DIRECTIONS

The Start/Finish area is at the Place des Vestiges, adjacent to the entry to the Jacques Cartier Quay

1. Start along the pedestrian roadway towards the Clock Tower Quay
2. Turn RIGHT onto Clock Tower Quay and continue along the perimeter
3. Turn RIGHT on walkway leading towards Hangar 16 and return to the pedestrian roadway
4. Continue south on the pedestrian roadway past the Alexandra Quay
5. Turnaround at Saint-Pierre entrance onto the Promenade (sidewalk)
6. Return along the promenade towards the Jacques Cartier Quay
7. Turn RIGHT onto the Jacques Cartier Quay and continue to the Bonsecours Pavilion
8. Follow the pathway and wooden bridges around the Bonsecours Pavilion
9. Exit the Bonsecours Pavilion towards the Clock Tower Quay
10. Run the perimeter of the Clock Tower Quay and return to the pedestrian roadway
11. Turn LEFT on the pedestrian roadway and proceed to the Finish

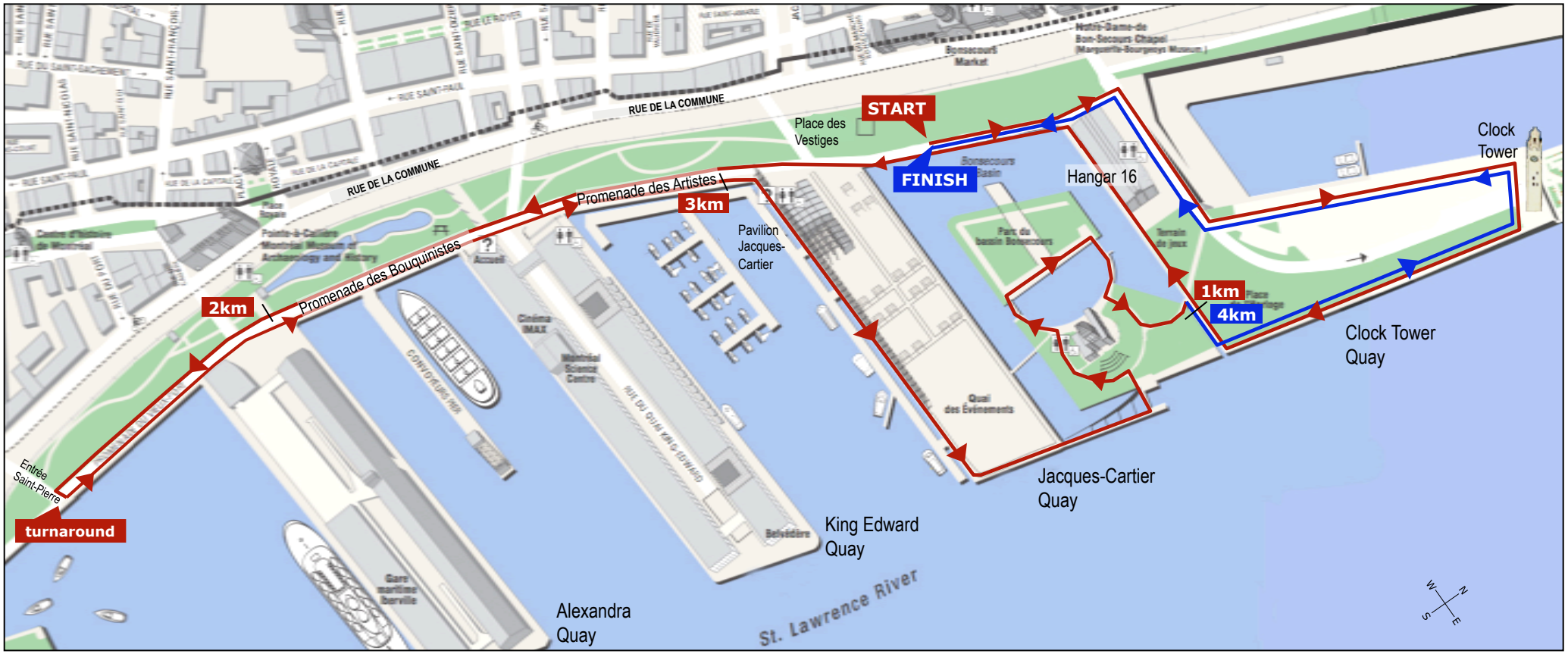
IDF 2009 MONTREAL

IDF 5K Run/Walk

Thursday 22 October 2009

06:20am – Aerobic warm-up

06:30am – Race start



Prepared by TRACS, Inc. for the International Diabetes Federation 5K Run/Walk sponsored by Novo Nordisk.