

309 Cedarheights Rd

Alder Ave

# 6.2 km Trail Run

Canadore Entrance to Trails

Lookout

Trail-4.3km  
(115m elevation change)

Pavement-1.9km



Plenary Health Johnson Controls presents

## Our Hospital Walk/Run

Hospital Mile 5 Km Walk/Run 6 Km Trail Run 8 Km Walk/Run

Sunday October 16<sup>th</sup>, 2011 on the site of the North Bay Regional Health Centre

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