

NCC2019 Free Group Road Runs

All NCC athletes and supporters are welcome!

Friday July 19 • 7am start
9km distance

Start from Chelsea Hotel (NCC meet hotel) 33 Gerrard St W, Toronto
Meet in the front lobby at the hotel registration area

Specially created event for NCC athletes & enjoy Toronto's fabulous trails & views

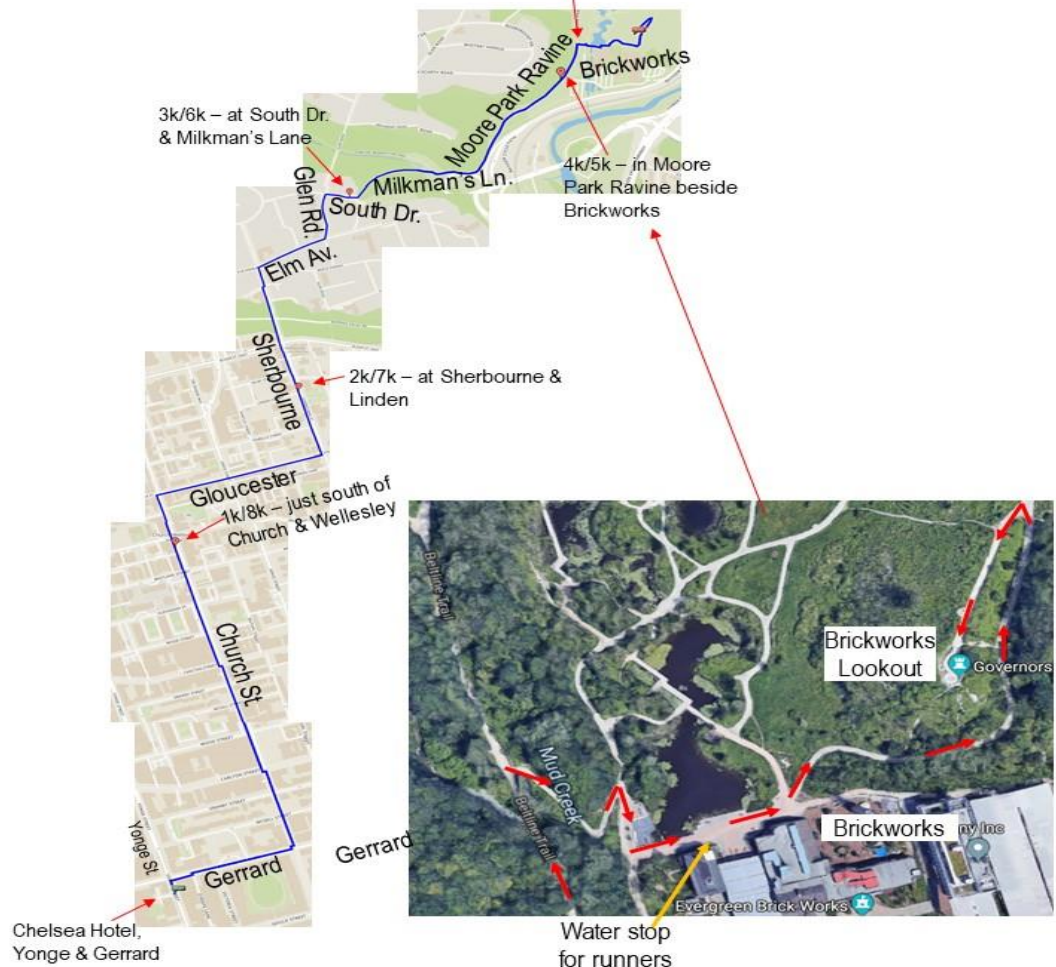
Leader Michael Brennan is a renowned Toronto marathon runner & sports organizer

Water supplied at turnaround

World Masters' Training Run Route

To Brickworks, out & back: 9km

Side path into Brickworks, up hill to lookout; total km one way: 4.5k... Retrace route back to Chelsea Hotel for 9k



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Saturday July 20 • 8am start • 5-10km runs
Sunday July 21 • 8:30am start • 5-25km runs

Start from The Runners Shop 180 Bloor St W

Meet outside on street level, or go inside & downstairs to the Runners Shop

The Runners Shop is across from Varsity Stadium, on the north side of Bloor Street

This is only minutes from Varsity Stadium

NCC athletes will meet The Runners Shop leaders to enjoy free group weekend runs



The Runners Shop welcomes NCC2019 athletes!

180 Bloor St W

Toronto, ON

The Runners Shop is minutes from Varsity Stadium

Store located on the north side of Bloor Street just opposite the Royal Ontario Museum

Nearest subway stations are St. George (take the Bedford St. exit) and Museum

We are located inside 180 Bloor St. West Go through the main doors and down the hall to the left.

Store Hours: Monday-Saturday 10am - 6pm

Phone 416-923-9702

Email lynn@therunnersshop.com

**The Runners Shop has all things you need for NCC Championships –
Spikes, Running Shoes, Apparel and more**



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