

WINDING LANE

1

MAPLE LANE

FINISH

5

NCC DRIVEWAY

ASH LANE

2

START

COW LANE

MORNINGSIDE LANE

4

ASH LANE

3

1K

5K



RUN TO **EMPOWER**

featuring

OTTAWA'S FASTEST WOMEN 5K

+ RUN TO EMPOWER OPEN 5K

LITTLE WARRIORS 1K

PRESENTED BY RUN OTTAWA

PRINCE OF WALES DRIVE