

Marathon Dynamics Summer 2011 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!

4 - Wednesdays: Central Toronto – Central Tech HS Track

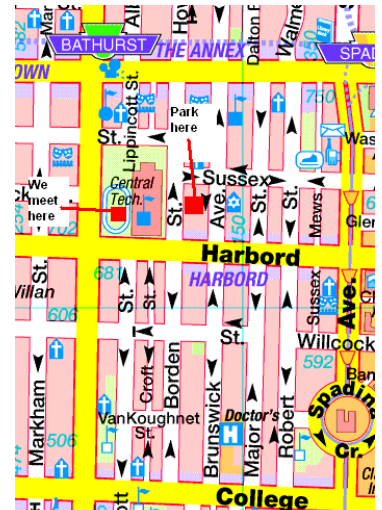
■ We meet trackside (north/east grandstands), of the black hardpan track adjacent to (west of) Central Tech HS (located on the northeast corner of Bathurst/Harbord).

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 – Thurs (6am): Midtown T.O. – Lawrence Park CI

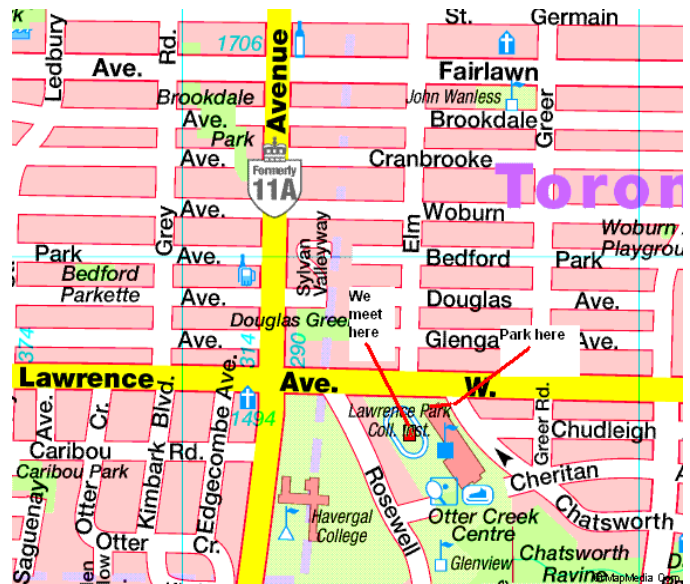
■ We meet trackside (east grandstands) on pavement track located on the south side of Lawrence Ave W, 2 blocks east of Avenue Rd.

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



6 - 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

