

## 2022 GMS QCM 21.1K Course Turn-By-Turn Narrative

## 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 loooong way up Albert Street, over the Albert St. 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.

## Part 2

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.

At Albert Street, FULL MARATHONERS GO STRAIGHT, BUT **HALF MARATHONERS TURN LEFT** (South) onto Albert Street. You're going all the way back down to F Avenue.

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!