

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

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) CENTRAL TORONTO \* MONDAYS \* ABSOLUTE ENDURANCE

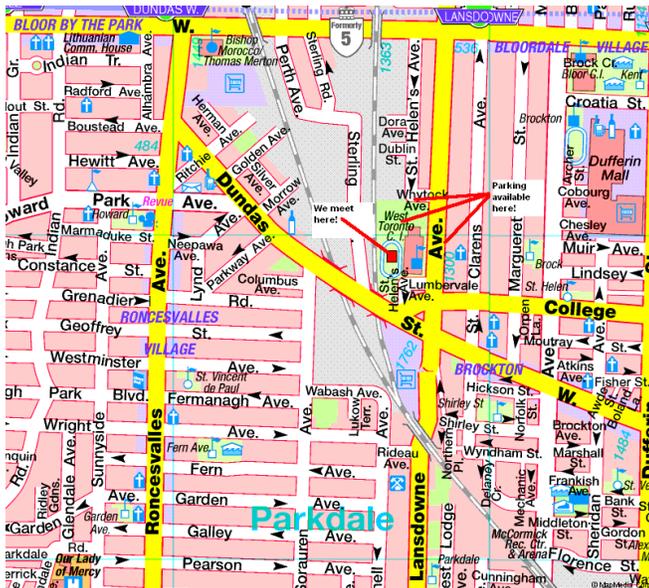


We meet at **Absolute Endurance Training & Therapy, 115 Merton St, (south side) just east of Yonge St.** Park at metered parking along Merton or residential streets northeast of AETT. [Click here](#) for map (zoom in).

NB - Full change and washroom facilities are available, and lockers are usually available upon request as well, but best to arrive ready to run if at all possible.

During summer months, we usually meet just outside the front door, to congregate/make announcements from **6:25-6:35pm. The group warm up starts at 6:35 pm to our various workout locations nearby.** If arriving late (after 6:35pm), check with the AE front desk staff to find out where we have headed so you can find us. **Absolute Endurance phone # - 416 483-2388**

## 2) WEST TO \* TUESDAYS (6AM) \* GRENADIER RESTAURANT – HIGH PARK



We meet trackside (northeast corner) of the 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 & 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 side street just north of school

**Facilities:** NO washrooms/fountain available onsite, so please try to arrive ready to run and fully “relieved” (there is a Tim Hortons’s about 400m from the track, if necessary).

**Instructions:** upon arrival (ideally by/before 5:55am) please check in with head coach, confirm details of workout, and start your warm up by 6am sharp.

## 3) MISSISSAUGA \* TUESDAYS \* RUNNER’S MARK

We meet inside **Runner’s Mark** running store - located at **53 Lakeshore Rd East (near Stavebank Rd) just east of Port Credit lighthouse.** [Click here](#) for map.



**Coach:** Kevin Smith (check “about us” on MDI website for bios/pics)

**Parking:** street parking on Lakeshore or nearby sidestreets

**Facilities:** Washrooms/fountains available in store, no shower privileges

**Instructions:** Upon arrival (ideally by 6:25pm) please check in with head coach, confirm work-out details, and start group warm up by 6:30-6:35.

Coach Kevin Smith’s cell (emergency only, between 5:30-6:30): 647 309-4891

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## 4) DOWNTOWN TORONTO \* WEDNESDAYS \* CENTRAL TECH HS

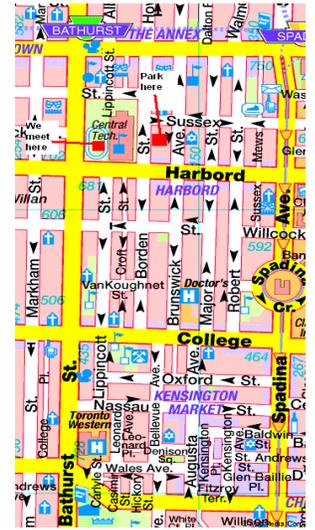
We meet trackside (north/east grandstands) of the black hardpan track adjacent to (west of) Central Tech HS (located on the northeast corner of Bathurst/Harbord).

**Coaches:** Kevin Smith, Jackie Dupuis (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 (ideally by 6:25) please check in with head coach, confirm details of 1 mile trial or workout, and start group warm up by 6:30-6:35



## 5) MIDTOWN TORONTO \* THURSDAYS (6AM) \* LAWRENCE PARK HS

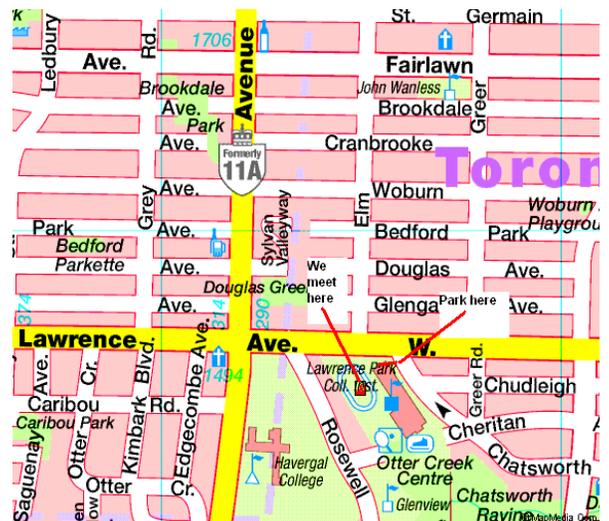
We meet trackside (east grandstands) at LPCI track, located on south side of Lawrence Ave W, 2 blcks east of Avenue Rd.

**Coach:** Kevin Smith

**Parking:** in school lot, n/e side of track, or along Chatsworth (east of school). Note: Chatsworth is 1-way northbound, best to go 1 block east to Greer, then “3 right turn” your way to 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 (ideally by/before 5:55am) please check in with head coach, confirm details of workout, and start your warm up by 6am sharp



## 6) OAKVILLE \* THURSDAYS \* OAKVILLE TRAFALGAR HS

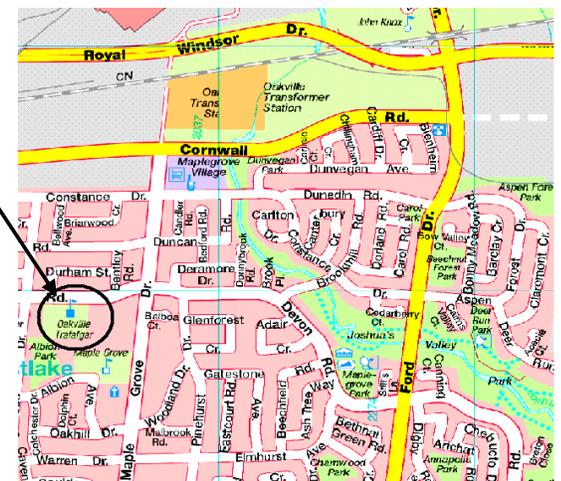
We meet trackside (beside grandstands), of the black tar/rubber track beside/behind Oakville Trafalgar HS ( on the south side of Devon Rd, 500m west of Maple Grove Dr.)

**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 try to arrive ready to run and fully “relieved” (sometimes school is open)

**Instructions:** upon arrival (ideally by 6:25pm) please check in with head coach, confirm details of 1 mile trial or workout, and start your group warm up by 6:30pm.



Coach Kevin Smith's cell (emergency only, between 5:30-6:30): 647 309-4891