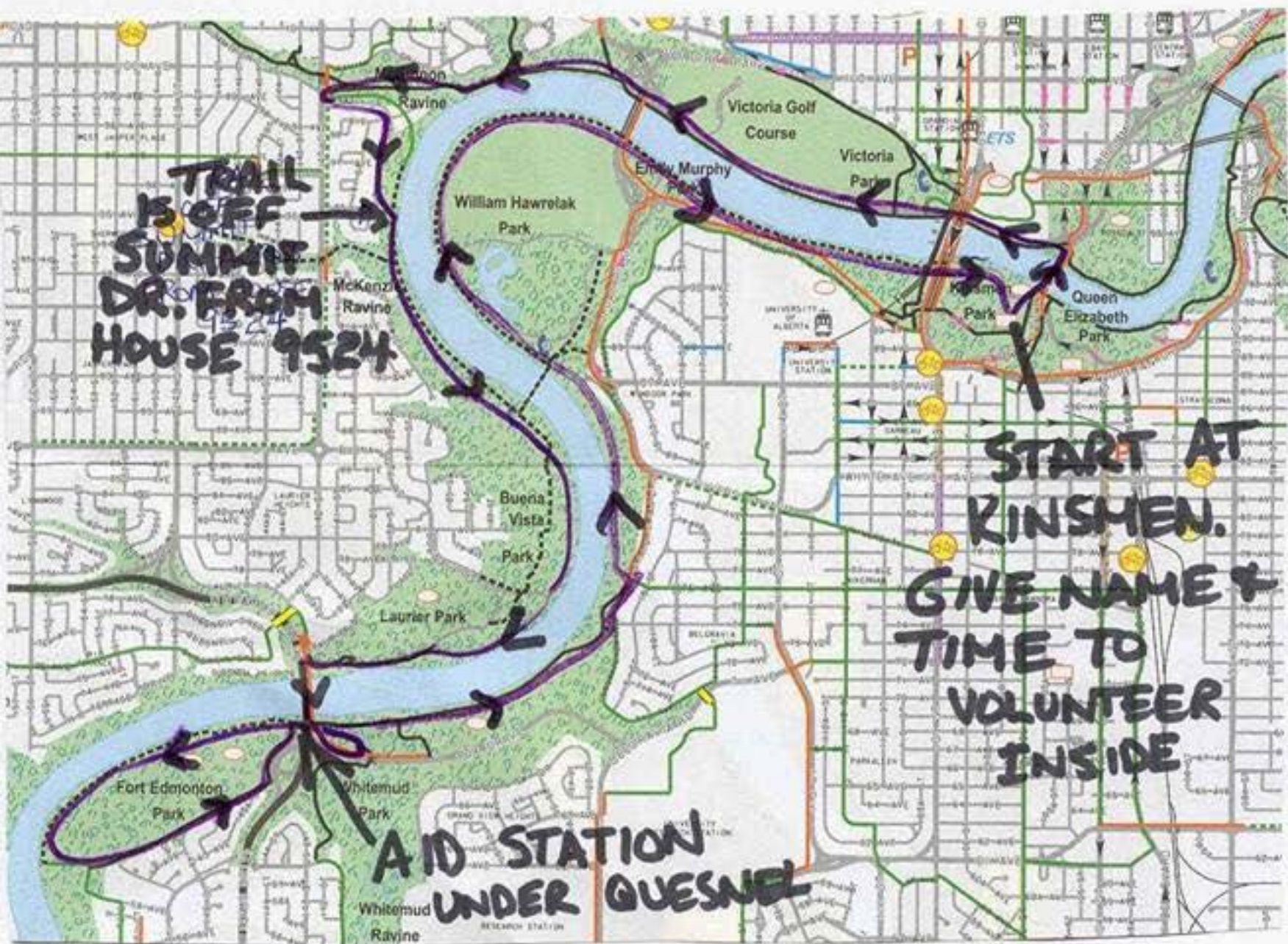


Fat Ass/Half Ass Route Map



Give your name and distance to the volunteer sitting in the entrance of Kinsmen Field House. Leave Kinsmen to the right and cross Walterdale Bridge on the west side. Turn left (west) at River Valley Road and go straight under Groat Road Bridge and follow McKinnon Ravine trail all the way to first bridge which is 142nd Street. Go up hill to the left, before bridge, to Summit Drive and turn left on Summit. Follow this road until you get to the house 9524 Summit Drive. The trail head is directly across and follow it down until you get to the bottom and then turn right. Follow the trail closest to the river all the way to Quesnel Bridge. Cross Quesnel Bridge and follow the path to the first lights and turn left into Fort Edmonton. Follow road and first aid station is underneath the bridge. Thank the volunteer(s). Go to the right and take the first path down by the river. This will bring you all the way around Fort Edmonton. Once you get to a road, run another 300 metres and turn left into the John Jantzen Nature trail. Follow this path all the way until you get back underneath the Quesnel Bridge to the aid station. Follow bike path and cross Whitemud Creek and go straight onto Keillor Road and follow until the end which goes in switchbacks to Saskatchewan Drive. Follow the paved path north until just before 76th Avenue and take the dirt trail that goes down to the left. Follow it until Hawrelak Park. Follow the outer trail around Hawrelak, go under Groat Road Bridge and go straight through Emily Murphy Park, staying on the main path to the left of the parking lot and road. Follow the path until you get to Kinsmen Field House and check in with the volunteer. We don't want to be searching for you. Do it once you are a Half Ass, do it twice and you are a Fat Ass.