



**2017 Course Description
(10 Km – 6.2 Miles)**

**NEW* GOODLIFE FITNESS 10K route is now certified!*

- START facing East on North side of Chancellor Matheson Dr. between Ken Ploen Way and University Crescent. Turn left on University Cres.
- NORTH along University Crescent. (in Westernmost lane) to Pembina Hwy.
- NORTH along Pembina Hwy., turn right onto Bishop Grandin.
- EAST along Bishop Grandin., turn left onto River Rd.
- North on River Rd., turn left into St. Vital Park EXIT.
- Keep to the right after entering the park.
- WEST along Perimeter Rd, loop South then East, through St. Vital Park EXIT.
- Turn right on River Rd.
- SOUTH on River Rd., turn right on Bishop Grandin.
- WEST on Bishop Grandin, slight right up the ramp. Turn left on Pembina Hwy.
- SOUTH on Pembina Hwy, turn left on University Cres.
- SOUTH on University Cres. (in Westernmost lane). Turn right on Chancellor Matheson.
- WEST on Chancellor Matheson (in Northernmost lane). Turn right on Ken Ploen Way, the first entrance to the University Stadium.
- NORTH along Ken Ploen Way, turn right into the Investor's Group Field (IGF) Loading Dock area and through the loading dock, Turn Right
- SOUTH along the WEST side of Investor's Group Field, finishing facing SOUTH at the Manitoba Marathon finish line.

Congratulations for completing the GOODLIFE FITNESS 10KM! Be sure to enjoy refreshments and food on the upper level concourse of IGF Stadium. Have a friend or family member take fun and awesome photos at our photo wall to celebrate your achievement!

CONGRATULATIONS ON YOUR ACCOMPLISHMENTS!!! *Virtual high five*