August Run	KM	Mile
Left at the lights out of the parking lot onto North Service Road	0	
Right turn onto King Road	2	1
Right turn onto Mill Street South	. 4.5	2
Left turn onto Dundas Street East (Hwy 5)	0.88	0.5
Left turn onto Howard Blvd	0.77	0.4
Right turn onto Snake Road (4th stop sign, over the bridge)	1	0.6
Right turn onto Old York Road	2	1
Continue over Hwy 6 onto York Road (Bear left)	1.6	
Right turn onto York Road	4.3	. 2
Left turn onto Main Street	2.4	
Right Turn onto Governors Road (Hwy 99) Note: Tim's here if rest stop needed	0.11	0.
Left turn onto Ogilvie Street	0.24	0.
Continue onto Old Ancaster Road (Bear Right)	0.39	0.
Bear left to continue on Old Ancaster Road	1	0.
Turn left at the stop sign for Lions Club Road to stay on Old Dundas Road	1.8	1
Right turn onto McNiven	. 2	1
Left turn on Book Road East	4.6	2
Right turn on Glancaster Road	1.4	0.
Left turn on Dickenson Road West	0.47	0.
Left turn on Glover Road	8.7	5
Right turn on Rymal Road East (Hwy 53)	2.6	1
Left turn on Pritchard Road	0.28	0.:

Right turn on Stone Church Road East	1	0.62
Right turn on Mud Street West	2.1	1.3
Left turn on Upper Centennial Parkway (Hwy 20)	2.3	1.4
Right turn on Ridge Road	1.5	0.9
Right turn into Punch Bowl Market & Bakery if you want to make a quick stop	11	0.62
If you made the above stop, right turn onto Ridge road. If not carry on		
Left turn into Devil's Punchbowl Conservation area if you want to check out the sights	0.3	0.12
If you made the above stop, left turn onto Ridge road. If not carry on	****	
Careful right at the stopsign where Ridge and Mountain meet to stay on Ridge Road	1.1	0.68
Left turn onto Fifty Road	8.1	5
Left turn on Highway 8	2.3	1.4
Left turn on Dewitt Road	6.1	3.8
Right turn on Ridge Road	1.4	0.87
Bear right to take New Mountain Road	1.8	1.1
Right on King Street	1.1	0.68
Left onto Gray Road	0.57	0.35
Right on Barton St	1.7	1
Right on Glover Road	5.2	3.2
Left onto Highway 8	0.83	0.52
Left into The Innsville	1.8	1.1