

Marathon Dynamics Summer 2010 Coaching Locations – Maps & Directions

Note: please rest the day b/f 1 mile run, and if you're planning on using a HR monitor this season, wear it!

1 - Mondays: East Toronto – Riverdale Park Track

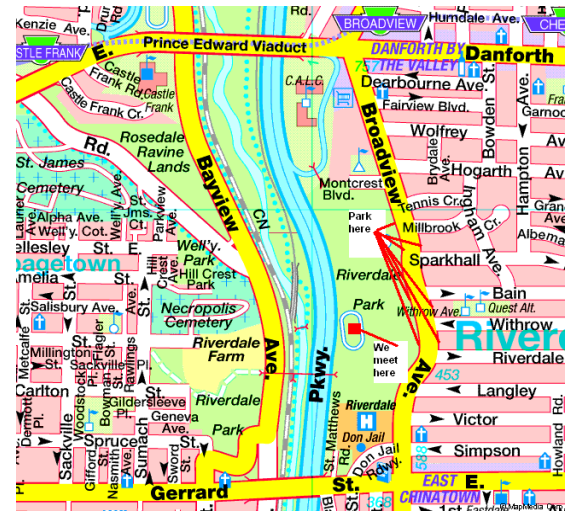
■ We meet trackside (southwest corner) of the cinder running track in the center of the "basin" of Riverdale Park. Located about 1km south of Bloor/Danforth, on the west side of Broadview.

Coaches: Kevin Smith & Dera Nevin (check "about us" on MDI website for bios/pics)

Parking: available on either side of Broadview after 6pm (free), or along side streets east of Broadview

Facilities: Washrooms/fountain are available onsite. Changing (into running clothes) there is not recommended, so try to arrive ready to run.

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



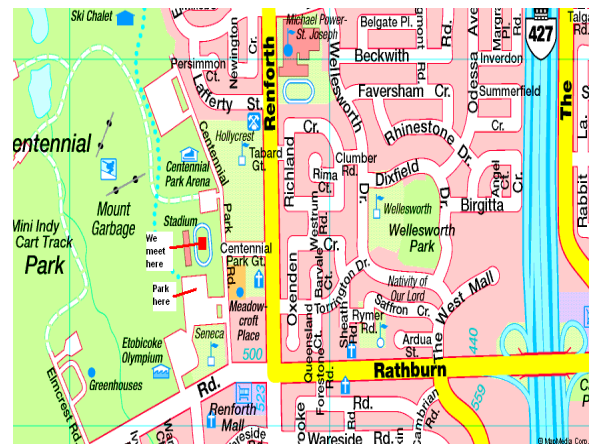
2 - Tuesdays: Etobicoke – Etob. Centennial Stadium

■ We meet at the northwest gates (by the big rock) of the track stadium, located off of Centennial Park Rd, northwest of Rathburn & Renforth. Note: if track stadium is closed we workout at/near Garbage Hill, beside the track

Coaches: Kevin Smith, Michelle Clarke & Brant Stachel (check "about us" on MDI website for bios/pics)

Parking: available in big lots adjacent to track, both north & south

Facilities: Washrooms/fountain ARE available. Try to arrive ready to run, but you can change onsite if necessary



3 - Tuesdays: West Toronto – West TO HS Track

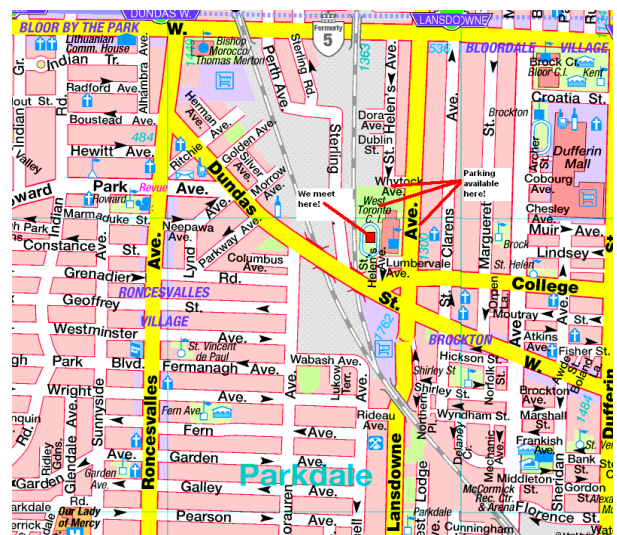
■ We meet trackside (northeast corner) of the pavement track in behind (west of) West Toronto Collegiate. Located on Lansdowne Ave (west side), just north of the tri-intersection of Dundas St. W, College, and Lansdowne.

Coach: Jackie Dupuis (check "about us" on MDI website for bios/pics)

Parking: available on east side of Lansdowne after 6pm, or alongside the school (if space), or along the first sidestreet just north of school

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully "relieved" (there is a Harvey's about 500m from the track, if necessary).

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



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4 - Wednesdays: Central Toronto – Central Tech HS Track

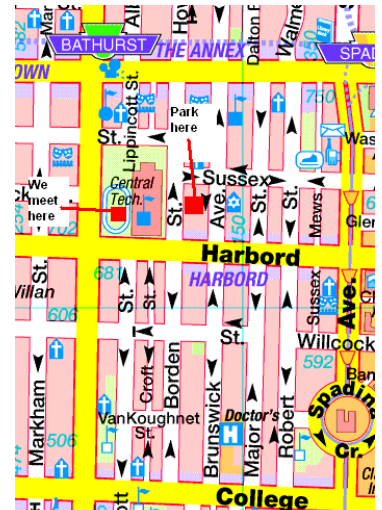
■ We meet trackside (north/east grandstands), of the black hardpan track adjacent to (west of) Central Tech HS (located on the northeast corner of Bathurst/Harbord).

Coaches: Kevin Smith, Jackie Dupuis, John Mahood (check "about us" on MDI website for bios/pics)

Parking: available in school lot on east side of Centech HS. Note: 1 way north access on Borden St., first street east of Bathurst, north side of Harbord.

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully "relieved" (there is a Second Cup about 500m from the track, if necessary).

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



5 - Wednesdays: Mississauga – Erindale SS Track

■ We meet trackside (southwest grandstands), of the track adjacent to the black hardpan track adjacent to Erindale SS (located at the northeast corner of Central Tech HS (located on the northeast corner of Erin Mills Pkwy & Dundas St. W)

Coaches: Kevin Smith & Steve McKinnon (check "about us" on MDI website for bios/pics)

Parking: lots available in school lot

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully "relieved."

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



6 & 9 – Thurs (6am/6:30pm): Midtown T.O. – Lawrence Park CI

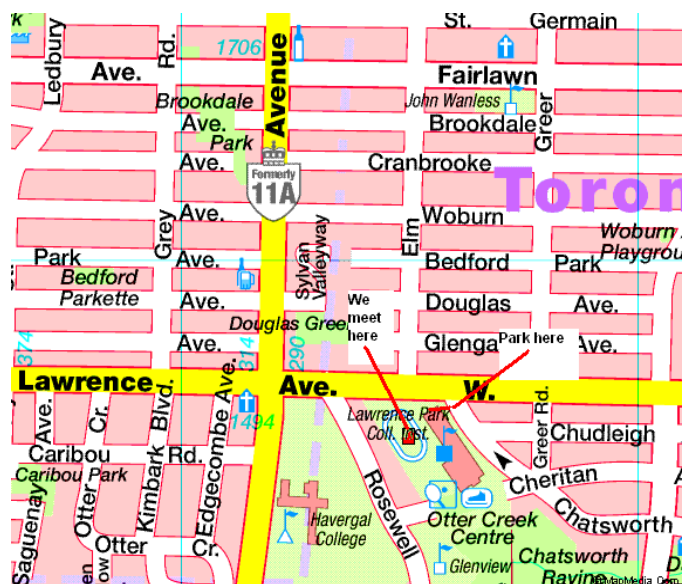
■ We meet trackside (east grandstands) on pavement track located on the south side of Lawrence Ave W, 2 blocks east of Avenue Rd.

Coaches: Jennifer Faraone, Robin McKechny & John Mahood (check "about us" on MDI website for bios/pics)

Parking: available in school lot, northeast side of track, or along Chatsworth (east of school). Note: Chatsworth is 1-way northbound, so best to go 1 block east to Greer and then "3 right turn" your way back to the school lot.

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully "relieved" (there is a coffee shop just north on Avenue, if necessary).

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



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7 - Thursdays: Oakville – Oakville Trafalgar HS Track

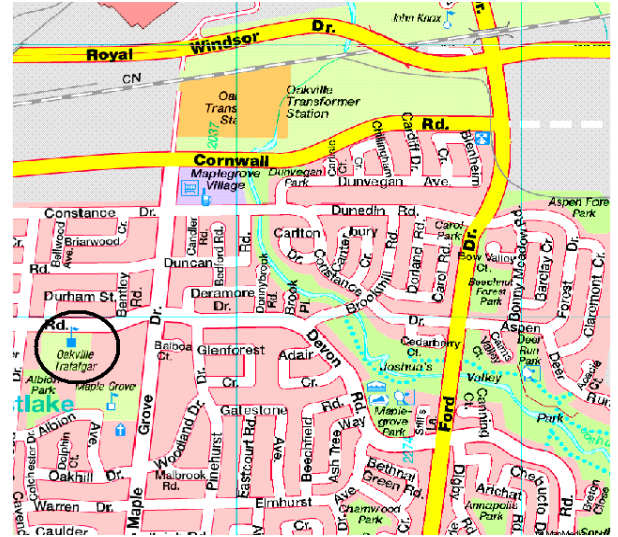
■ We meet trackside (center of north grandstands), of the black tar/rubber track beside/behind Oakville Trafalgar HS (located on the south side of Devon Rd, 500m west of Maple Grove Dr.)

Coaches: Kevin Smith & Steve McKinnon (check “about us” on MDI website for bios/pics)

Parking: available in Oakville Trafalgar HS lot, next to track.

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully “relieved” (sometimes the school is open, but don't count on it!)

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up



8 – Tuesdays: Richmond Hill: St. Theresa of Lisieux HS Track

We meet trackside (east side) in behind the school (located on Shaftsbury Ave, just east off Bathurst, two streets north of Elgin Mills, about 10 min north of the 407).

Coaches: Kevin Smith, Cara Groves, Susan McCallum (check “about us” on MDI website for bios/pics)

Parking: available in school lot

Facilities: NO washrooms/fountain available onsite, so please try to arrive ready to run and fully “relieved” (sometimes the school is open, but don't count on it)

Instructions: upon arrival please check in with head coach, confirm details of 1 mile trial or workout, and start your warm up

