



GMS QCM 42.2K Course Turn-By-Turn Narrative as of August 4, 2025

Part 1

START on Lakeshore Drive in front of the Conexus Arts Centre, facing WEST towards Broad Street/Wascana Parkway.

Leave the starting line on Lakeshore Drive, crossing Broad Street, heading West on Lakeshore Drive, with Wascana Lake on your right.

Follow Lakeshore Drive northward, past the Saskatchewan Legislative Building and the Queen Elizabeth II Gardens, as Lakeshore Drive curves southward and heads down Memorial Way.

At F Avenue, turn right, then make another right onto Albert St., heading North.

Go a long way on Albert Street, over the Albert Memorial Bridge, past the Royal Saskatchewan Museum, past College Ave., past GMS headquarters, and then turn right (East) onto Victoria Ave.

Go past Regina City Hall, Hotel Saskatchewan, and Victoria Park. Turn right (South) onto Hamilton St.

Travel down Hamilton St. and then turn left (East) onto College Ave.

After two blocks on College Ave., turn right (South) onto Broad St.

Travel South on Broad St. As you approach Quinn Dr., you'll pass by **RELAY EXCHANGE #1**. Then turn left (east) onto Quinn Dr.

Head along Quinn Dr. until it hits Winnipeg St. Take a right (South).

Winnipeg St. heads South, then curves to the left (East) and becomes 19th Ave. Then veer to the right as 19th Ave. leads you onto Douglas Rd., which leads to Douglas Ave.

Cross McDonald St. and head East along Douglas Ave. Just before you reach Park St. there is a **180-Turnaround**, which sends you back along Douglas Ave., now heading West.

Turn left (South) onto McDonald St. Keep going until you come to another **180-Turnaround**. Now you're heading northward on McDonald St.

Make a left onto Wascana Dr. and head West, past the Saskatchewan Science Centre & Kramer IMAX, and then straight across Broad St.

Wascana Dr. then curves northward, past **RELAY EXCHANGE #2**, and takes you up to Broadway Ave. Take a right (East) onto Broadway Ave. and then a quick left (North) onto Broad St.

Turn left (West) onto College Ave. Keep heading westward until you reach Albert St. Then turn left and head South down Albert Street to McCallum Ave.

Turn right onto McCallum Ave., heading West. Make a right turn onto Princess St. You're now heading North. Cross Regina Ave. and then veer left onto Princess Drive.

Turn right onto Coronation St, heading towards 17th Ave. Cross 17th Ave onto a pedestrian bridge and into Les Sherman Park (Watch for participants heading towards you!)

Part 2

Follow the pathway as it winds westward through the park, going underneath the Pasqua St. bridge. Again, watch for 2-way traffic, as other participants may be coming back as you are going out.

Continue on the pathway as you approach 13th Ave. Go underneath the bridge, with Wascana Creek on your left.

Continue on the pathway, going past the Royal Regina Golf Club, crossing 11th Ave., passing some baseball diamonds. As you go through the Aid Station, close to Dewdney Ave. and the RCMP Heritage Centre, stay RIGHT on the path when you come to a fork.

Head underneath Dewdney Ave. using the pedestrian underpass. Come up to ground level, you'll approach a fork in the pathway, and you need to take the RIGHT-HAND path. There will be a pedestrian bridge on your left. Do not go that way.

With Wascana Creek on your left-hand side, stay on the path and go past **RELAY EXCHANGE #3**. Shortly after the 25KM mark, the course path will take you to McCarthy Blvd. **NOTE: You will cross McCarthy Blvd. at street level. It's not an underpass.**

Continue on the path on the north side of Rick Hansen Optimist Playground. You will cross a pedestrian bridge as you come towards a **180-Turnaround** (*last one, we promise*).

Now you're heading back southward, following the same course, only in the opposite direction. Keep on the path, eventually getting back into Les Sherman Park.

Travel across the pedestrian bridge again (watch for participants heading northward!) and keep going straight across 17th Ave. onto Coronation St.

Turn left onto Princess Dr., then cross Regina Ave., heading South on Princess St. When you hit McCallum Ave. turn right (West).

After two blocks, turn left onto Kings Rd., heading South. Then turn right (West) onto Hill Ave.

Turn left (South) onto Pasqua St. and go until you turn left (West) onto 25th Ave, passing **RELAY EXCHANGE #4**. Then make another left (north) onto Queen St.

Turn right (West) onto Lakeview Ave. and then make a left onto Kings Rd., heading northwest. Stay on Kings Rd., crossing Hill Ave., and going all the way up until you turn right (East) onto McCallum Ave.

Take McCallum Ave. all the way back to Albert St. Then make a right, heading South.

At F Ave., turn left, then another quick left onto Memorial Way, heading North. Go all the way up past the Saskatchewan Legislative Building, as Memorial Way becomes Lakeshore Dr., going past the gardens again.

Stay on Lakeshore Drive as it curves South and then curves again heading eastward. You'll cross Broad St. and then you'll **FINISH** on Lakeshore Drive in front of the Conexus Arts Centre. You're done and you earned your medal, you awesome person, you! Way to go!