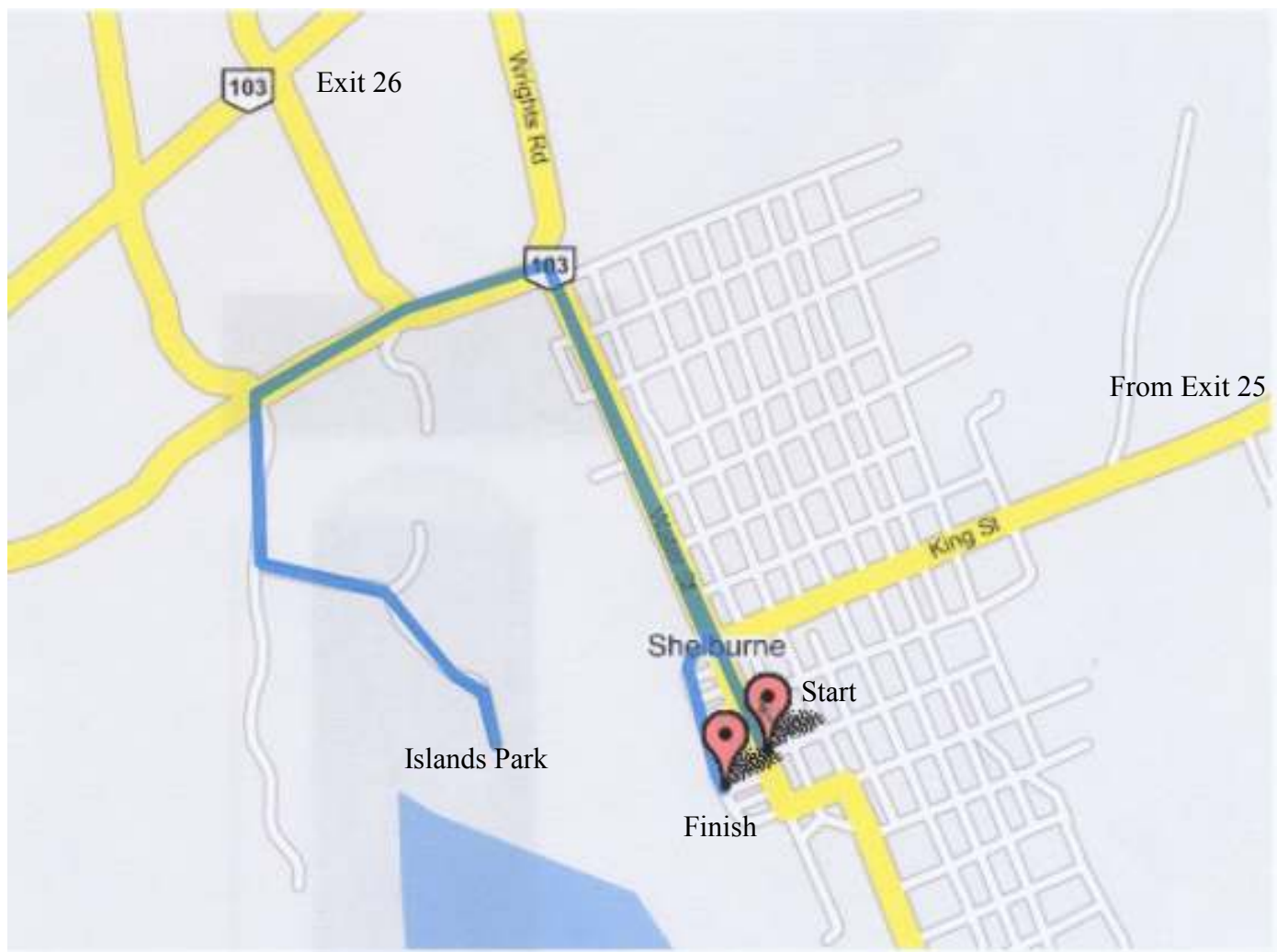


Loyalist Five Mile Road Race Shelburne, Nova Scotia

Route Map



Course Description

The race will start at 9:30 am at the corner of Anne and Water Streets.

This has been a new start location since 2006!

The race will proceed along Water Street for approximately one mile. Upon reaching the corner of Water Street & Falls Lane, runners will turn left on to Falls Lane and continue to the Islands Park Road. The road is followed to the Park entrance. Runners then turn right to enter the Park and then run to the Picnic Park, around a short loop, and back to town. The race takes the same route back to town. At the base of King Street, turn right and proceed down along Dock Street, the finish is on Dock Street, at the foot of Ann Street and just in front of the Fisherman's Memorial. The course is basically flat, with a few gradual inclines and short hills. Most of the race is run on paved secondary highway with a short section - the loop around the picnic park - on gravel. There are spotters on all major corners. There is a water station at the halfway point, and additional stations may be added depending on weather conditions. Times will be given at one mile. Hot showers are available at the Shelburne Harbour Yacht Club a short walk from the finish.