road	4.6
0.1	←	Left	Turn left onto Seaview Dr	4.8
0.1	←	Left	Turn left onto Constable Rd	4.9
0.2	→	Right	Turn right onto Tredmore Dr	5.1
0.4	→	Right	Turn right onto Bromsgrove Rd	5.6
0.8	←	Left	Turn left onto Winston Churchill Blvd	6.4
2.7	←	Left	Turn left onto Lakeshore Rd MUT (south side)	9.1
1.1	→	Right	Continue following trail towards lake and through Lakeside park	10.2
1.6	↑	Straight	Continue on MUT north on Southdown Rd.	11.7
1.1	→	Right	Turn right onto Orr Rd	12.9
1.4	←	Left	Turn left onto Meadow Wood Rd	14.2
1.2	↑	Straight	Cross Lakeshore to Dairy Queen.	15.4

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