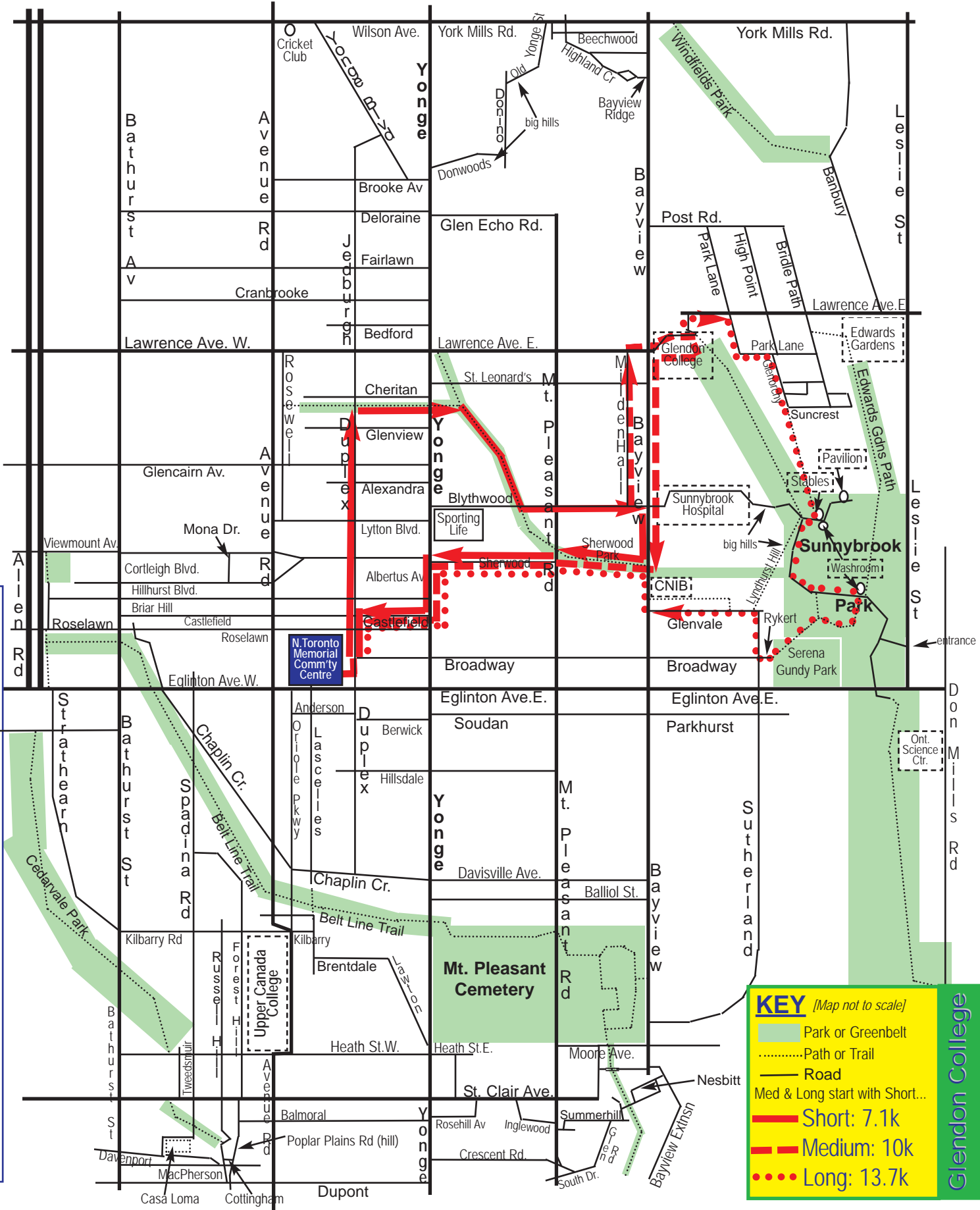


Marathon Dynamics Running Club

Summer Running Routes

Glendon College Route

www.marathondynamicsrunningclub.ca



KEY [Map not to scale]

- Park or Greenbelt
- Path or Trail
- Road
- Short: 7.1k
- Medium: 10k
- Long: 13.7k

Med & Long start with Short...

Glendon College