



Participants start at the Cobourg Yacht club, 100 Hibernia St, Cobourg, ON K9A 3J8. Head west towards the boardwalk.

- M1— Hibernia St. and boardwalk.
- M2— Hibernia St and Orr Street
- M3— Orr Street and Durham Street
- M4— Durham Street and Sydenham Street
- M5— Sydenham Street and Bagot Street
- M6— Sydenham Street and Ontario Street
- M7— Clyde Street 1.25Kms. Turn around for 2.5Km run/walk. Water station.
- M8— Tremaine Terrace exiting the park.
- M9— Monk's Cove and Burnham St.
- M10— Monk's Cove and entrance to path
- M11— Osler Court and path
- M12— Suzanne Mess Blvd and King Street West
- M13— King Street West 2.5Kms. Turn around for 5 Km run.