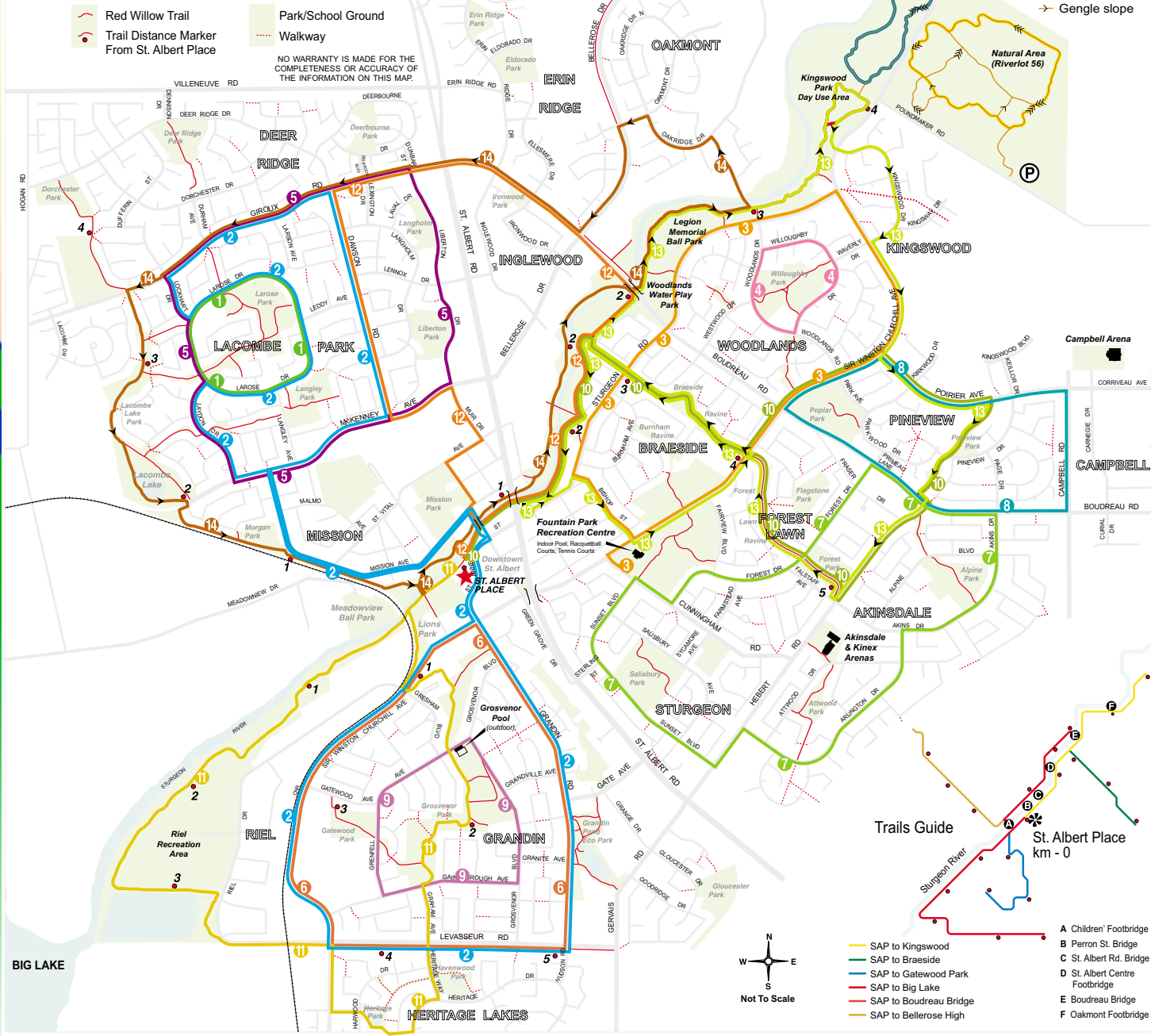


St. Albert Trail System



Selected Route Distances

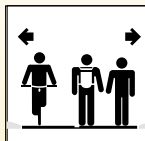
Route	Distance	Description
1	2.1 km	Larose Drive
2	16.0 km	10 mile Road Race
3	6.3 km	FRPC-Woodlands-Sturgeon
4	1.6 km	Woodlands-Willoughby
5	5.5 km	Giroux-Liberton-McKenney-Laydon
6	5.6 km	Sir Winston-Levasseur-Grandin
7	6.6 km	Sunset-Arlington-Akins-Boudreau-Forest
8	4.2 km	Poirier-Campbell-Boudreau-Sir Winston
9	2.9 km	Grenfell-Grosvenor-Gainsborough
10	9.7 km	St. Albert Place-Braeside Ravine-Pineview
11	8.6 km	St. Albert Place-Grandin-Heritage Lakes-Trails
12	6.8 km	St. Albert Place-Trails-Boudreau-Giroux-Dawson-McKenney-return to St. Albert Place
13	11.7 km	St. Albert Place-Trails to Kingswood-Sir Winston-Poirier-Ravine-return to St. Albert Place
14	11.0 km	St. Albert Place-Trails to Oakmont footbridge-Oakridge-Boudreau-Giroux-Lacombe Lake-return to St. Albert Place

Times

Time required for an "average" person doing that activity. If you go faster or slower, adjust your time accordingly.

Activity	Mins per km	Mins per mile	Kms per hour	Miles per hour
Walking	12	20	5	3
Running	6	10	10	6
In-line skating	3	5	20	12
Cycling	3	5	20	12

Trail Etiquette



Share the trail

The trails in St. Albert are for the enjoyment of all who use them. However, respect for other users and a recognition of their needs as well as your own will lead to a greater enjoyment of the facilities we have.



Warn others when passing

Stay to the right. If you're on a bike, ring your bell well in advance of reaching people that you plan to pass. If you're on in-line skates, slow down and consider carrying a whistle to warn of your presence.



Leash your dog

In designated On Leash areas, all dogs must be kept on a leash and under complete control of their handlers. These areas include all Red Willow Park trails, (including one metre on either side of the improved surface), School Grounds and Tot Lots, and all other spaces marked as On Leash Areas.



Respect the needs of others

Some sections of the trails are used by X-country skiers, please respect the set tracks and don't walk in them.

Safety



Wear a helmet

Cyclists and in-line skaters, wear a helmet. Whether you're out for a leisurely walk, skiing in mid-winter or training for a marathon, be safe.



Hydrate

Plan to carry water with you or stop at locations that have drinking water.



Emergency

RCMP / EMS-911

Sturgeon Community Hospital & Health Care-460-6200

St. Albert 10 Mile Road Race

Join us every April for the first big running event of the season



Activities

For further information, please phone The City of St. Albert at 459-1500.

Group	Event	When
St. Albert Roadrunners and Triathlon Club P.O. Box 17, St. Albert T8N 1N2 http://members.home.net/starrt/	10-Mile Road Race	2nd or 3rd week of April
	Triathlon	August
	Kids of Steel Triathlon	June
St. Albert Nordic Ski Club P.O. Box 184, 3-11 Bellerose Drive T8N 5C9	Cross Country Ski Loppet	February
St. Albert Trekkers Volkspport Club P.O. Box 216, 3-11 Bellerose Drive T8N 5C9	Walks	Throughout the year

St. Albert Running Routes



THE CITY OF
St. Albert