

World Alzheimer's Day Run

The Itinerary September 18, 2010

Stop 1 5:30am 10km Woodslee Credit Union

Starting in Downtown Essex at the Woodslee Credit Union. Caravan to line up on Talbot Street. Blessing. East bound up to Fairview left, northerly then east bound on CR#8 until CR#27 and stopping at the grave yard on the east side of the road. **10km**

Stop 2 6:45am 9.5km The Cemetery

Leaving the Cemetery north bound on CR#27(Belle River Road) to Richard's Car lot (now a vacant lot) on the west side of CR#27. **19.5km**

Stop 3 8:00am 12km The Car Lot (Richards)

Leaving Richard's Car lot going north bound on CR#27 until we hit downtown Belle River/Lakeshore and taking a left going west bound on CR#22 and stopping at Centennial Park on the south side of CR#22 before Puce. **31.5km** (detours)

Stop 4 9:30am 11km Centennial Park

Leaving Centennial Park going west bound on CR#22 and taking a right at Lakeshore Drive and then another right into the Indigo/Lakeshore Cinema parking lot. **42.5km** (detours)

Stop 5 10:45am 12km Indigo Parking lot west side

Exit onto Amy Croft West bound and then a right, north bound onto Manning Road. Manning Road N to Riverside Drive and then left west bound onto Riverside Drive almost to Pillette enter into the Sunrise retirement parking lot, Lunch Break for everyone. **54.5km**

Stop 6 12:30pm 5km Sunrise Retirement Home(Lunch)

Exit the Park parking lot going west bound on Riverside Drive to the front of the Art Gallery on Riverside Dr, park in front on the north side. **59.5km**

Stop 7 1:15pm 9km Downtown Windsor Art Gallery

Start down riverside drive westbound to Prince Road left, proceed southbound on Prince to Tecumseh Road/Matchette. Take a right going southbound on Matchette to the Ojibway Nature Reserve. **68.5km**

Stop 8 2:45pm 9km Ojibway Nature Reserve

Exit the Ojibway Nature Reserve going south on Matchette Rd to Sprucewood. Take a left going east bound on Sprucewood to Malden Road. Malden take a right going south bound. When you reach the river canard bridge in front on the church take a left and an immediate right into the parking lot outside of St Joseph's Church. 77.5 km

Stop 9 4:00pm 9km St Joseph's Church lot

Go back over the bridge and take a left westbound onto Malden Road to the lights CR#22, take a left. Proceed south onto CR#22 over the River Canard Bridge to the old Anderdon Tavern Property at ### CR#22. 86.5km

Stop 10 5:15 5km former Anderdon Tavern Lot

Leave the former Anderdon Tavern and proceed south bound down CR#22 into Amherstburg, take a right into The Wal Mart parking lot and stop on the side of the lifestyles gym. 91.5km

Stop 11 6:00 7km Lifestyles Gym/Walmart

Loop out and back out of the Walmart parking lot, go through downtown A'burg to Texas Road and run to the Verdi club. Proceed to the back of the Verdi for the finish line. 99km

Stop 12 6:45 Verdi Club Finish line. The MC can say a couple of words and the runners can go get massages and full runners and crew can wash up and come back for the dinner.

5Km Run/Walk

Start: 5:00pm Verdi Club Pavillion. From Pavillion turn right at Texas Road to Thomas Rd CR 5 Turn back towards Verdi Club continue to Front Rd/CR 20 turn and head back to the Verdi Club Pavillion. Estimated Distance 5Km.

Pasta Dinner: 6:00pm to 9:00pm