

NEWFOUNDLAND

St. John's

May 14

5:00 am start !
6:00 pm finish !

Day 4- 80 kms,
320 kms total so far !

It is an early start for the runners in Newfoundland as the runners will set out around 5 am from Cape Spear National Historic Site, home to the oldest surviving lighthouse in Newfoundland and Labrador and the most easterly point in North America. At this time of year, the runners may be lucky enough to see icebergs floating in the icy waters of the Atlantic Ocean. The route heads north along the rugged coastline of the scenic East Coast Trail for the first 15 km, retracing the route that Ray previously conquered on his expedition last year covering all three coasts. The route then progresses through the tiny community of Blackhead, arriving at Fort Amherst at the mouth of St. John's Harbor.

The runners will continue around the harbor towards the heart of downtown St. John's, the oldest city in North America, where many explorers, merchants and mariners have taken shelter over hundreds of years. As the runners proceed along Water St., they will make a quick stop at a local coffee shop for a snack, each one of them hoping for something tastier than a salted cod! Members from the local running community will eagerly join in on the run from here for a short segment of the route around Quidi Vidi Lake.

From this point, the next stop on the route is the Confederation Building where the team will meet with Danny Williams, Newfoundland and Labrador's Premier, who shares Ray's passion and dedication to the campaign. Danny's quick wit and engaging personality have made him a popular figure on *This Hour Has 22 Minutes* and *The Rick Mercer Report*, and he will undoubtedly be able to re-energize the runners for the next leg of the journey.

The route continues past Memorial University of Newfoundland and heads west towards the town of Paradise and then north along St. Thomas Line. The team will stop at the 48 km mark at Holy Family Elementary School to meet with some local children. Ray will show some video clips from his adventure running across the Sahara and deliver an engaging presentation on how fortunate we are as Canadians to be living in such an amazing and prosperous country.

After this short break, the runner will travel north along the west coast of the Avalon Peninsula, one of the first European inhabited areas in North America. Once reaching Portugal Cove at the 60 km mark, the route veers northeast to the town of Torbay, located back on the east coast of the Avalon. From Torbay, the runners turn south back towards the city of St. Johns, ending the run at the St. John's airport just in time for the flight to Halifax at 7 pm.

