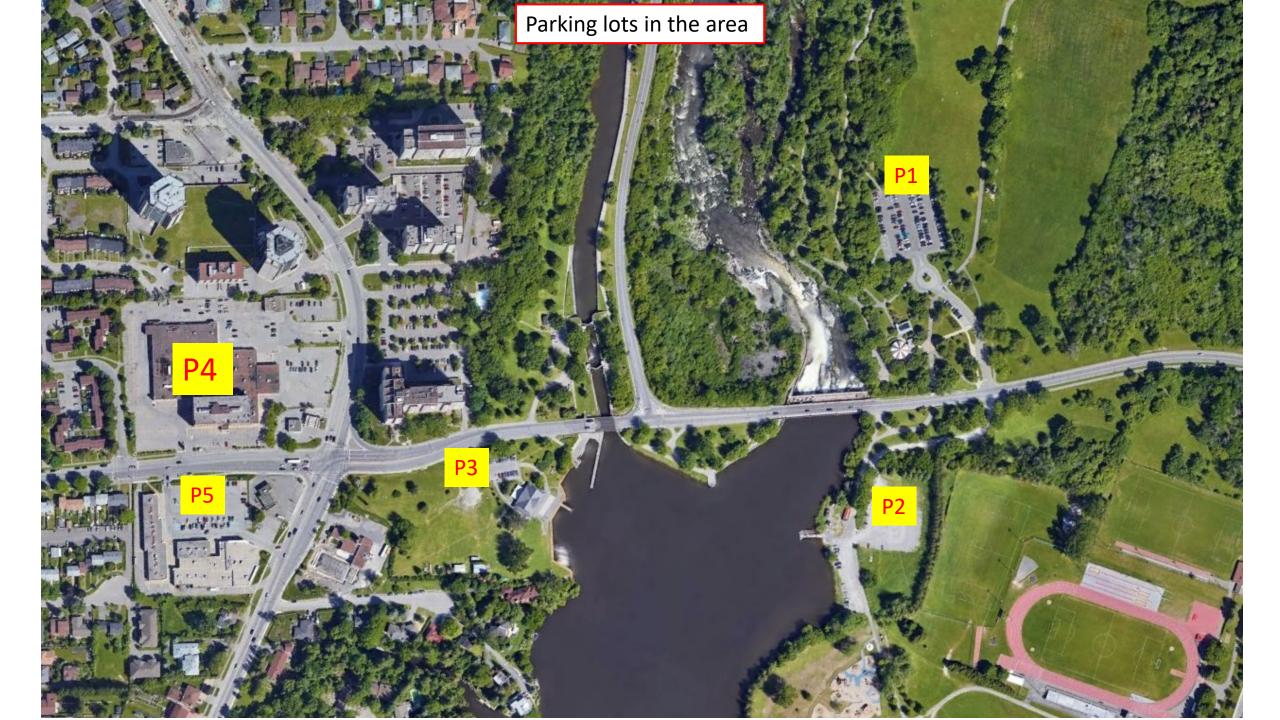
Ottawa Run For Palestine 2023

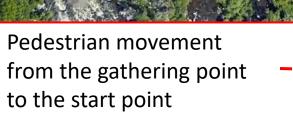
Colonel By Drive from Hog's Back Road to Clegg Street

 Registration:
 9:00 am - 11:00 am

 Run / Walk:
 11:30 am - 1:00 pm

 Award ceremony:
 1:30 pm to 4:00 pm





Race start point

Rideau Canal, Locks 11-12 - Hogs Back

Underpass

Gathering point



Runners will have to return to the start line once they finish half the distance.

If you are running the 2KM, return at the 1KM mark. If you are running the 5KM, return at the 2.5KM mark. If you are running the 10KM, return at the 5KM mark.

There will be signs along the road letting you know when to return. The return points are outlined below If you signed up for the 2KM, please return at this point

(Canal Eastern Pathway

RideauCanallEasternPath

Colonel By Dr

Rd

University of

Colonel By Dr

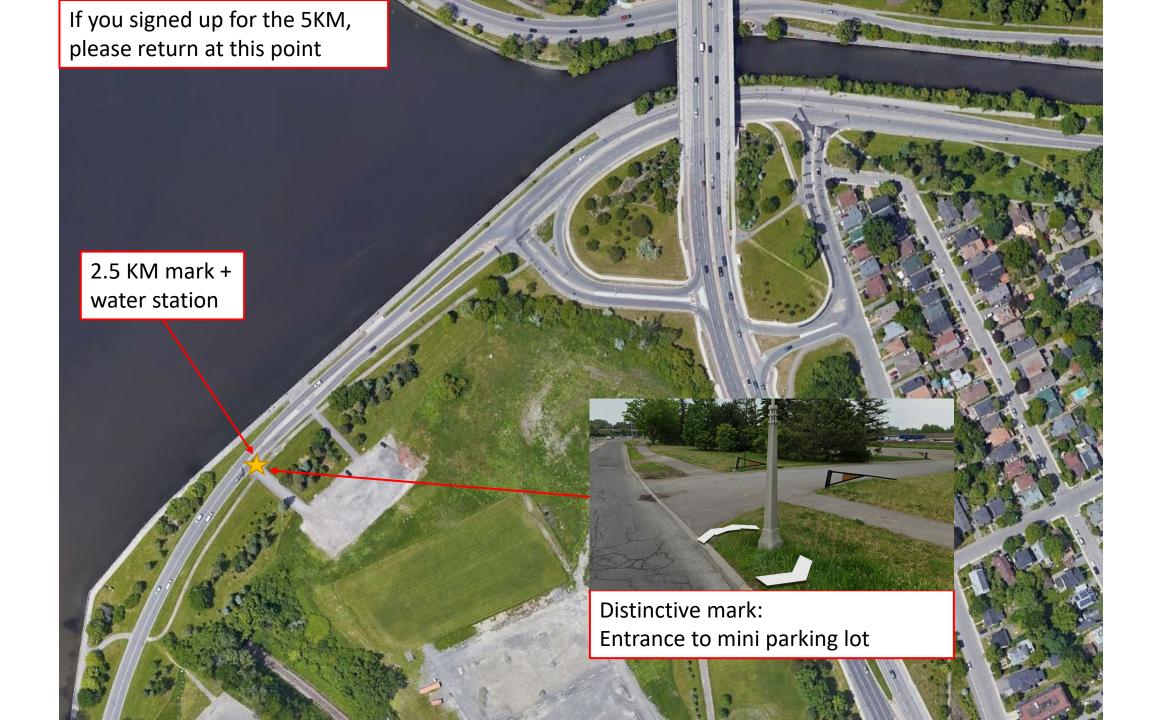
RideaulcanaliEast

anyRd

1 KM mark + water station Distinctive mark:

The traffic signal at Carleton University entrance

eau River



If you signed up for the 10 KM, please return at this point

Distinctive mark: The bike crossing sign

Color

11.1 10-1

5 KM mark + water station

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