0.0	0.0	_	01-1-5-1
0.0	0.0	<b>Q</b>	Start of route
0.0	0.0		L
0.0	0.1		Sharp R
0.1	0.0		L
0.2	0.4		Keep R onto Day Island Road
0.6	0.0		Sharp R onto Day Island Road Path
0.6	0.5		Keep L onto Day Island Road Path
1.1	0.2		Continue onto North Bank Path
1.3	0.2		Keep L
1.5	0.5		R
1.9	0.0		Keep L
1.9	0.1		Continue onto North Bank Path
2.0	0.8		L onto Garden Way Trail
2.8	0.4		Keep R onto Garden Way Trail
3.2	0.1		Slight R onto South Garden Way
3.3	1.3		R onto I-5 Path
4.6	0.5		Continue onto I-5 Path
5.1	0.1		Sharp R onto Old Coburg Road
5.2	0.3		R onto Old Coburg Road
5.5	1.1		L onto North Game Farm Road
6.6	0.8		R onto Coburg Road
7.4	6.1		R onto McKenzie View Drive
13.5	3.8		L onto Hill Road
17.3	0.3		Keep R onto Hill Road
17.6	1.2		Sharp L onto Hill Road
18.8	1.7		Slight R onto Sunderman Road
20.4	0.9		L onto Marcola Road
21.3	1.7		R onto Old Mohawk Road
23.1	1.4		L onto Old Mohawk Road
24.5	0.2		R onto Marcola Road
24.7	1.5		Sharp R onto Hayden Bridge Road

26.3	0.2		R onto Hayden Bridge Road		
26.4	0.3		L onto 20th Street		
26.7	0.6		R onto Yolanda Avenue		
27.2	0.2		L onto Harvest Lane		
27.4	0.0		R onto Hayden Bridge Road		
27.4	0.2		R onto Dumas Drive		
27.7	0.0		R onto Debra Drive		
27.7	0.1		L onto Delrose Drive		
27.8	0.5		R onto McKenzie Crest Drive		
28.3	0.2		L onto 5th Street		
28.5	1.0		Continue onto North 5th Street		
29.5	0.1		R onto Broadway Street		
29.6	0.4		L onto 4th Street		
30.0	0.2		R onto D Street		
30.3	0.1		Continue onto West D Street		
30.4	0.0		Keep L		
30.4	0.0		Sharp R		
30.4	0.2		Slight L onto West D Street		
30.6	0.5		L onto North Bank Path		
31.1	0.2		Keep L onto North Bank Path		
31.3	0.2		L onto North Bank Path		
31.5	0.2		Sharp L onto North Bank Path		
31.7	0.5		Keep R		
32.2	0.2		L		
32.4	0.2		Slight R onto North Bank Path		
32.6	0.5		Keep R onto Day Island Road Path		
33.1	0.1		Sharp R onto Day Island Road Path		
33.1	0.3		Continue onto Day Island Road		
33.5	0.0		Keep L		
33.5	0.1		R		
33.6	0.0		R		
33.6	0.0		L		
33.6	0.0		R		
33.6	0.0		End of route		
8.0 miles +07/_137 feet					