

Sites of significance - Make your 3km even more meaningful!

These are some sites that may bring inspiration to your run or walk. Not all may resonate with your reasons for joining the Secret 3km, but they all share a connection to human rights, or to peace, or to Afghanistan, or to sport.

City	Site/Monument	Address/location	Connection to the 3km	Suggested 3km route
Ottawa	Canadian Tribute to Human Rights	220 Elgin St, Ottawa	The right to be free from fear - to move, to run in one's community and country - is a universal human right. This monument is a tribute to the historic struggle of all people to obtain and safeguard their fundamental rights.	Elgin to Rideau Falls (one way) OR Elgin to Supreme Court loop
Ottawa	Enclave: Ottawa Women's Monument	Minto Park, 102 Lewis (off Elgin St.) Ottawa	The words inscribed on the Women's Monument ask people to "envision a world without violence where women are respected and free." The monument and park are often used for marches, walks and memorials.	Elgin to Rideau Falls (one way) OR Elgin to Supreme Court loop
Ottawa	National War Memorial	Wellington/Elgin St, Ottawa	National site of commemoration and remembrance of Canada's military sacrifices. Includes a dedication to the mission in Afghanistan 2000-2014	Elgin to Rideau Falls (one way) OR Elgin to Supreme Court loop
Ottawa	Women are Persons! Famous Five	Plaza Bridge, Wellington/Rideau St. (In front of current Senate of Canada building)	A tribute to the 1928 Persons Case, which ruled resulted in Canadian women being deemed persons in law, thus qualified to be Senators.	Elgin to Supreme Court loop
Ottawa	Reconciliation: National Peacekeeping Monument	Mackenzie/Sussex at St.Patrick, Ottawa	<u>Commemorating Canada's role in international peacekeeping and the soldiers who have participated and are currently participating, both living and dead. War and conflict threaten human rights.</u>	Elgin to Rideau Falls (one way)
Ottawa	Monument to Canadian Aid Workers	Rideau Falls Park/Sussex, Ottawa	The monument is to Canada's long-standing activities in international development and humanitarian assistance; it also honors all Canadians who died while serving in these fields abroad.	Elgin to Rideau Falls (one way)
Ottawa	56 Sparks Street (USC Canada, Lotta Hitschmanova's address)	56 Sparks Street, Ottawa	Lotta Hitschmanova was one of Canada's best-known humanitarians. Her personal appeals to help others, particularly in war-affected regions around the world made her, and her address, well-known to Canadians through the 60s, 70s and 80s. She was recently short-listed to be on the new 5\$ bill.	Elgin to Supreme Court loop

Ottawa	Terry Fox Monument	Wellington St, opposite Parliament Hill	Terry Fox demonstrated courage and dedication to a cause greater than himself and showed the power of sport (running!) to inspire and bring positive change.	Elgin to Supreme Court loop
Ottawa	Flora Footbridge	Over the canal, at 5th and Clegg	Named for Flora MacDonald - Canadian politician and humanitarian, first female foreign minister. After her retirement from politics she was deeply involved in international humanitarian work. She travelled to Afghanistan at 12 times, establishing many connections and projects - often centering women and girls.	The traditional Ottawa Secret 3km route
Calgary	Famous Five Statue	8 Ave SE, Calgary, AB T2G 0K7	The Women are Persons! Monument is located in Calgary's Olympic Plaza. It was commissioned by the Famous 5 Foundation to "honour the Famous 5, to commemorate the 'Persons' Case, and to recognize the achievements and contributions of Canadian women in the building of Canada	Start at Eau Claire Running Room and run east along the river pathway to Fort Calgary then west on 7th Ave towards Olympic Plaza and the site of the Famous Five Statue to end.
Sudbury	Grace Hartman Amph	Bell Park, Paris Street, 5	Spearheaded by Sudbury's first	Science North to the old canoe club and back along the boardwalk
Calgary	Wheel of Women	George C. King Bridge,	Thirty Calgary women are feati	King George Bridge, around Fort Calgary to the King Eddie and back
Lethbridge	Nikka Yuko Japanese Gardens	Mayor McGrath Dr	Established during Canada's Centennial in 1967. Recognizes contribution made by citizens of Japanese ancestry to multicultural community of Lethbridge	Loop around Henderson Lake
Kingston	Flora Macdonald Basin in Confederation Park	217 Ontario Street	Flora Macdonald was Canada's first female foreign minister, served as MP for Kingston and the Islands and was later known for international humanitarian work	Gord Downie Pier to Flora Macdonald Basin