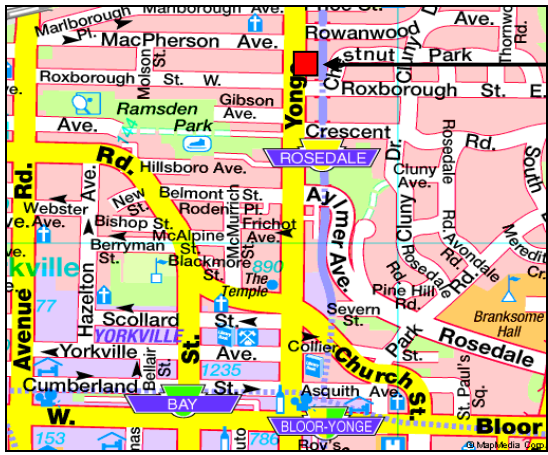


# Marathon Dynamics Winter Coaching Locations – Maps, Directions, Instructions



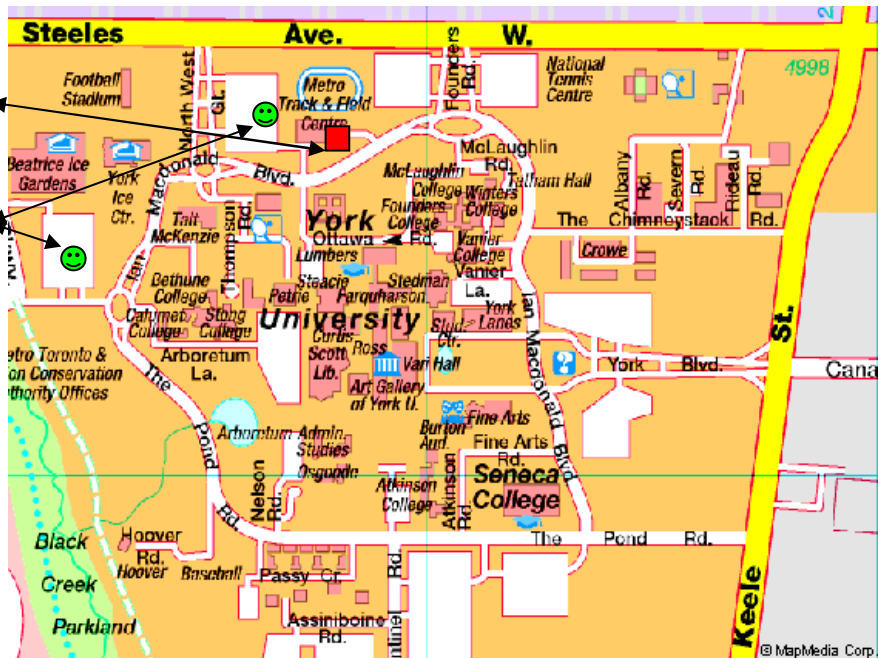
## Central Toronto - Mondays

We meet here, at the **Quail & Firkin Pub**, 1055 Yonge St - east side of Yonge, south of Rowanwood Ave, and north of Roxborough Ave, about 5 blocks north of Bloor St.). Street parking along Roxborough or Rowanwood. Upon arrival, proceed to the pool table area near the back, where we will be congregating.

NB - washrooms and water are available (staff will provide pitchers and glasses...for drinking!) Changing (into running clothes) there is not recommended, so please try to arrive ready to run.

## York U (Indoor) – Tuesdays

We meet here at the **Metro Track & Field Centre (Indoor Track)** on the York U campus, just south of Steeles, ½ way between Jane & Keele. Best parking is at the **Northwest lot beside the track (\$5-7)**, or if full, park at Ice Gardens lot. Upon arrival inside the foyer, inform the front desk you are with Marathon Dynamics. If you have registered for our York U coaching group, you can inquire about picking up a Track Pass (\$50 for the season), or just pay the \$5 general entry fee per visit). Full change, washroom, locker (bring own lock) and shower facilities are available to the right upon entering. Once inside the fieldhouse (i.e. where track is), proceed to the right, around the south side of the track to the back/right corner, where we gather. If any trouble upon arrival, please page Marathon Dynamics at the front desk.



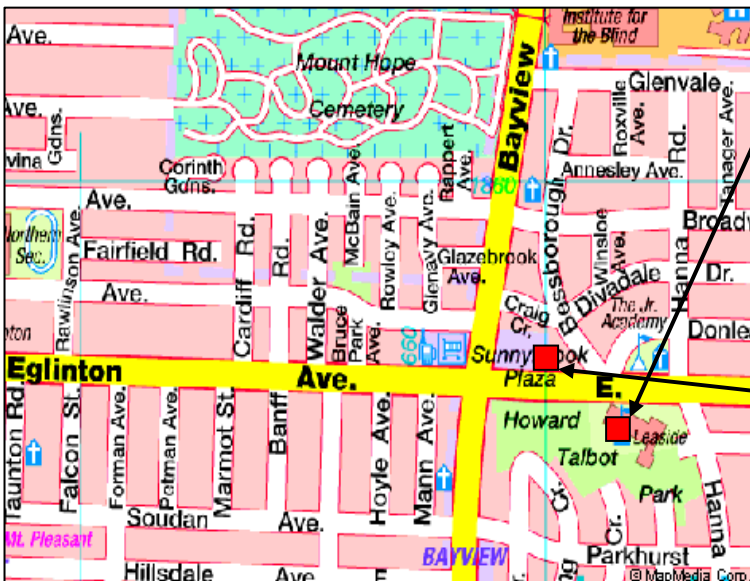
## Midtown TO Sunnybrook Plaza & Leaside HS – Thursdays (AM & PM)

We meet here at **Leaside HS** between 6:30-6:40pm, inside the main/back doors, down the stairs, in hallway through the double doors. At 6:40, we head out on our group warm-up run to Sunnybrook Park.

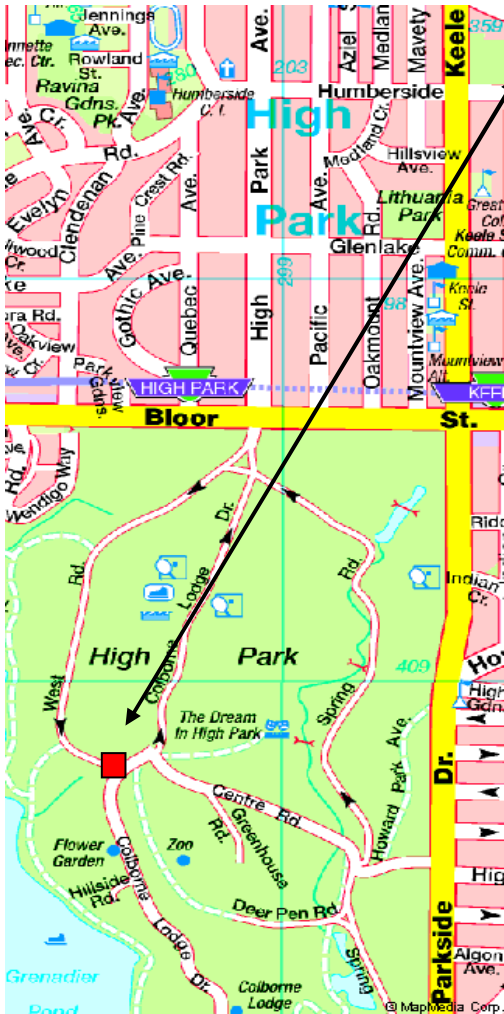
If driving, from Bayview go east on Eglinton, take first right (Hanna Rd.). Turn right again into Leaside HS driveway/parking lot. Once parked, enter through the doors at the top of the steps.

**NB: Wednesday AM group meets at 9:30am at Second Cup in Sunnybrook Plaza**, on the southeast corner of Bayview & Eglinton

NB - washrooms and water are available, though still best to arrive ready to run if possible



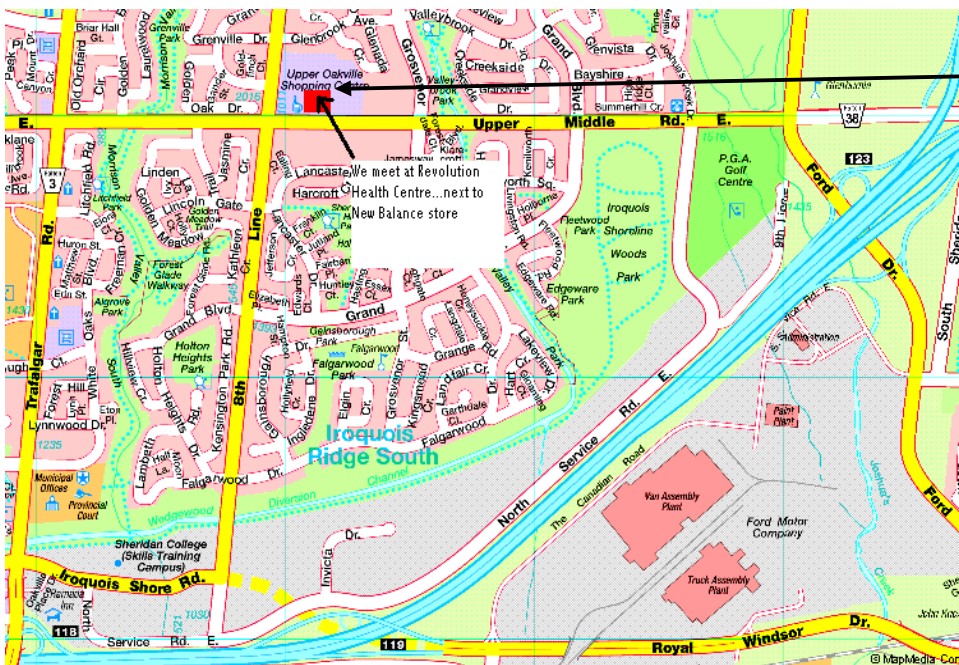
# Marathon Dynamics Winter Coaching Locations – Maps, Directions, Instructions



## High Park – Wednesdays

■ We meet here, at the **Grenadier Restaurant** between **6:30-6:40pm**. If driving, proceed to the main entrance to High Park, located along Bloor St. W, 1 block west of the Parkside/Keele intersection. Follow the main (only), one way road along exactly 1km, to where you should see the Grenadier Restaurant on your left...lots of parking available right there. If walking (i.e. from High Park subway), simply head south down Colborne Lodge Dr., to the Grenadier. Once arrived inside the restaurant, **our group gathers at the back (around to the left) of the restaurant**.

NB - washrooms available, though bring your own water. Changing (into running clothes) there is possible, but not recommended

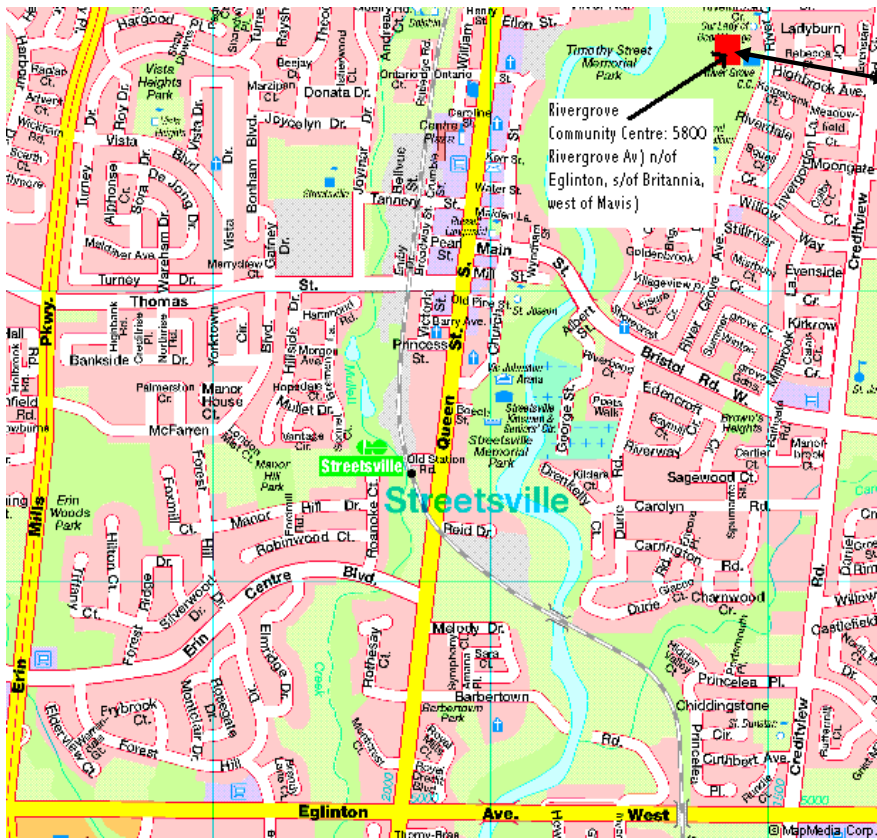


## Oakville – Thursdays

■ We meet at **Revolution Health Centre** – beside the **New Balance Store** at the **Upper Oakville Shopping Centre** between **6:30-6:40pm** (in main lobby). Then depart from there to our various workout locations

NB – washrooms, water and changerooms available, though if possible, please arrive ready to run.

# Marathon Dynamics Winter Coaching Locations – Maps, Directions, Instructions



## Mississauga (6AM) – Fridays

■ We meet at Rivergrove Community Centre (5800 Rivergrove Ave, n/of Eglinton, s/of Britannia, west of Mavis, east of Erin Mills Pkwy) at 6am SHARP in the foyer. We depart from there to our various workout locations

NB – washrooms, water and changerooms available, though if possible, please arrive ready to run.