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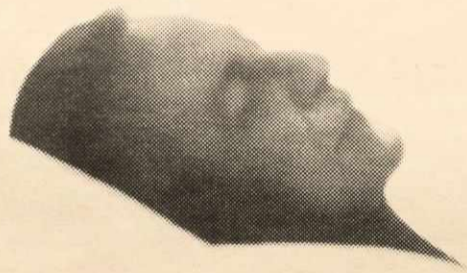
9" Pizza including
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6112 Quinpool Road
 (Student I. D. Required)

BARRIE DUNN

A FILM BY KEN PITTMAN

BRYAN HENNESSEY



NO APOLOGIES

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Running the back alleys

BY ALEXANDER BOSTON

METRO HALIFAX is no heaven for runners, but it is a good marathon away from hell. Although city planners didn't have the foresight to leave paths for biking, running and walking, several semi-natural havens have been conserved for fitness freaks.

Point Pleasant Park is the closest and has decent access from Dalplex. Come out of the parking lot and head left down South towards Oxford. (If you have a map, maybe grab it). At Connaught and South, right where Sheriff Hall is, take another left and stride down Beaufort almost to the end.

Here a Dal Tiger secret little shortcut meanders through some very wealthy estates - mostly of Dal faculty and administrators. Take a right off Beaufort across the Winwick Rd. bridge. At the fork, take a left and you'll hit a 25 foot long trail that takes you across to some big gates on Francklyn St. which runs right into Point Pleasant Park. One cautionary note is to avoid being impressed by the conspicuous consumption.

Point Pleasant has a good 20 km of interconnected paths that weave you in and about eroding military structures (the best kind). The anchor of HMCS Bonaventure, Canada's only aircraft carrier also rests here. The ship was sold to Japan to make Hondas - one of Canada's better foreign policy decisions.

The park used to be a sensitively maintained forest, but in order to satisfy our distorted love of the environment, all the undergrowth,



Alex and 200 of his closest friends go for a run in the park.

windfalls and deadwood has been cleaned up leading to the extinction of certain birds, amphibians, insects and smaller animals. Nevertheless, superficially, the park and its view out onto our sewage-polluted harbour is still pleasant, thus we can assume the name. Incidentally my condom-counting record along the waterfront (where Halifax's gallows use to rest) is 13 in

"avoid being impressed by the conspicuous consumption"

one pass along the periphery. Do you boys know latex isn't biodegradable?

An alternative route for heading back to Dal is via the bottom parking lot by the dock yard. Follow the fence and go alongside the railway shunting yard. You'll eventually cross some tracks and pass

the Mission to Seamen. Then, on your left will be a tunnel heading under another railway that leads through to Barrington Street. Get onto Inglis and head down to Robie and then you'll eventually hit some familiar turf. This is a healthy distance, probably close to 14 km. However, mix and match the various legs according to your needs.

Flemming Park is another worthwhile route. Once again go down South crossing Oxford. Here you have a good vantage across the water of the Dingle tower, immaturely named for its phallic symbolism. Hang a right at Webster Terrace. This meanders through some very exclusive homes, ignore the NOEXIT sign. Note the ostentatious RCMP mansion on your right. This takes you to Coburg where you hang a right and almost an immediate left onto a grassy path after you cross the bridge. Run right through to Jubilee on which you head down towards the water. Keep taking the streets that hug the water and you hit Quinpool. You'll see Sir Charles Tupper's humble residence at the corner of Tupper Grove, former Premier, Prime Minister and confederation father.

Head down Quinpool staying on the waterside of the Northwest Arm right around the rotary and onto Purcell's Cove Rd. Or alternatively head down Armshore Dr. which leads to a really scenic path along the waterfront to the Greek Orthodox Church on Purcell's Cove Rd. Past Melville Cove and half way up the hill is the Pinehaven golden age home on your left. If you go in this driveway and through the parking lot you hit one of the Flemming park loops. The other option is via the main entrance a little further up Purcell's. This is a beautifully maintained park with lots of deciduous trees displaying a rainbow of amazing colours in the fall. Some say sunrises here are real romantic. I don't know about that stuff, but there is a great lookout atop a bluff. This return jaunt to Dal is nearing 18 km. However, with the 10 km network of trails it can be a good bike/run combo.

If you're amazingly energetic Hemlock Ravine Park in Bedford

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