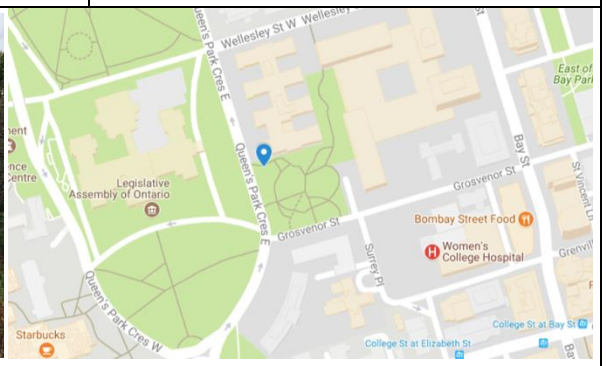
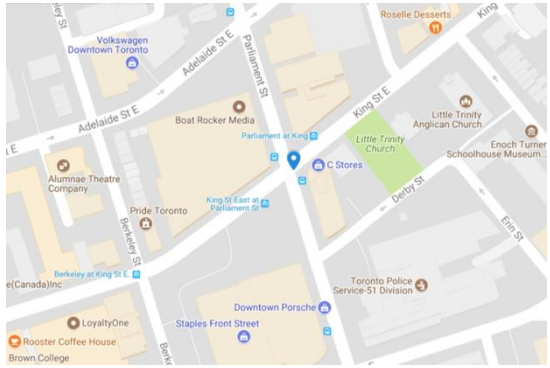
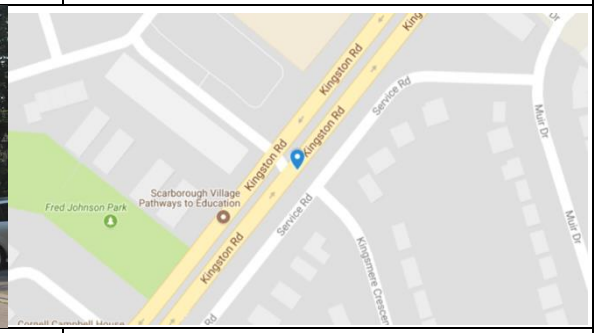
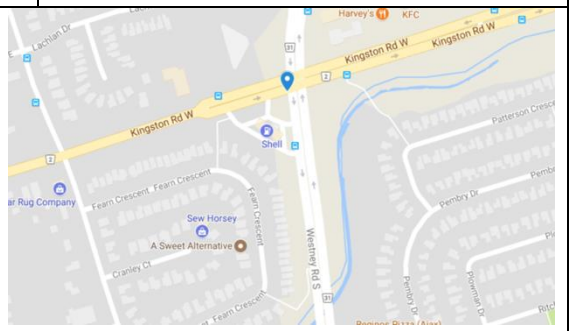
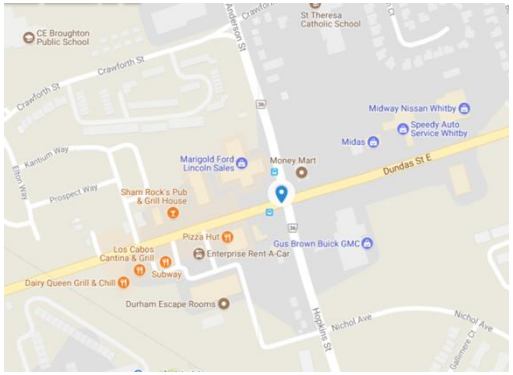
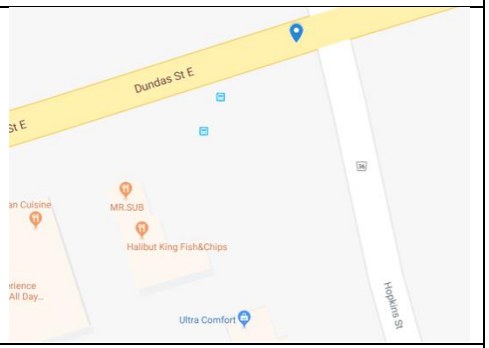
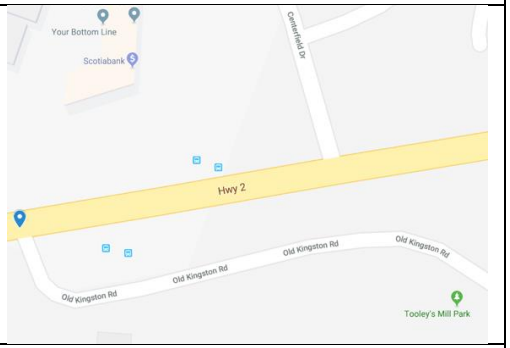
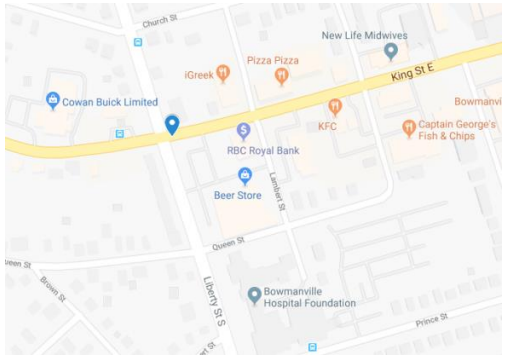
SCHEDULE AND ROUTE

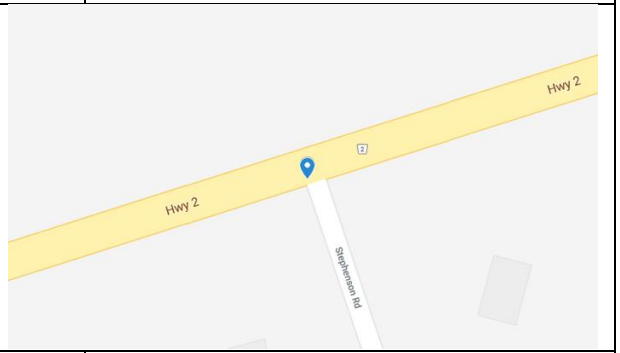
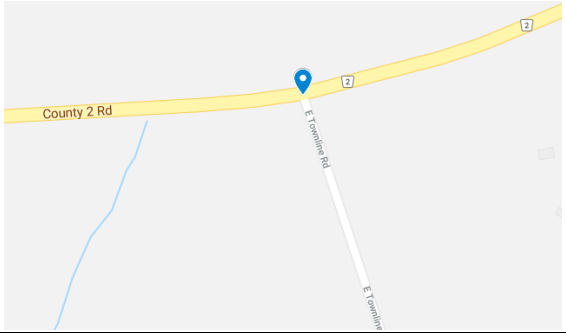
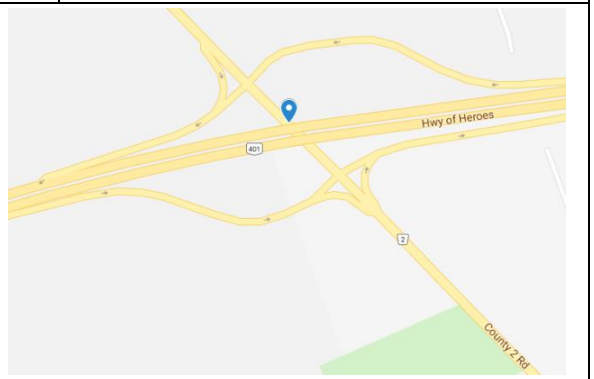
2022

DAY 1 - 22ND SEPT 2022

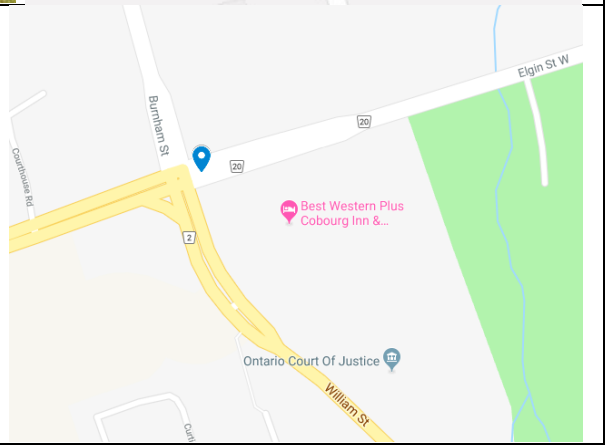
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Toronto Police Memorial **(0)** **Route:** Queens Park Crescent at Grosvenor Street S/B University Avenue E/B King St. to Parliament St. **(4 Km)** **51 Division Toronto P.S. – <u>Refreshment Break</u>** ********** -Turn right on Parliament for 51 Division Or -Keep running straight on King St. to start the beginning of the second leg (below)	**# 1**	**0-10 K**	**0845–1000**	**Relaxed - Easy (1 Hour +)**	
					
*****NEW RELAY LEG***** *****TOTAL DISTANCE : 16.5 Km***** **Start:** E/B King Street to E/B Queen Street E/B to Coxwell Ave (left turn) E/ B Dundas St (right turn) E/B Kingston Road (left turn) DETOUR **Route:** E/B Kingston Road **Finish:** Kingsmere Crescent **(20)**	**# 2**	**10-20 K**	**1000–1100**	**Regular - Med (1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Kingsmere Crescent **(20)** **Route:** E/B Kingston Road Over bridge to north side of Hwy #401 City of Pickering (Durham Region) **Finish:** Altona Road **(30)** Must Start next leg at 12:00 pm	**# 3**	**20-30 K**	**1100–1200**	**Regular - Med (1 Hour)**	
					
Start: Altona Road **(30)** **Route:** E/B Kingston Road Kingston Road/Brock Road – Durham Regional Police Division Town of Ajax **Finish:** Westney Road **(40)** Must Start at 12:00 pm - New Escorts in Durham	**# 4**	**30-40 K**	**1200–1300**	**Regular - Med (1 Hour)**	
					
Start: Westney Road **(40)** **Route:** E/B Kingston Road/Hwy 2 Town of Whitby Kingston Road changes to Dundas Street E/B Dundas Street **Finish:** Anderson Street **(50)**	**# 5**	**40-50 K**	**1300-1400**	**Regular - Med (1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Anderson Street **(50)** **Route:** City of Oshawa Dundas Street changes to King Street E/B King Street Municipality of Clarington **Finish:** Centerfield Drive **(60)**	**# 6**	**50-60 K**	**1400–1500**	**Regular - Med (1 Hour)**	
					
(1) Start: Centerfield Drive **(60)** **Route:** E/B King Street Bowmanville King Street/Durham Road 57 – Durham Regional Police Division **Finish:** Liberty Street **(70)**	**# 7**	**60-70 K**	**1500–1600**	**Relaxed - Easy (1 Hour +)**	
					
(2) Start: Liberty Street **(70)** **Route:** E/B King Street Newcastle **Finish:** Stephenson Road **(80)** Port Hope Police Service to assist	**# 7 (A)**	**70–80K**	**1500 –1600**	**Regular - Med (1 Hour)**	
					

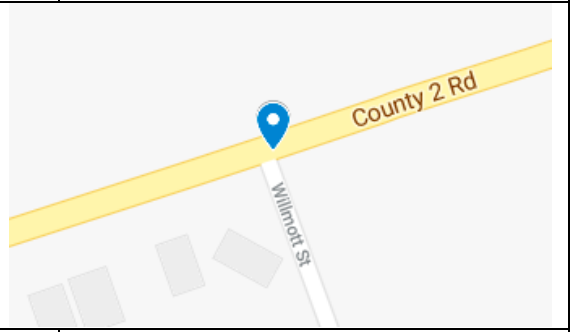
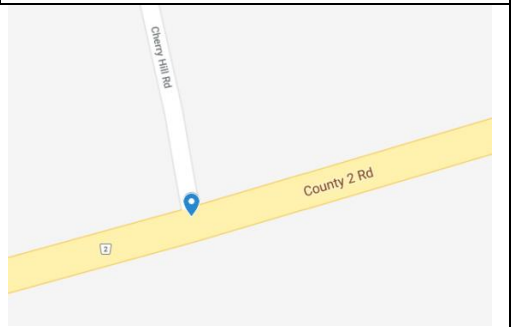
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Stephenson Road **(80)** **Route:** E/B King Avenue/Hwy 2 E/B Hwy 2 Newtonville **Finish:** E. Townline Road **(90)** Port Hope Police Service to assist	**# 8**	**80-90 K**	**1600-1700**	**Regular - Med (1 Hour)**	
					
(2) Start: E. Townline Road **(90)** **Route:** Turn right at Town of Welcome **Finish:** Hwy #401 Overpass **(100)** Port Hope Police Service to assist	**# 8 (A)**	**90 – 100 K**	**1600 -1700**	**Regular - Med (1 Hour)**	
					
tart: Hwy #401 Overpass **(100)** **Route:** cross under Hwy #401 E/B Hwy 2 Port Hope Turn left onto - Ridout Street Turn right onto - Mill Street Turn left onto - Peter Street and E/B Hwy 2 **Finish:** Bob Carr/Apple Orchard Rd. **(110)** Port Hope Police Service to assist	**# 9**	**100-110 K**	**1700-1800**	**Regular - Med (1 Hour)**	
					

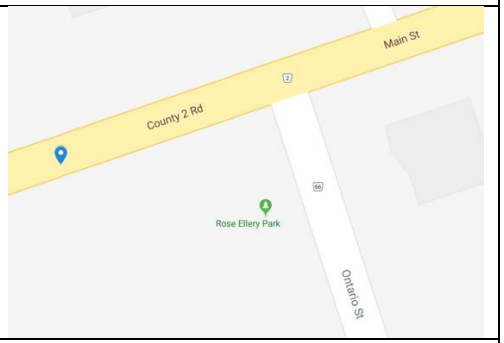
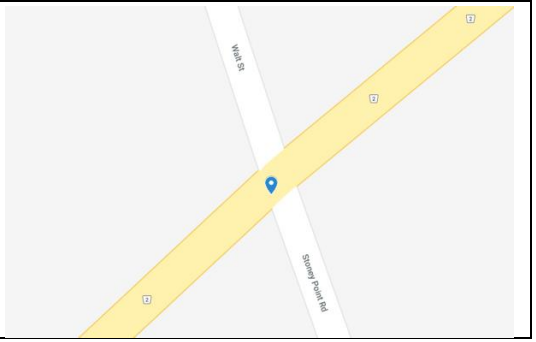
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Bob Carr/Apple Orchard Rd. **(110)** **Route:** E/B Hwy #2 to Cobourg Pause in front of the Best Western Hotel **(Total Distance Leg #10 4.75 Km)**	**# 10**	**110-120 k**	**1800-18:20**	**Relaxed - Easy (30-40 min)**	
*******2.25 TEAM RUN******* 18:20 hrs START Best Western Hotel E/B Hwy #2 to E/B Elgin Street West Turn left on Birchwood Trail to Chris Garrett Memorial Park **Speeches at Memorial Site – Team Picture**					

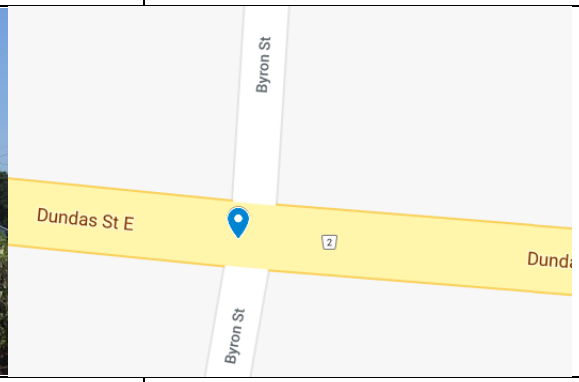
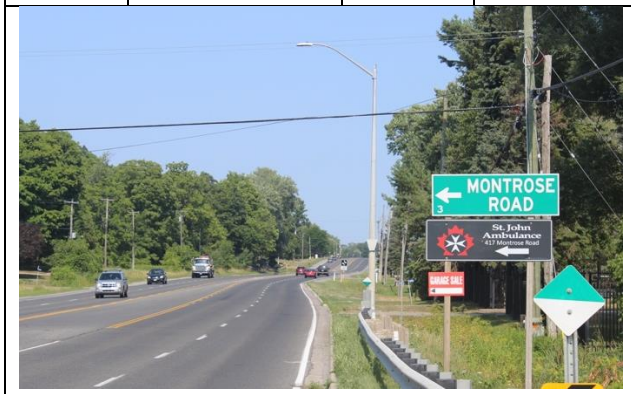


END OF DAY 1:

DAY 2 – 23RD SEPT 2022

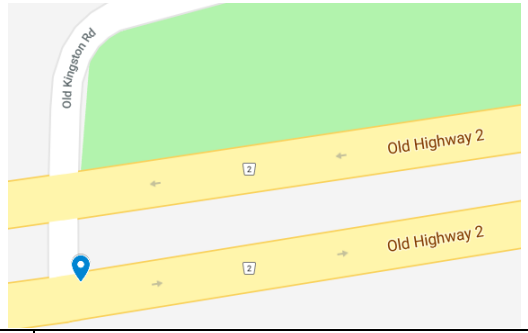
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Cobourg Town Sign (east of town) **(120)** **Route:** E/B Hwy 2 - Grafton **Finish:** Cherry Hill Road **(130)**	**# 1**	**120 – 130 K**	**0700-0800**	**Regular - Med (1 Hour)**	
					
(2) Start: Cherry Hill Road **(130)** **Route:** E/B Hwy 2 **Finish:** Colborne Sign (population) 2,000 **(140)**	**# 1(A)**	**130 – 140 K**	**0700-0815**	**Relaxed - Easy (1 Hour +)**	
					
(3) Start: Colborne Sign (population) 2,000 **(140)** **Route:** E/B Hwy 2 **Finish:** Brighton Sign **(150)**	**# 1 (B)**	**140 – 150 K**	**0700 - 0800**	**Regular – Med (1 Hour)**	

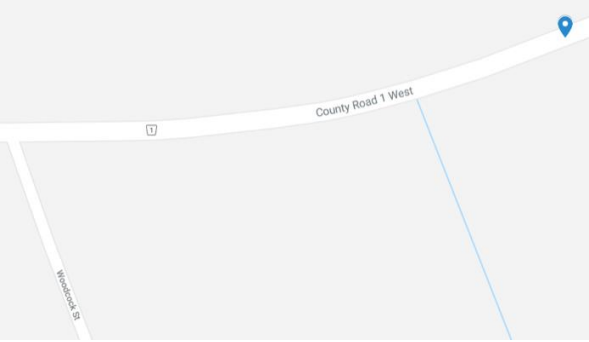
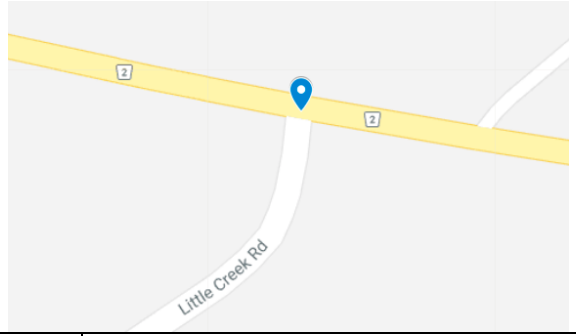
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Brighton Sign **(150)** **Route:** Turn right onto Prince Edward St. Turn left onto Elizabeth St. continue E/B Hwy 2 Smithfield **Finish:** Stoney Point Road **(160)**	**# 2**	**150 – 160 K**	**0800 – 0910**	**Relaxed - Easy (1 Hour +)**	
					
(2) Start: Stoney Point Road **(160)** **Route:** E/B Hwy. 2 to Trenton **Finish:** Byron Street, Trenton **(170)**	**# 2 (A)**	**160 – 170 K**	**0800 – 0900**	**Regular - Med (1 Hour)**	
					

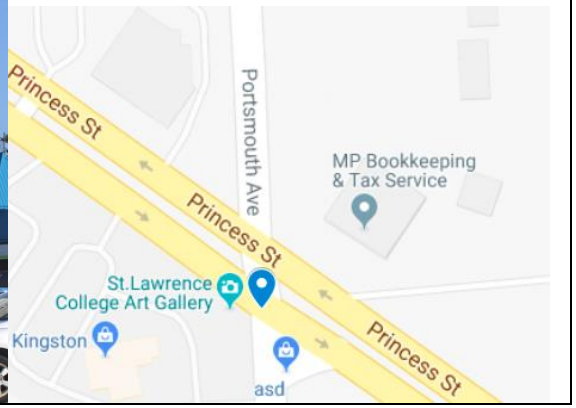
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Byron Street, Trenton **(170)** **Route:** E/B/ Hwy 2 **Finish:** Montrose Road **(180)**	**# 3**	**170 – 180 K**	**0900 – 1000**	**Regular - Med (1 Hour)**	
					
Start: Montrose Road **(180)** **Route:** Belleville – Belleville Police Service – Dundas Street **Finish:** Old Kingston Road **(190)** (Actual Distance Run 11 Km)	**# 3 (A)**	**180 – 190 K**	**0900-1000**	**Energized – Fast (45 Min/1 Hour)**	
					

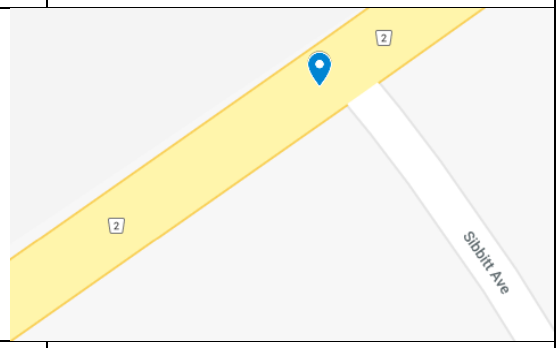
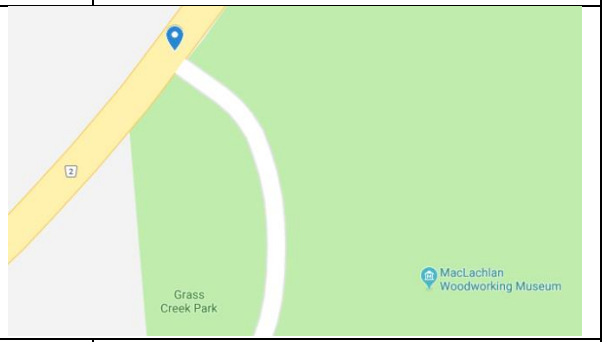
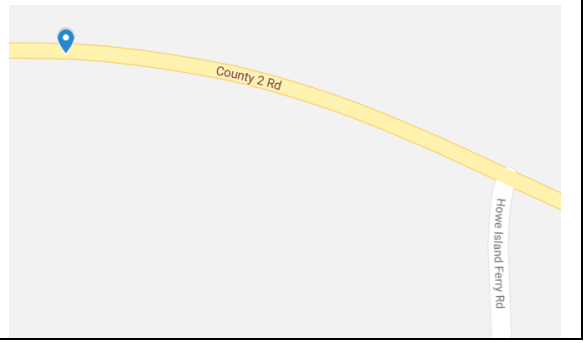
******DETOUR******

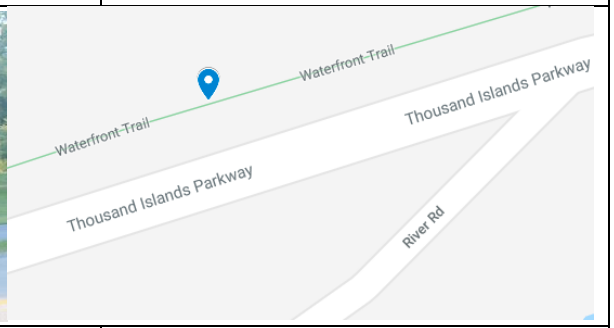
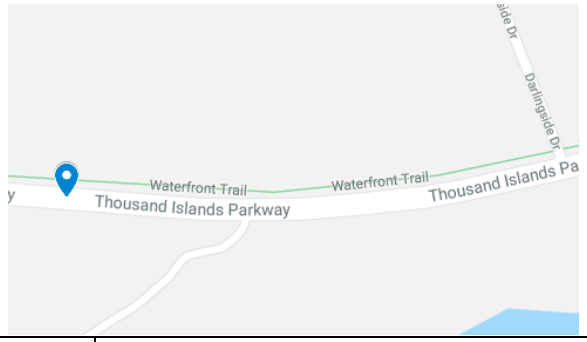
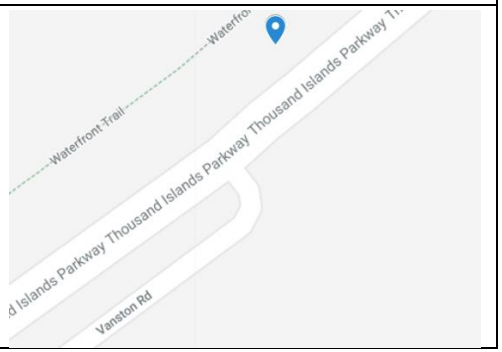
IN THE UPCOMING LEG

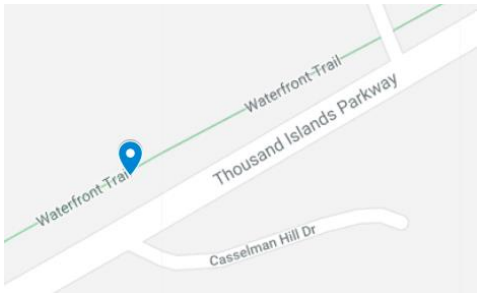
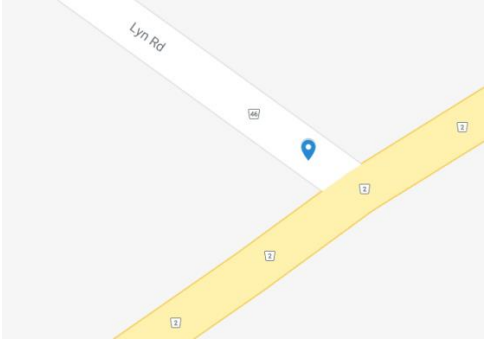
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Old Kingston Road **(190)** **Route:** E/B Hwy 2 **DETOUR** N/B Mitchell Rd E/B Airport Pkwy to Shannonville Rd **Finish:** Shannonville Road **(200)** (Actual Distance 11 Km)	**# 4**	**190 – 200 K**	**1000 - 1110**	**Regular - Med (1 Hour)**	
					
(2) Start: Shannonville Road **(200)** **Route:** E/B Airport/Hinchey Rd. S/B Miltown Rd E/B Hwy 2 to Marysville Town Sign *RESUME ORIGINAL ROUTE* **Finish:** Marysville Town Sign **(210)** (Actual Distance 11 Km)	**# 4 (A)**	**200 – 210 K**	**1000 - 1110**	**Regular - Med (1 Hour)**	
Route: Belleville Rd./Regional Rd. #1 To Mount Pleasant **Finish:** McDonald's Sign – **(220)** "next exit" right side of road (sign .3 Km past Woodcock Street)	**# 4 (B)**	**210 – 220 K**	**1000 – 1100**	**Regular - Med (1 Hour)**	

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Regional Road (near Woodstock Street) ** New Route****** **Route: Regional Rd #1 (or locally known as Belleville Road) > Turn Left @ Bridge Street > Straight on Bridge Street to Dundas Street (Hwy # 2) > East towards Kingston (just past Alma Ave)** **Finish:** Little Creek Road **(230)**	**# 5**	**220 – 230 K**	**1100 – 1215**	**Relaxed - Easy (1 Hour +)**	
					
(2) Start: Little Creek Road **(230)** **Route:** E/B Hwy #2 **Finish:** Road Sign–Kingston 22 Km **(240)**	**# 5 (A)**	**230 – 240 K**	**1100 – 1200**	**Regular - Med (1 Hour)**	
					
(3) Start: Road Sign–Kingston 22 Km **(240)** **Route:** E/B Hwy #2 **Finish:** Brule Road, **(250)**	**# 5 (B)**	**240 – 250 K**	**1100 – 1200**	**Regular - Med (1 Hour)**	

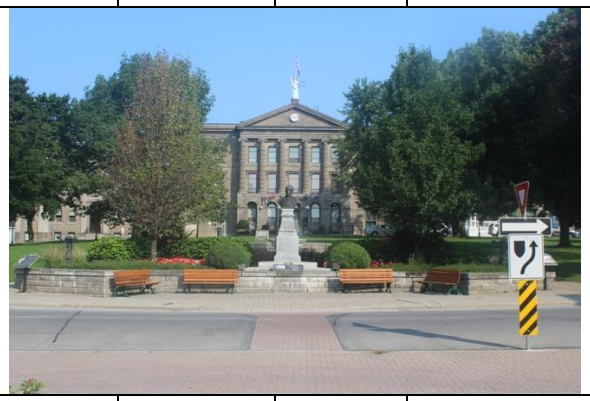
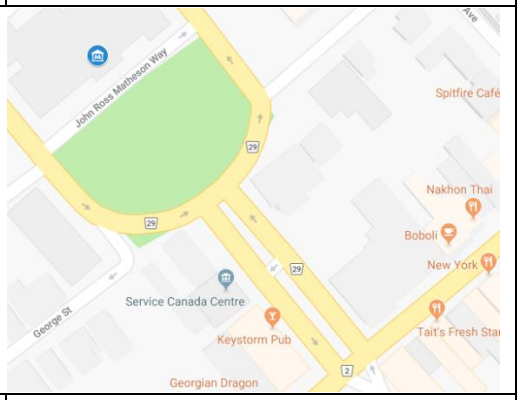
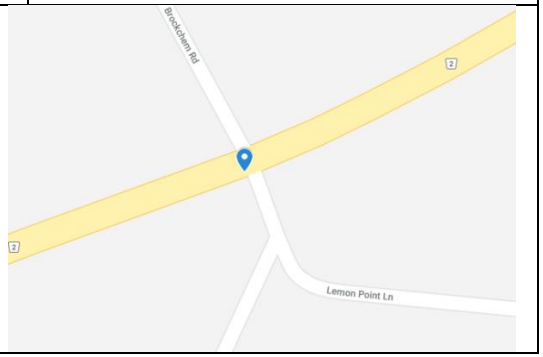
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Brule Road **(250)** **Route:** Hwy # 2 (Princess St) to Kingston **Finish:** Portsmouth Ave. Kingston **(260)**	**# 6**	**250 – 260 K**	**1200-1300**	**Regular - Med (1 Hour)**	
Start: Portsmouth Ave. Kingston **(260)** **Route:** Princess Street (Hwy #2) > Turn Left @ Ontario Street > Cross Causeway > run past CFB Kingston **Finish:** Sibbit Ave. **(270)**	**# 7**	**260 – 270 K**	**1300 – 1400**	**Regular - Med (1 Hour)**	
					

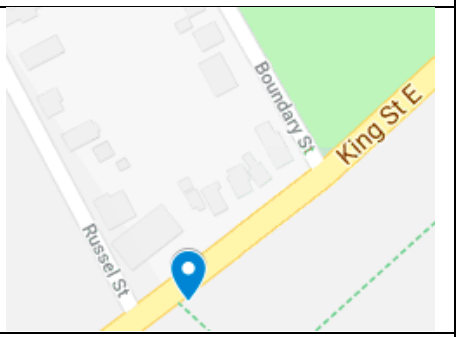
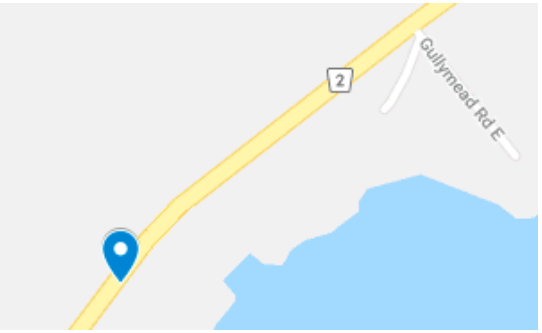
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Sibbit Ave. **(270)** **Route:** E/B Hwy #2 **Finish:** MacLachlan Woodworking Museum **(280)**	**# 8**	**270 – 280 K**	**1400 – 1500**	**Regular - Med (1 Hour)**	
					
(2) Start: MacLachlan Woodworking Museum **(280)** **Route:** E/B Hwy #2 **Finish:** Howe Island Ferry Road (road Sign – not road) **(290)**	**# 8 (A)**	**280 – 290 K**	**1400 – 1500**	**Regular - Med (1 Hour)**	
					
(3) Start: Howe Island Ferry Road (road Sign – not road) **(290)** **Route:** E/B Hwy #2 > Town of Gananoque King Street to Thousand Island Pkwy. **Finish:** #278 Thousand Island Pkwy **(300)**	**# 8 (B)**	**290 – 300 K**	**1400 – 1500**	**Regular - Med (1 Hour)**	
					

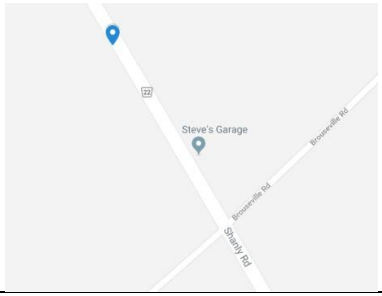
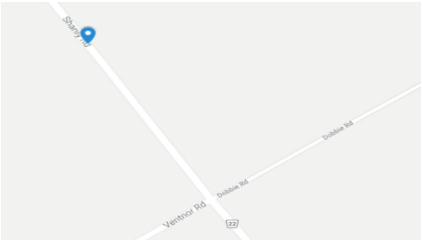
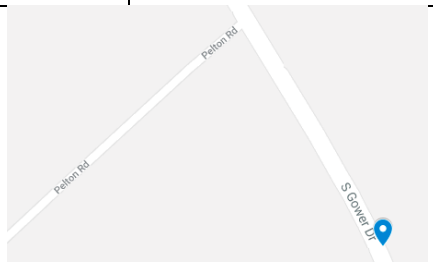
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: #278 Thousand Island Pkwy **(300)** **Route:** E/B Thousand Island Pkwy **Finish:** #759 Thousand Island Pkwy **(310)**	**# 9**	**300 – 310 K**	**1500 – 1600**	**Regular - Med (1 Hour)**	
					
(2) Start: #759 Thousand Island Pkwy **(310)** **Route:** E/B Thousand Island Pkwy **Finish:** #1043 Thousand Island Pkwy **(320)**	**# 9 (A)**	**310 – 320 K**	**1500 – 1600**	**Regular - Med (1 Hour)**	
					
(3) Start: #1043 Thousand Island Pkwy **(320)** **Route:** E/B Thousand Island Pkwy **Finish:** Casselman Hill Road **(330)** For RV- marker 1202 (2.5km east from Malloy town Rd)	**# 9 (B)**	**320 – 330 K**	**1500 – 1600**	**Regular - Med (1 Hour)**	
					

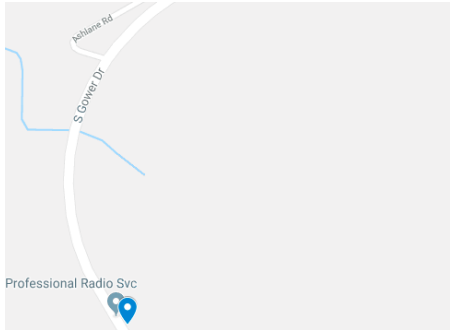
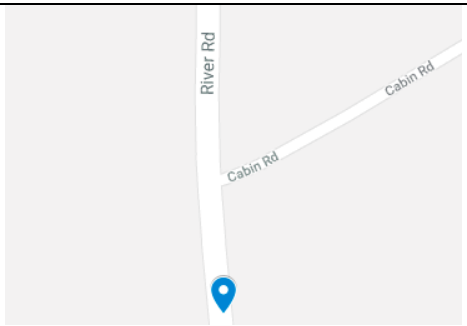
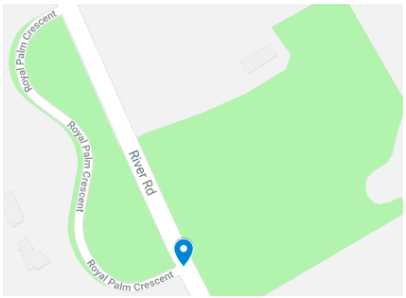
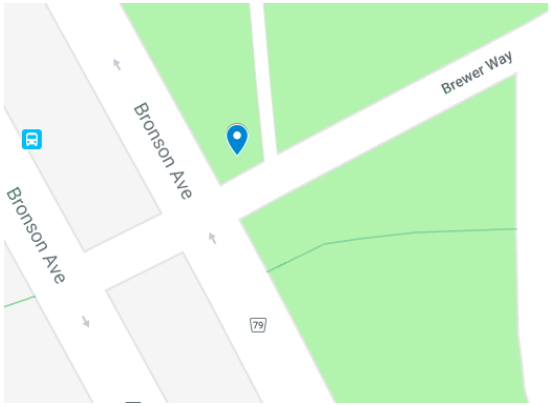
Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Casselman Hill Road **(330)** **Route:** E/B Thousand Island Pkwy to Brockmere Cliffs to E/B Hwy #2 **Finish:** Lyn Road/ County Rd. 46 **(340)**	**# 10**	**330 – 340 K**	**1600 – 1645**	**Energized – Fast (45 Min/1 Hour)**	
					
*******3.2 Km TEAM RUN******* **Start:** Lyn Road/ County Rd. 46 **(340)** **Route:** King St. (Hwy # 2) > left turn on Court House Ave. Brockville **Finish:** Court House Ave. Brockville **(342)** Speeches	**Team Run**	**340 – 343 K**	**1700 – 1730**	**Relaxed - Easy (1 Hour +)**	
					

DAY 3 - 24TH SEPT 2022

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: Court House Avenue, Brockville **(344)** **Route:** E/B Hwy. 2 (King St. Brockville) to Brockem Rd **Finish:** Brokchem Rd. (DYNO Nobel Entrance) **(354)** ** Lone Piper – PAUSE	**1**	**344-354 Km**	**0800–0910**	**Relaxed - Easy (1 Hour +)**	
					
Start: Brokchem Rd. **(354)** **Route:** E/B Hwy. 2 **Finish:** Vankoughnet Rd. (Parking lot across Fort Wellington) **(364)**	**2**	**354-364 Km**	**0910–1000**	**Energized – Fast (45 Min/1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
1) Start: Vankoughnet Rd. (Parking lot across Fort Wellington) **(364)** **Route:** E/B Hwy. 2 to Prescott (King St. Prescott) **Finish:** House #1515/1517/1519 Hwy. 2 **(374)**	**3**	**364-374 Km**	**1000–1100**	**Regular - Med (1 Hour)**	
					
(2) Start: House #1515/1517/1519 Hwy. 2 **(374)** **Route:** E/B Hwy. 2 to Shanly Road N/B Shanly Rd. (County Rd. 22) **Finish:** Welcome to Brouseville (Sign) (East thru the town of Cardinal) **(384)** Doug Marshall Memorial Leg	**3(A)**	**374-384 Km**	**1000–1100**	**Regular - Med (1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: Welcome to Brouseville (Sign) (East of town) **(384)** **Route:** N/B Shanly Rd. **Finish:** 8034 Shanly Rd. **(394)**	**4**	**384–394 Km**	**1100-1210**	**Relaxed - Easy (1 Hour +)**	
					
(2) Start: 8034 Shanly Rd. **(394)** **Route:** N/B Shanly Rd. **Finish:** Big Sky Ranch (Sign) (South of Pelton Corner) **(404)** **Actual Dist. 10.6 K**	**4(A)**	**394–404 Km**	**1100–1200**	**Regular - Med (1 Hour)**	
					
(3) Start: Big Sky Ranch (Sign–South of Pelton Corner) **(404)** **Route:** N/B Shanly Rd. **Finish:** 901 S Gower Dr. **(414)**	**4(B)**	**320 – 330 K**	**1100-1200**	**Regular - Med (1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
(1) Start: 901 S Gower Dr. **(414)** **Route:** N/ B Shanly Rd. Turn right at Junction 19 (River Road) **Finish:** 3023 River Rd. (@ Grinzing Kennels) **(424)**	**5**	**414–424 Km**	**1200–1300**	**Regular - Med (1 Hour)**	
					
(2) Start: 3023 River Rd. (@ Grinzing Kennels) **(424)** **Route:** River Rd. **Finish:** Royal Palm Cr **(434)**	**5(A)**	**424 - 434 Km**	**1200–1300**	**Regular - Med (1 Hour)**	
					
(3) Start: Royal Palm Cr **(434)** **Route:** River Road **Finish:** 436 River Rd. **(444)**	**5(B)**	**434-444 Km**	**1200-1300**	**Regular - Med (1 Hour)**	
					

Start/Finish Points & Route	Relay No.	Mileage	Time	Pace	Assigned Runner(s)
Start: 436 River Rd. **(444)** **Route:** River Road – becomes Riverside Dr. **Finish:** Brewer Park Entrance, Bronson Rd. **(454)** **Actual Dist.** **10.5 K**	**6**	**444–454 Km**	**1300-1400**	**Regular - Med (1 Hour)**	
*******7 Km - TEAM RUN ******* **Start:** Brewer Park Entrance on Bronson Rd. **(454)** **Route:** N/B Bronson from Brewer Park entrance E/B Colonel By Dr. to Hawthorne Ave. (cross Pretoria Bridge) – merge onto N/B Elgin St. Pause at Ottawa Police Station Additional Runners Join (Families of our Fallen) Continue N/B Elgin to W/B Wellington St. - N/B Bank St. to Lower Bank St. RCMP Security Gate **Finish: Canadian Peace Officers Memorial –** Speeches / Presentations	**7**	**450-460 Km**	**1415-1515**	**Relaxed - Easy (1 Hour +)**