

Marathon Dynamics Running Club

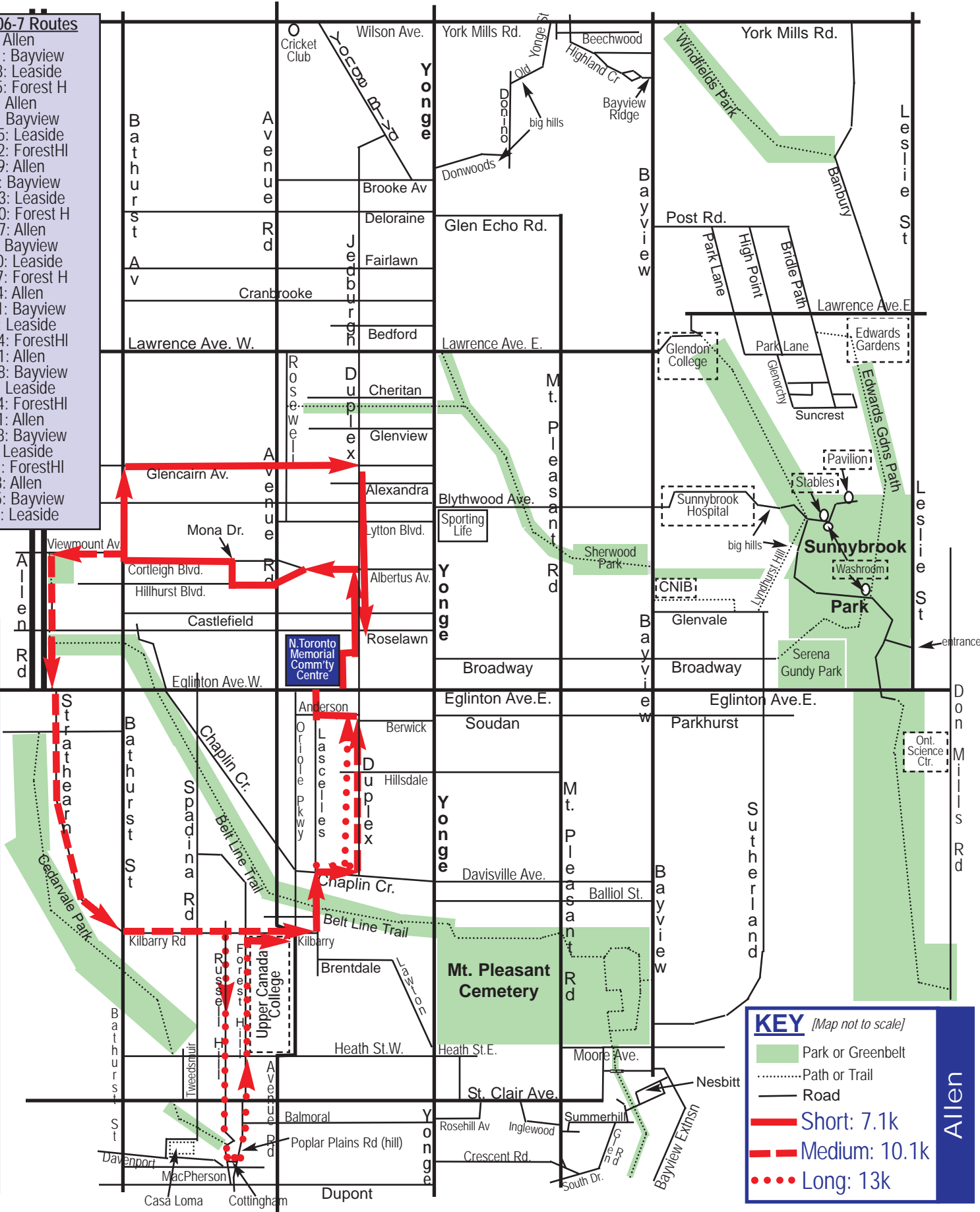
Winter Running Routes

Allen Road Route

2006-7 Routes

- Oct. 4: Allen
- Oct. 11: Bayview
- Oct. 18: Leaside
- Oct. 25: Forest H
- Nov. 1: Allen
- Nov. 8: Bayview
- Nov. 15: Leaside
- Nov. 22: ForestHI
- Nov. 29: Allen
- Dec. 6: Bayview
- Dec. 13: Leaside
- Dec. 20: ForestHI
- Dec. 27: Allen
- Jan. 3: Bayview
- Jan. 10: Leaside
- Jan. 17: Forest H
- Jan. 24: Allen
- Jan. 31: Bayview
- Feb. 7: Leaside
- Feb. 14: ForestHI
- Feb. 21: Allen
- Feb. 28: Bayview
- Mar. 7: Leaside
- Mar. 14: ForestHI
- Mar. 21: Allen
- Mar. 28: Bayview
- Apr. 4: Leaside
- Apr. 11: ForestHI
- Apr. 18: Allen
- Apr. 25: Bayview
- May 2: Leaside

www.marathondynamicsrunningclub.ca



KEY [Map not to scale]

- Park or Greenbelt
- Path or Trail
- Road
- Short: 7.1k
- Medium: 10.1k
- Long: 13k

Allen