

RUN NIAGARA		2019	
Schedule			
DATE	TIME	CITY	LOCATION
Jun 29	09:00	St. Catharines	Lock 1, Welland Canal
Jul 06	09:00	Welland	Merritt Island Park
Jul 13	09:00	St. Catharines	Lock 1, Welland Canal
Jul 20	09:00	Welland	Merritt Island Park
Jul 27	09:00	St. Catharines	Lock 1, Welland Canal
Aug 03	09:00	Welland	Merritt Island Park
Aug 10	09:00	St. Catharines	Lock 1, Welland Canal
Aug 17	09:00	Welland	Merritt Island Park
Aug 24	09:00	St. Catharines	Lock 1, Welland Canal
Aug 31	09:00	Welland	Merritt Island Park
Sept 7	09:00	St. Catharines	Lock 1, Welland Canal
Sept 14	09:00	Welland	Merritt Island Park
Sept 21	09:00	St. Catharines	Lock 1, Welland Canal
Sept 28	09:00	Welland	Merritt Island Park
Oct 05	09:00	St. Catharines	Lock 1, Welland Canal
Oct 12	09:00	Welland	Merritt Island Park
<b>Lock 1, Welland Canal St. Catharines</b>			
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			
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			
<b>Merritt Island Park</b>			
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			
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			