

## RUN COURSE

- Sprint Run: 5 km/1 Loop
- 5150 Run: 10 km/2 Loops
- Muskoka, Canada

## TURN BY TURNS

- Run exits transition running up Park Drive (south end)
- Left on Brunel Road
- Left on Forbes Hill Drive
- Right into the 'new' 400m running track
- Exit track turning right back on Forbes Hill Drive
- Right on Look Out Road
- Right onto the 'old' running track
- Right onto trail heading to Camp Kitchen Road
- Run along Camp Kitchen Road
- Veer to the right on Park Drive
- Right on Brunel Road
- Right on Princess Street
- Left on River Street
- Left on High Street
- Left on Brunel Road
- Turnaround just past High School (on Brunel Road)
- Right on Park Drive
- Either continue to second loop or to finish

**KM** KILO MARKERS    **KM** 2ND LAP KILO MARKERS

**1** AID STATIONS

