



**Alberta Health
Services**



St. John's, Newfoundland and Labrador

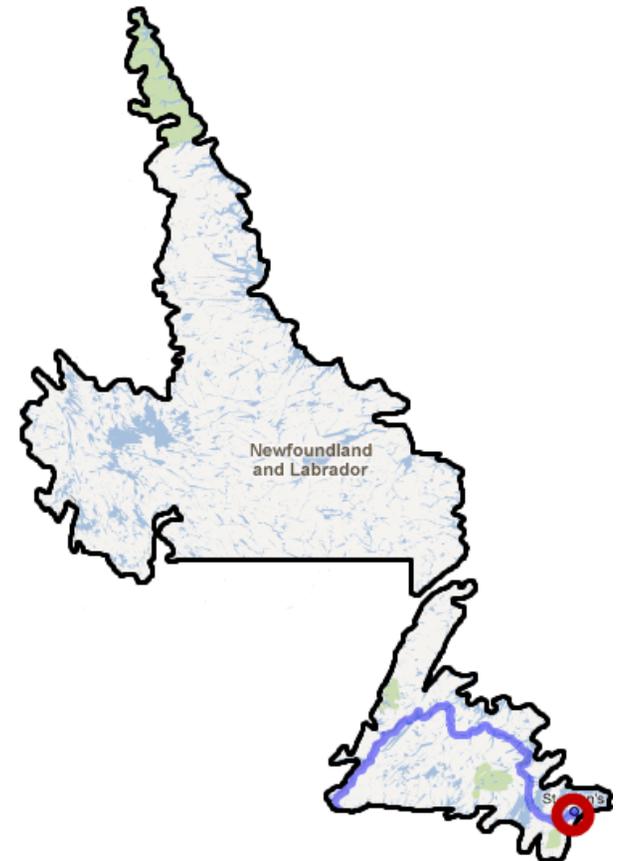
St. John's is the starting point of the Cross-Canada Renal Fitness Challenge. It also hosted the beginning of Terry Fox's Marathon of Hope, and is the eastern end of the Trans-Canada Highway, which is one of the longest highways in the world.

Known as "North America's Oldest City", St. John's has been a city since the year 1620, and will soon be celebrating its 400th birthday! It is the capital city of Newfoundland and Labrador, and was originally discovered and named by the explorer John Cabot in 1497.

The city is not named after John Cabot, however. It was named in honour of Saint John the Baptist, because Cabot discovered the area on his feast day.

St. John's is the birthplace of comedian Rick Mercer and NHL player Ryane Clowe of the San Jose Sharks.

The city is built on a region of hills on the shore of the Atlantic Ocean, and has been compared with San Francisco because of the steep roads and the maze of residential streets.



Population: 106,172