



ride don't hide



Canadian Mental Health Association
Windsor-Essex County
Empowering transitions to wellness.

2019 RIDE DON'T HIDE RIDE ROUTES

10K ROUTE • Head west on Riverside Dr, turn right onto Riverfront Trail, continue until turnaround at base of Ambassador Bridge

20K ROUTE • (Continuing from 10K) Turn right (W) onto Riverside Dr W, continue onto Sandwich St, turn right onto Chewett St, Chewett St turns left into Russell St, make slight right onto Detroit/Russell St, continue on Russell St, turn left onto Watkins St, turn right onto Sandwich St, turn left onto Prince Rd, turn right onto Carmichael Rd, continue around Mic Mac Park to turnaround at park entrance at Matchette Rd.

50K ROUTE • (Continuing from 20K) Turn right on Matchette Rd, turn left on Laurier Dr, Laurier Dr continues into Laurier Pkwy - **please use bike paths when available**, enter roundabout and continue on Laurier Pkwy, at Howard Ave continue straight onto S Talbot Rd until turnaround at 3308 S Talbot Rd., (Chrysler Greenway Crossing)

100K ROUTE • (Continuing from 50K) Continue on S Talbot Rd, S Talbot Rd jogs left, then right at Manning Rd, continue on S Talbot Rd, at CR 8 continue straight onto Pinkerton Rd, turn right onto N Malden Rd, turn left onto Mole Side Rd, turn right onto Malden Rd/Gesto Rd until the 100K turnaround at 2100 Malden Rd (Sutton Creek Golf Course).

