



2026 RHS Mill Creek Cross Country

5 km race • Wednesday, October 7, 2026

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Location: Mill Creek Nature Park, 300 Robertson Road, Riverview

Start and finish: Near the trailhead closest to the Riverview operations centre.

Race day schedule

Time	Activity
4:00–4:30 p.m.	Registration
4:30 p.m.	Course preview for all runners
5:30 p.m.	5 km race begins

Registration and course

Registration is free. The 5 km course follows a lollipop layout: run out to the loop, complete two loops, then return to the finish. See the course information and map on the next page.

Timing and finish procedure

1. Cross the finish line and remain in finishing order while waiting to receive your sticky note.
2. Give your sticky note directly to your coach as soon as possible after finishing.
3. Coaches collect their athletes' sticky notes, complete their team results sheets, and return the completed sheets to the timing table as soon as the race is completed.

A printable coach results sheet is included. Athletes should attend the course preview and know where to meet their coach after finishing.



5 km course information

Start near the trailhead closest to the Riverview operations centre. Lollipop course. Run out to the loop, complete two loops, and return to the finish. The full race distance is 5 km, including the outbound and return sections.

Black arrows – out to and including the first loop.

Blue arrows – second loop and back to start (finish)

