



HIGHWAY 7

JINKINSON RD

HAZELDEAN ROAD

WEST RIDGE DR

STITT ST

JONATHAN PACK ST

STITTSVILLE MAIN ST

ABBOTT ST WEST

TRANS-CANADA TRAIL

TRANS-CANADA TRAIL

5

6

4

7

3

8

2

9

1

START

FINISH

 runrun 10k

THE EMERGENCY SERVICES' RUN