



## 2022 GMS QCM 42.2K 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.

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 as you cross Albert St. and head along College Ave. into a residential area.

You'll cross Elphinstone St. and then will curve to the right until you're travelling North towards 15th Ave. Take a left (West) onto 15th Ave.

Make a left turn (South) onto Pasqua St., going over a bridge (you'll probably see other GMS QCM participants on the path beneath the bridge), and then turn left (East) onto 17th Ave.

### Part 2

Turn left onto a pedestrian bridge and into Les Sherman Park (*Watch for other participants crossing the same bridge heading towards you!*)

Follow the pathway as it winds westward through the park, going underneath the Pasqua St. bridge you were on mere minutes ago. Again, watch for 2-way traffic, as other participants coming back meet you as you are going out.

You'll stay on this pathway for a long time, as it winds its way towards the northwest. You'll go past the Royal Regina Golf Course, RCMP Depot Division, and the RCMP Heritage Centre.

Head underneath Dewdney Ave. using a pedestrian underpass. At a fork in the pathway, take the RIGHT-HAND path.

With Wascana Creek on your left-hand side, stay on the path and go past **RELAY EXCHANGE #3**. Eventually, you'll go underneath McCarthy Blvd.

Cross over a pedestrian bridge, turn right and keep heading northwest towards a **180-Turnaround** (*last one, we promise*).

Now you're heading back southward. Turn left at the fork in the path (where you turned right just a minute ago) and follow the path. Wascana Creek is on your left-hand side again. Take the path all the way down again, under Dewdney Ave., under the Pasqua St. bridge, and 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. At the corner of King's Rd. and Hill Ave., you go by **RELAY EXCHANGE #4**. Then turn right (West) onto Hill Ave.

Turn left (South) onto Pasqua St. and go until you turn left (West) onto 25th Ave. 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 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!