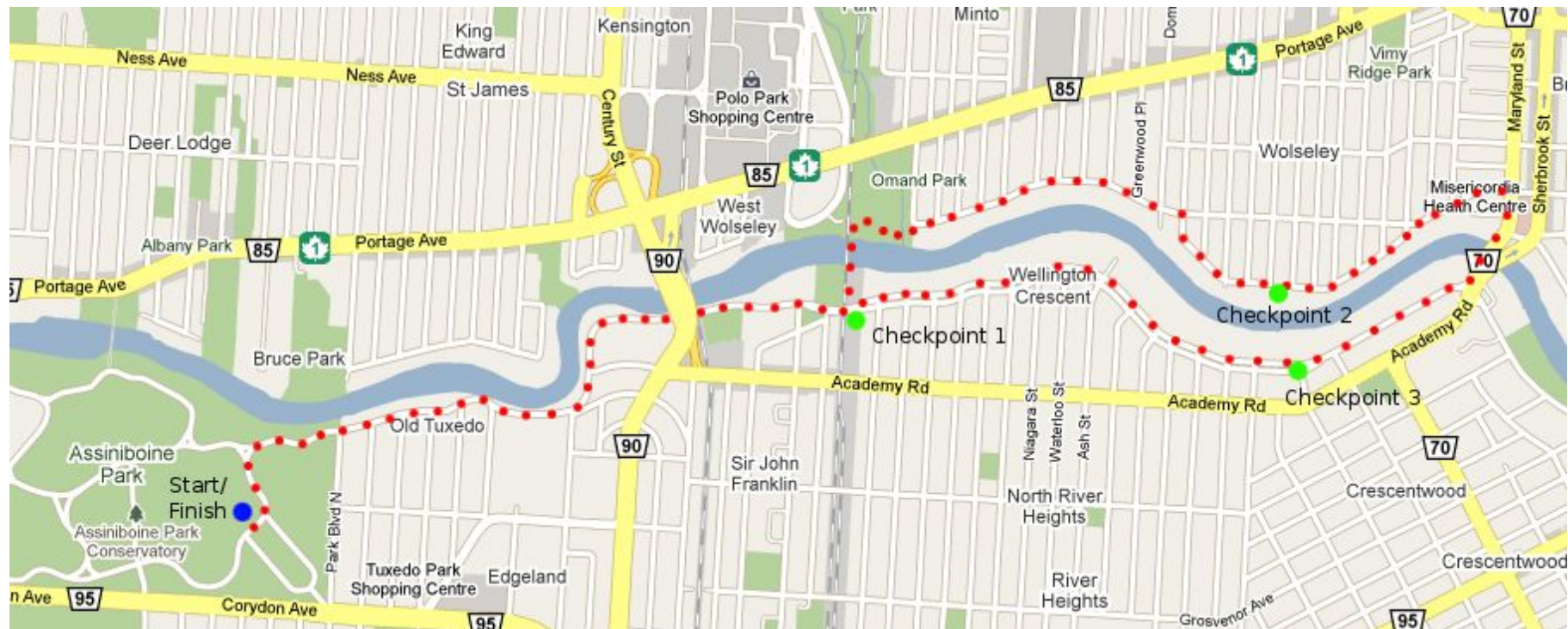


2010 EMS Bike Ride - Route Details



- The bike ride will leave from Site 13 in Assiniboine Park and follow the dotted red route shown above as described below.
 - Leaving Site 13 and following Locomotive Dr. and Assiniboine Park Dr. to Wellington Cr.
 - Eastbound on Bike Path along Wellington Cr. up to Lanark St. and continuing East on Wellington Cr. up to the railway bridge.
 - North on the railway bridge and East through Omand Park along Bike Paths.
 - Continuing Eastbound down Wolseley Ave. up to Palmerson Ave. then following Palmerson Ave back to Wolseley Ave.
 - Continuing East on Wolseley Ave and turning Southbound on Maryland St.
 - South on Maryland St. Bridge and turning Westbound on Wellington Cr. back to the Railway bridge.
 - Continuing Westbound along Wellington Cr. bike path back to Assiniboine Park.
- Route distances are as follows:
 - Assiniboine Park to Checkpoint 1 = ~2.5km
 - Wolseley – Wellington loop = ~10km
- Riders who wish to ride more than 15km are welcome to ride the loop multiple times.
- Riders who wish to ride a shorter route can ride from Assiniboine Park to Checkpoint 1 and back for a 5km total route.