



ride don't hide



Canadian Mental
Health Association
Windsor-Essex County

Community well-being is our sole focus.

2022 RIDE DON'T HIDE WALK / RUN ROUTES

5K ROUTE • Starting at the Children's Aid Society parking lot, cross Riverside Drive to the Riverfront Trail and head west, continue until turnaround at base of Bruce Ave.

10K ROUTE • Starting at the Children's Aid Society parking lot, cross Riverside Drive to the Riverfront Trail and head west, continue until turnaround at base of the Ambassador Bridge.

