

# 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 \* RED LANTERN PUB/MT. PLEASANT CEMETERY

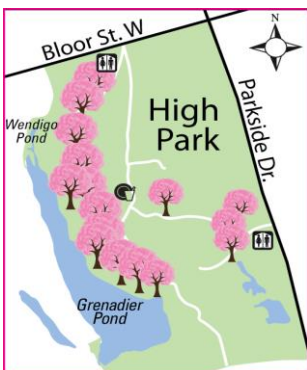


We meet at the **Red Lantern Pub, 228 Merton St, (north side) just east of Yonge St.** Park at metered parking along Merton or residential streets north of Red Lantern. [Click here](#) for Red Lantern location info.

NB - Washroom facilities are available, so changing is possible there, but best to arrive ready to run if at all possible.

We usually meet outside the Red Lantern beside the patio (east side) to congregate for announcements **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), please call Coach Kev to find out where we've headed so you can find us. **Cell is 647 309-4891**

## 2) WEST TORONTO \* TUESDAYS (6AM) \* HIGH PARK/GRENADIER CAFE



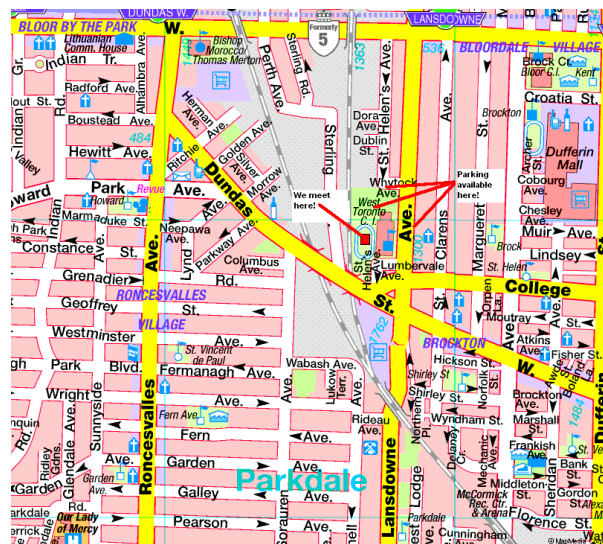
We meet at/outside the Grenadier Cafe, right in the middle of High Park (on Colborne Lodge Dr, south side of "main loop" (follow West Rd south if driving in from the main entrance on Bloor St. W). [Click here](#) for more info on Grenadier Café.

**Parking:** Lots...whole lot to ourselves at that hour ;o)

**Facilities:** NO washrooms/fountain available onsite (Grenadier doesn't open till 7am), so please try to arrive ready to run and fully "relieved"

**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) DOWNTOWN/WEST T.O. \* WEDNESDAYS \* L'ECOLE OUEST TRACK



We meet trackside (northeast corner) of the track in behind **L'Ecole Secondaire Toronto Ouest (West Toronto Collegiate)**. Located on Lansdowne Ave (west side), just north of the tri-intersection of Dundas St. W, College & Lansdowne.

**Parking:** limited trackside parking, and more available on east side of Lansdowne after 6pm, or alongside the school (if space), or 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.

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

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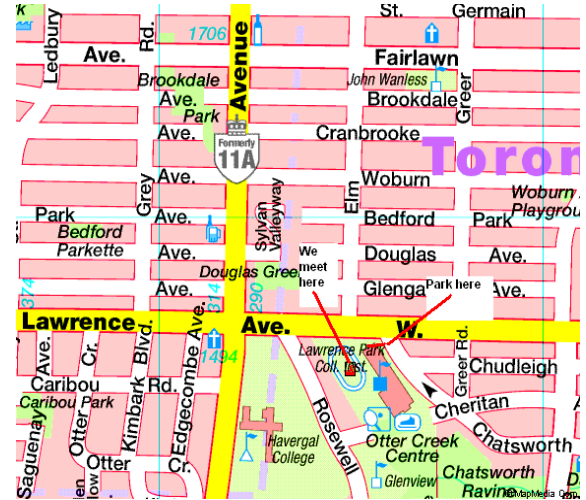
## 4) MIDTOWN TORONTO \* THURSDAYS (6AM) \* LAWRENCE PARK HS

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

**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



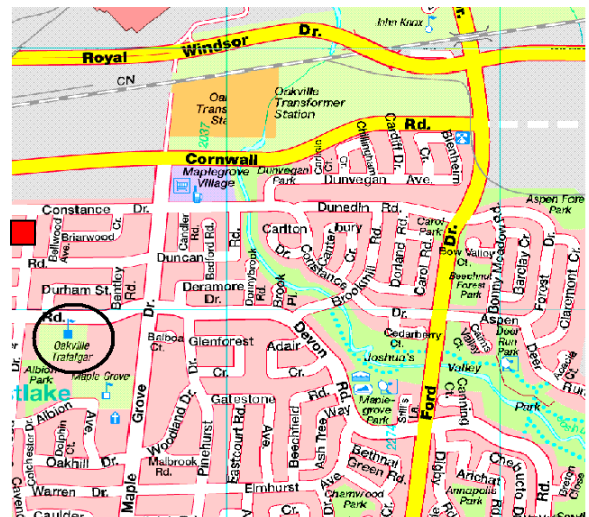
## 5) OAKVILLE \* THURSDAYS \* OAKVILLE TRAFALGAR HS

**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.)**

**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 (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