

### 5k Run Course

Starting from either the Tzone or the start line at Block House and Water, runners will do one loop of Block House Island and then head through the rail tunnel until they reach the north end where they will turn and head back to Tunnel Bay. Once they exit the tunnel they will head west on Water where they will turn at Broad and head east either to complete another loop or hit the finish line. 2 times around this loop gets you to the finish line.

### 10k Run Course

Starting from either the Tzone or the start line at Block House and Water, runners will do one loop of Block House Island and then head through the rail tunnel until they reach the north end where they will turn and head back to Tunnel Bay. Once they exit the tunnel they will head west on Water where they will turn at Broad and head east either to complete another loop or hit the finish line. 4 times around this loop gets you to the finish line.

### 2.5k Run Course

Starting from either the Tzone or the start line at Block House and Water, runners will do one loop of Block House Island and then head through the rail tunnel until they reach the north end where they will turn and head back to Tunnel Bay. Once they exit the tunnel they will head west on Water where they will turn at Broad and head east to Tzone or to the finish line.

### 1k Run Course

From the start line at Block House and Water runners will do one loop of Block House Island and then hit the finish line.

### Aid Station

We'll be serving Skratch and Water!

### Turn Around

Turn Around #1

North End of Brockville  
Railway Tunnel

### Turn Around

Turn around  
#2