

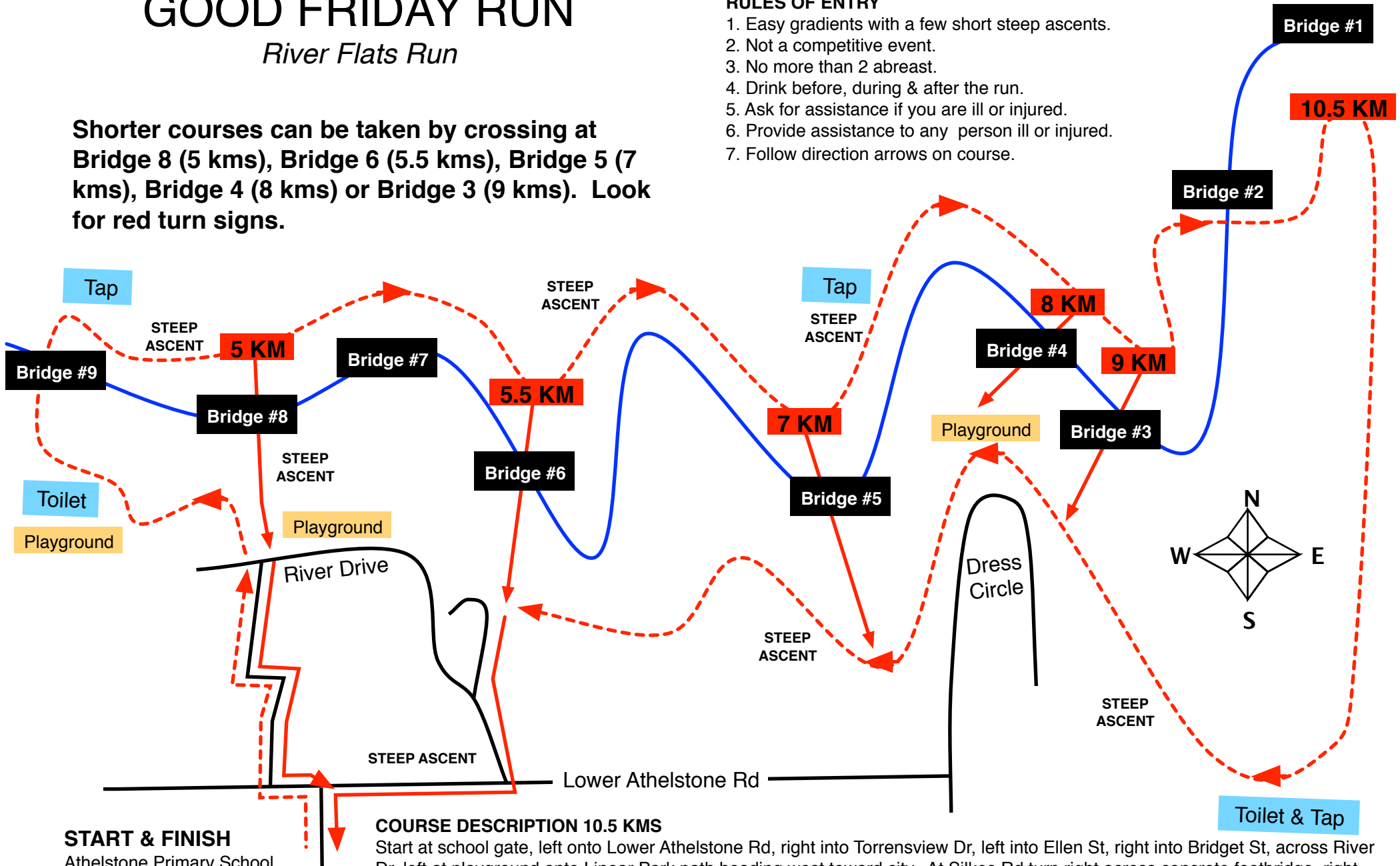
# GOOD FRIDAY RUN

## River Flats Run

Shorter courses can be taken by crossing at Bridge 8 (5 kms), Bridge 6 (5.5 kms), Bridge 5 (7 kms), Bridge 4 (8 kms) or Bridge 3 (9 kms). Look for red turn signs.

### RULES OF ENTRY

1. Easy gradients with a few short steep ascents.
2. Not a competitive event.
3. No more than 2 abreast.
4. Drink before, during & after the run.
5. Ask for assistance if you are ill or injured.
6. Provide assistance to any person ill or injured.
7. Follow direction arrows on course.



### START & FINISH

Athelstone Primary School  
Brookside Road, Athelstone  
Start 8 am - free entry  
Hot cross buns & raffle prizes

### COURSE DESCRIPTION 10.5 KMS

Start at school gate, left onto Lower Athelstone Rd, right into Torrensvie Dr, left into Ellen St, right into Bridget St, across River Dr, left at playground onto Linear Park path heading west toward city. At Silkes Rd turn right across concrete footbridge, right along Linear Park path and continue along northern side of river to Bridge 2. Turn right across river and right at intersection of paths. Follow the path past playground on The Dress Circle to the large metal box just before Bridge 6 and turn left into Berry Fry Ave. Turn left into River Dr, right into Lower Athelstone Rd and left to finish in Brookside Rd.