Journal of Athletic Training Special Issue

The Northern Ontario Trail

Date	1 day
Start	Tim Hortons, Sault Ste. Marie, Ontario, Canada
Finish	Tim Hortons, Sault Ste. Marie, Ontario, Canada
Distance	1,000 km (621 mi)
Elevation	12,000 m (39,400 ft)
Weather	Cloudy, 20 °C (68 °F)
Trail	Mixed: Gravel, Dirt, Pavement, Boardwalk, Sand

Trail notes: Trail is mostly on rough roads, rocky and sandy trail, and boardwalk. Trail is well marked with signs and blazes. Trail is well maintained except for the sand trail. Trail is very remote and there are long stretches between services. Trail is very remote and there are long stretches between services.

Author: Jeffrey Ward, Ph.D., ATC, Athletic Trainer, Ontario, Canada

Warm-Up

Time	Distance	Trail	Notes
0:00	0.00	Start	Start at Tim Hortons, right on Queen Ave.
0:49	0.49	90° L Pavement	Turn left at Gilles.
1:32	1.32	90° R Pavement	Turn right at Bay.
1:62	1.62	90° L Pavement	Turn left at Pim.
3:19	3.19	90° R Pavement	Turn right at Trunk.
4:25	4.25	90° L Pavement	Turn left at Bruce.
7:01	7.01	90° R Pavement	Turn right at Wellington.
8:00	8.00	90° L Pavement	Turn left at Gore. Gore becomes Wallace. Stay on Wallace.
8:89	8.89	90° R Pavement	Wallace ends. Turn right at Leitch.
9:57	9.57	90° L Pavement	Turn left at Queen.
6:46	6.46	90° R Pavement	Turn right at Northern Avenue.
7:12	7.12	90° L Pavement	Turn left at Lake Ave.
9:55	9.55	90° R Pavement	Turn right at Second Line.
10:10	10.10	90° L Pavement	Turn left at Leitch.
10:50	10.50	90° R Pavement	Turn right at Trunk.
10:59	10.59	90° L Pavement	Turn left at Bay.
11:00	11.00	90° R Pavement	Turn right at Queen.
11:54	11.54	90° L Pavement	Turn left at Pim.
11:89	11.89	90° R Pavement	Turn right at Gilles.
0:13	0.13	90° L Pavement	Turn left at Church St.
0:55	0.55	90° R Pavement	Turn right at Church St.
5:47	5.47	90° L Pavement	Turn left at Bruce.
6:23	6.23	90° R Pavement	Turn right at Trunk.
7:24	7.24	90° L Pavement	Turn left at Queen.
10:60	10.60	90° R Pavement	Turn right at Gore.
13:41	13.41	90° L Pavement	Turn left at Wellington.
14:91	14.91	90° R Pavement	Turn right at Trunk. Trunk becomes Pim.
17:56	17.56	90° L Pavement	Turn left at Bay.
19:70	19.70	90° R Pavement	Turn right at Queen.
21:68	21.68	90° L Pavement	Turn left at Pim.
24:64	24.64	90° R Pavement	Turn right at Gilles.
25:01	25.01	90° L Pavement	Turn left at Queen.
29:45	29.45	90° R Pavement	Turn right at Bay.
32:65	32.65	90° L Pavement	Turn left at Trunk.
37:67	37.67	90° R Pavement	Turn right at Pim. Pim becomes Bruce.
42:67	42.67	90° L Pavement	Turn left at Wellington.
42:97	42.97	90° R Pavement	Turn right at Gore.
43:19	43.19	90° L Pavement	Turn left at Queen.
43:19	43.19	90° R Pavement	Turn right at Bay.
0:00	0.00	Start	Start at Bay and Queen.
1:07	1.07	90° L Pavement	Turn left at Bay.
2:61	2.61	90° R Pavement	Turn right at Second Line.
5:13	5.13	90° L Pavement	Turn left at Leitch. Leitch becomes Lake Ave.
10:87	10.87	90° R Pavement	Turn right at Trunk.
14:11	14.11	90° L Pavement	Turn left at Queen.
15:47	15.47	90° R Pavement	Turn right at Gilles.
14:69	14.69	90° L Pavement	Turn left at Bay.
5:12	5.12	90° R Pavement	Turn right at Queen.
6:72	6.72	90° L Pavement	Turn left at Lake Ave.
9:44	9.44	90° R Pavement	Turn right at Leitch.
10:60	10.60	90° L Pavement	Turn left at Queen.
13:41	13.41	90° R Pavement	Turn right at Wellington.
14:69	14.69	90° L Pavement	Turn left at Trunk.
1:09	1.09	90° R Pavement	Turn right at Church St.
4:63	4.63	90° L Pavement	Turn left at Queen.
5:10	5.10	90° R Pavement	Turn right at Bay.
7:68	7.68	90° L Pavement	Turn left at Trunk. Trunk becomes Pim.
8:28	8.28	90° R Pavement	Turn right at Gilles.
9:45	9.45	90° L Pavement	Turn left at Bay.
11:20	11.20	90° R Pavement	Turn right at Wellington.
12:86	12.86	90° L Pavement	Turn left at Bruce.
0:14	0.14	90° R Pavement	Turn right at Church.
7:20	7.20	90° L Pavement	Turn left at Queen.
8:00	8.00	90° R Pavement	Turn right at Gilles.
8:56	8.56	90° L Pavement	Turn left at Bay.
11:45	11.45	90° R Pavement	Turn right at Trunk.
11:93	11.93	90° L Pavement	Turn left at Queen.
15:47	15.47	90° R Pavement	Turn right at Gilles.
16:93	16.93	90° L Pavement	Turn left at Bay.
20:60	20.60	90° R Pavement	Turn right at Trunk.
0:13	0.13	90° L Pavement	Turn left at Church.
5:43	5.43	90° R Pavement	Turn right at Queen.
7:99	7.99	90° L Pavement	Turn left at Bay.
8:57	8.57	90° R Pavement	Turn right at Queen.
10:77	10.77	90° L Pavement	Turn left at Gilles.
11:51	11.51	90° R Pavement	Turn right at Trunk.
12:76	12.76	90° L Pavement	Turn left at Queen.
15:06	15.06	90° R Pavement	Turn right at Gilles.
16:62	16.62	90° L Pavement	Turn left at Bay.
16:86	16.86	90° R Pavement	Turn right at Trunk.
18:08	18.08	90° L Pavement	Turn left at Queen.
18:45	18.45	90° R Pavement	Turn right at Gilles.
23:14	23.14	90° L Pavement	Turn left at Bay.
19:33	19.33	90° R Pavement	Turn right at Trunk.
24:78	24.78	90° L Pavement	Turn left at Queen.
25:64	25.64	90° R Pavement	Turn right at Gilles.
4:16	4.16	90° L Pavement	Turn left at Bay.
5:09	5.09	90° R Pavement	Turn right at Trunk.
11:30	11.30	90° L Pavement	Turn left at Queen.
12:31	12.31	90° R Pavement	Turn right at Gilles.
14:20	14.20	90° L Pavement	Turn left at Bay.
15:24	15.24	90° R Pavement	Turn right at Trunk.
16:77	16.77	90° L Pavement	Turn left at Queen.
18:52	18.52	90° R Pavement	Turn right at Gilles.
24:63	24.63	90° L Pavement	Turn left at Bay.
24:94	24.94	90° R Pavement	Turn right at Trunk.
24:99	24.99	90° L Pavement	Turn left at Queen.
0:54	0.54	90° R Pavement	Turn right at Gilles.
0:99	0.99	90° L Pavement	Turn left at Bay.
3:03	3.03	90° R Pavement	Turn right at Trunk.
4:87	4.87	90° L Pavement	Turn left at Queen.
6:29	6.29	90° R Pavement	Turn right at Gilles.
8:15	8.15	90° L Pavement	Turn left at Bay.
9:55	9.55	90° R Pavement	Turn right at Trunk.
10:22	10.22	90° L Pavement	Turn left at Queen.
2:31	2.31	90° R Pavement	Turn right at Gilles.
3:41	3.41	90° L Pavement	Turn left at Bay.
3:37	3.37	90° R Pavement	Turn right at Trunk.
4:49	4.49	90° L Pavement	Turn left at Queen.
5:70	5.70	90° R Pavement	Turn right at Gilles.
6:64	6.64	90° L Pavement	Turn left at Bay.
6:70	6.70	90° R Pavement	Turn right at Trunk.
7:65	7.65	90° L Pavement	Turn left at Queen.
11:09	11.09	90° R Pavement	Turn right at Gilles.
14:89	14.89	90° L Pavement	Turn left at Bay.
15:95	15.95	90° R Pavement	Turn right at Trunk.
0:00	0.00	Start	Start at Trunk and Queen.
0:39	0.39	90° L Pavement	Turn left at Queen.
1:66	1.66	90° R Pavement	Turn right at Gilles.
3:04	3.04	90° L Pavement	Turn left at Bay.
5:24	5.24	90° R Pavement	Turn right at Trunk.
7:38	7.38	90° L Pavement	Turn left at Queen.
8:64	8.64	90° R Pavement	Turn right at Gilles.
8:85	8.85	90° L Pavement	Turn left at Bay.
1:19	1.19	90° R Pavement	Turn right at Trunk.
2:08	2.08	90° L Pavement	Turn left at Queen.
2:47	2.47	90° R Pavement	Turn right at Gilles. Gilles becomes Wallace. Stay on Wallace.