

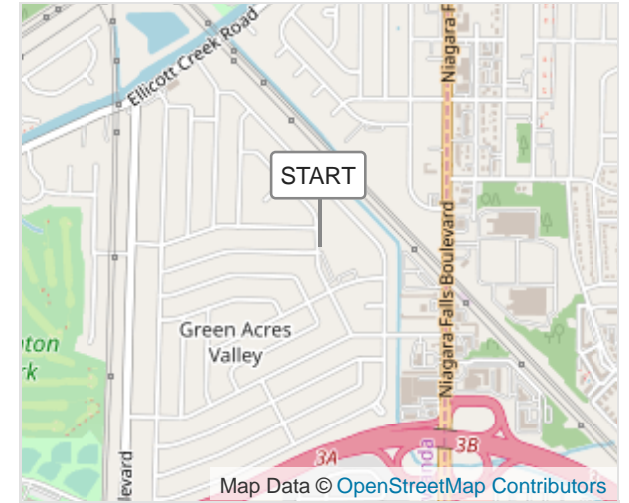


Glendale 5k

ROUTE INFORMATION



ROUTE LENGTH	5.104 km
ASCENT	26 m
DESCENT	26 m
HILLS	↑ 35.7% ↓ 33.9% → 30.4%
TERRAIN	Road A
START	LAT: 43.010106, LNG: -78.827877



NOTES

Glendale 5k



ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000	➔	Turn right onto Glendale Drive
2	0.490	➔	Turn right onto Nadon Place
3	0.649	➡	Turn left onto Evergreen Drive
4	2.202	➔	Turn right onto Sunrise Terrace
5	2.204	➔	Turn right onto Evergreen Drive
6	2.737	➔	Turn right onto Woodstock Avenue
7	3.029	➔	Turn right onto Greenhaven Terrace
8	3.337	➡	Turn left onto Woodmere Drive
9	3.846	➔	Turn right onto Millwood Drive
10	3.858	➔	Turn right onto Woodmere Drive
11	4.443	➡	Turn left onto Woodstock Avenue
12	4.542	➔	Turn right onto Broadmoor Drive
13	5.104		