

RUN NIAGARA				
			Updated June 19	
Schedule				
DATE	TIME	CITY	LOCATION	DIST
30-Jun	9:00	St. Catharines	Lock 1 Welland Canal	5K
07-Jul	9:00	Welland	Welland Canal Merritt Island Park	5K
14-Jul	9:00	St. Catharines	Lock 1 Welland Canal	5K
21-Jul	9:00	Welland	Welland Canal Merritt Island Park	5K
28-Jul	9:00	St. Catharines	Lock 1 Welland Canal	5K
04-Aug	9:00	Welland	Welland Canal Merritt Island Park	5K
11-Aug	9:00	St. Catharines	Lock 1 Welland Canal	5K
18-Aug	9:00	Welland	Welland Canal Merritt Island Park	5K
25-Aug	9:00	St. Catharines	Lock 1 Welland Canal	5K
01-Sep	9:00	Welland	Welland Canal Merritt Island Park	5K
08-Sep	9:00	St. Catharines	Lock 1 Welland Canal	5K
15-Sep	9:00	Welland	Welland Canal Merritt Island Park	5K
22-Sep	9:00	St. Catharines	Lock 1 Welland Canal	5K
29-Sep	9:00	Welland	Welland Canal Merritt Island Park	5K
06-Oct	9:00	St. Catharines	Lock 1 Welland Canal	5K
***Any schedule updates will be announced on the website				
***Note you must be 18 or older to participate or attend with an adult				
Lock 1, Welland Canal				
Directions				
<p>From the west/Hamilton – Take Niagara St. exit & when turning onto Niagara St. from the exit ramp, head north/towards the lake. Veer RIGHT at the lights where the road splits. Travel to the END of Niagara St. & turn RIGHT on Lakeshore. Turn RIGHT onto Welland Canals Parkway. Race location is just up on the left along the Canal</p>				
<p>From the east/Niagara Falls – Take Niagara St. exit & continue straight through the 1st set of lights. Turn RIGHT onto Niagara St. at the next lights. Veer RIGHT at the lights where the road splits. Travel to the END of Niagara St. & turn RIGHT on Lakeshore. Turn RIGHT onto Welland Canals Parkway. Race location is just up on the left along the Canal</p>				
Welland Canal Merritt Island Park				
Driving Directions				
<p>From the North – Drive south on HWY 406 to East Main St. roundabout. Stay right to East Main St. Turn RIGHT on Cross St., just before the lift bridge. Follow Cross St. to the parking lot at the end</p>				
<p>From the South – Drive north on HWY 58 (Prince Charles Dr) to West Main St. Turn RIGHT on Division St. Turn LEFT on Cross St. Follow Cross St. to the parking lot at the end</p>				