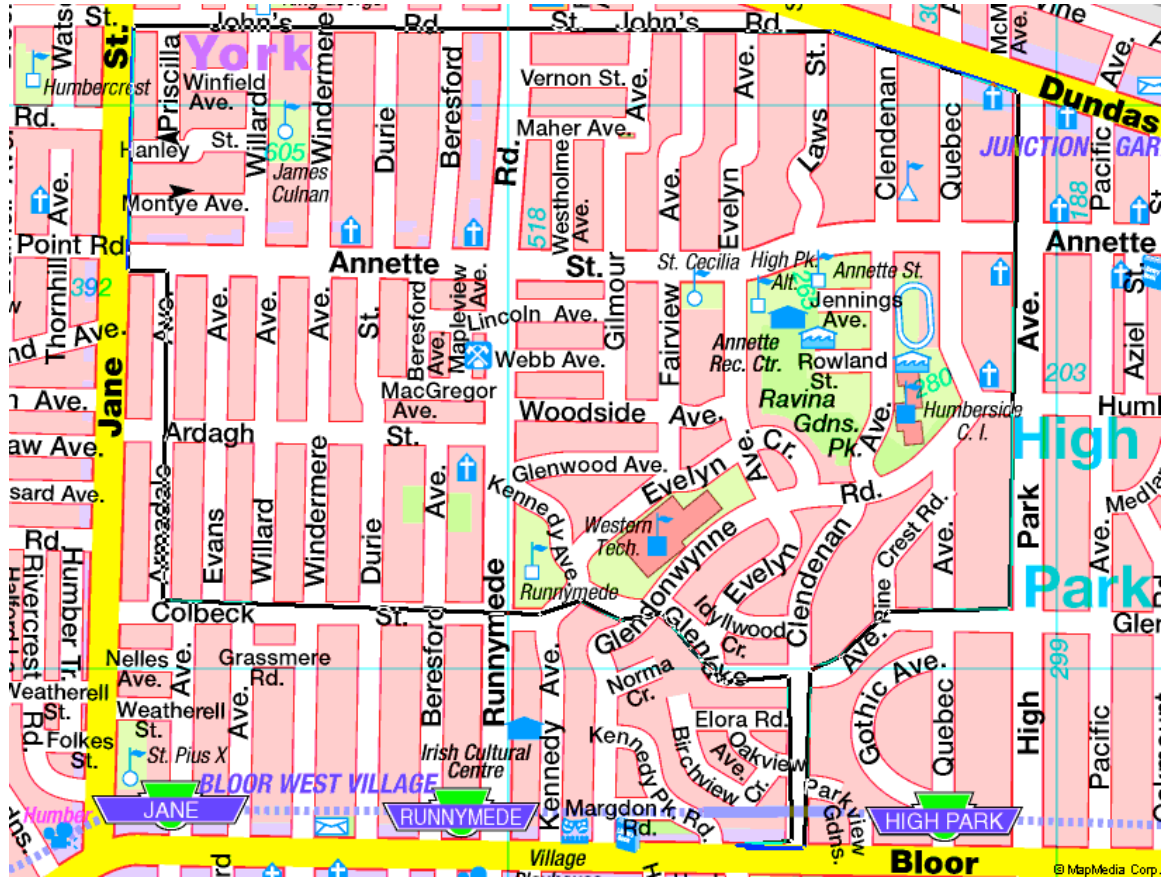
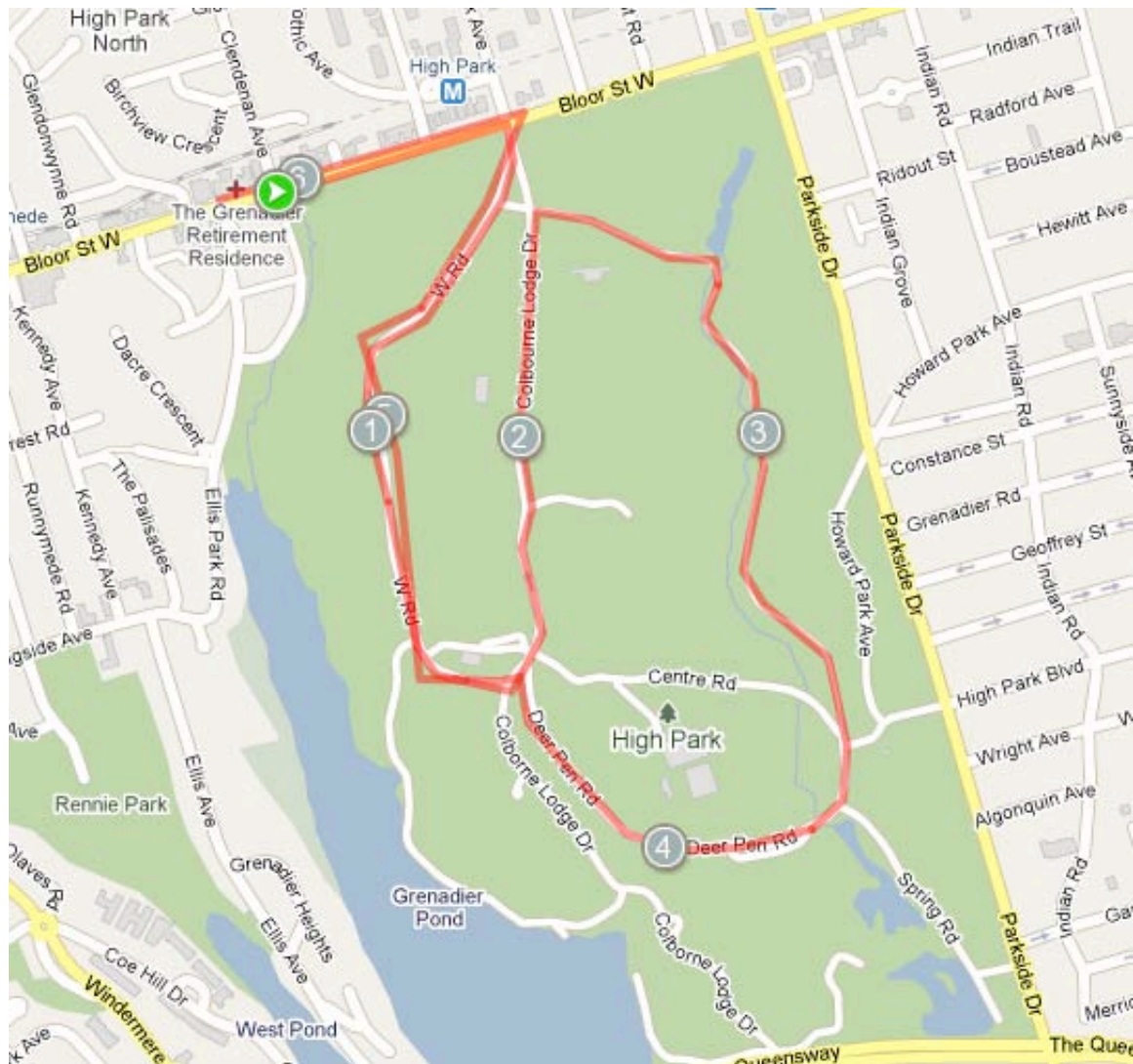


Bloor West Big Block – 6 km



Left on Bloor Street, turn left on Clendennan, left on Glenlake, left on Glendonwynne followed by a right on Glenlake again. Turn left on Kennedy followed by a quick right onto Colbeck. Take Colbeck across Runnymede to Armadale and turn right. Take Armadale to Annette, turn left on Annette and then right on Jane. Go to the next traffic light and turn right on St. John's Road. Take St. Johns until it ends at Dundas Street and run on Dundas for 3 blocks and turn right on High Park Avenue, right on Glenlake, left on Clendennan and right on Bloor.

High Park, 6 km



With Scotiabank runners, run up to High Park, keep to right and do the upper loop in the park. We'll all stop at the top of Spring Road Hill for instructions. You will then continue down Spring Rd Hill and follow Spring Road all the way down to the Adventure Playground, and keep to the right to run up Deer Pen Road (past the zoo). Come back up to Centre/Colbourne Lodge Dr and take a sharp left to go on the road around Grenadier Café. This is the West Road, and retrace your steps back up to Bloor and to the store.

High Park & Windermere Loop, 6 km

