

WINDING LANE

**START**

ASH LANE

NCC DRIVEWAY

**5**

**FINISH**

**1**

**4**

COW LANE

MORNINGSIDE LANE

PRINCE OF WALES DRIVE

**2**

ASH LANE

**3**



RUN TO  
**EMPOWER**

featuring

**OTTAWA'S FASTEST WOMEN 5K**

+ RUN TO EMPOWER OPEN 5K

PRESENTED BY RUN OTTAWA