

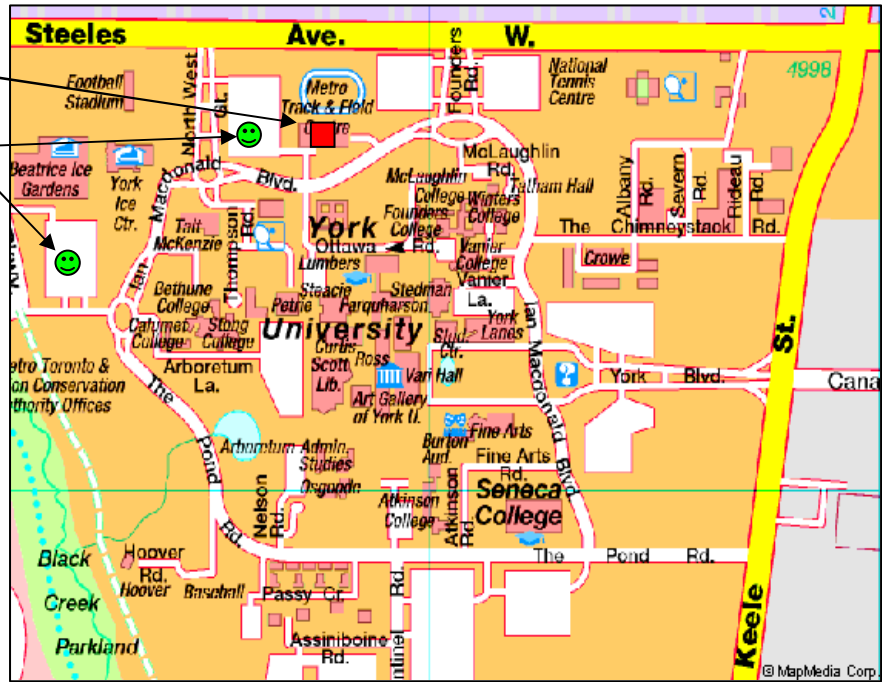
# Marathon Dynamics Winter Coaching Locations – Maps, Directions, Instructions

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) York U Location – 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 to park at Northwest lot beside the track** or if full, park at Ice Gardens lot. **MDI clients can obtain a discounted facility user pass**, good for approx 50% discount off the regular nightly user fee of \$5. Also available are 4 month parking passes for \$75, which can mean almost 50% savings (once per wk) off the regular nightly parking rates (\$6-\$7). **Please ask MDI for more info on how to obtain user &/or parking** (without which reg. Individual rates will apply).

NB - 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 (we usually have a staff member there from 6:15pm onward)



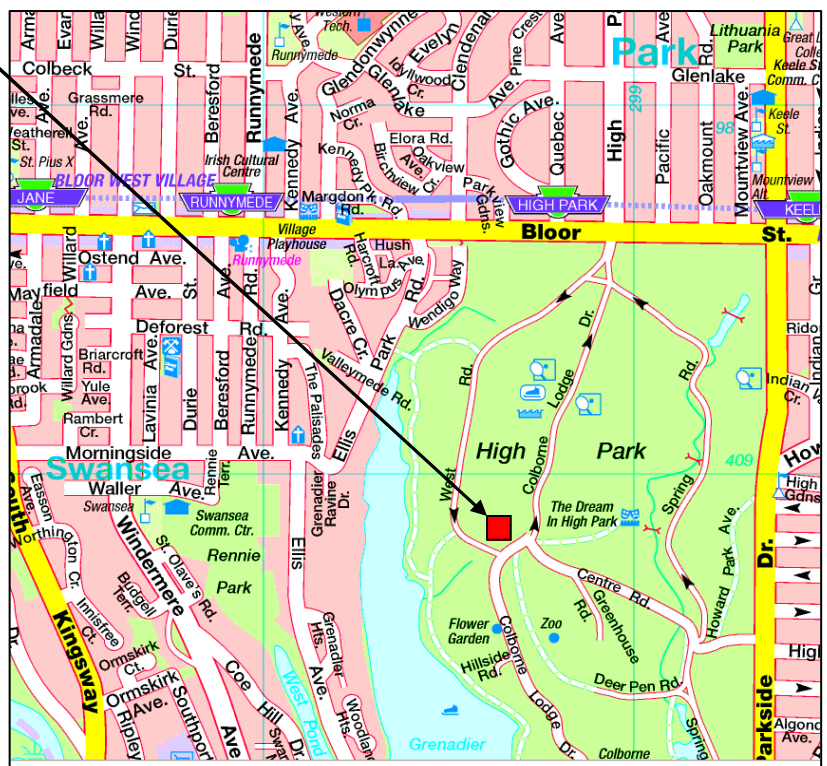
## 2) High Park Location – Wednesdays

We meet inside the **Grenadier Restaurant**, in the center of High Park (if driving, go through the main entrance to High Park, located along Bloor St. W., 1 block west of the Parkside/Keele intersection. Follow the main, one way road (West Rd.) exactly 1km in, to where you should see the Grenadier Restaurant on your left...lots of parking available right there.

Once inside, proceed to the left, around the counter towards the back of the restaurant.

There are washrooms available (you can change there if needed, though still best to arrive ready to run if possible).

We congregate/make announcements from 6:30-6:40pm, and the group warm up starts at 6:40 pm.



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## 3) Midtown Location: Leaside HS – Thursdays



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

If driving, go east from Bayview along 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, and proceed downstairs.

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

If arriving late (after 6:40pm), proceed directly to Sunnybrook Park. From the main entrance on Leslie St, just north of Eglinton (west side), proceed along the main road (stay right!), exactly 1km (check odometer), and park roadside...start your warm up immediately. The group will arrive there between 6:50 and 7pm

## 4) Oakville Winter Location – Thursdays

We meet here at Physical Edge Physiotherapy (581 Argus Rd, west of Trafalgar, north of Cross rd, across from the GO station at Trafalgar) between 6:30-6:40pm. Upon arrival, report to front desk, mention that you're here with the Marathon Dynamics run group, and you'll be ushered to our meeting area within the clinic, where we congregate before leaving for our group run at 6:40pm.

Note: please park in the parking spaces along the side/back of the building rather than out front.

If arriving late (after 6:40pm) proceed directly to Forster Park Dr loop between 6:50-7pm (south side of loop - located here)

NB – washrooms & change rooms available at Physical Edge if req'd, but still best to arrive ready to run.

