

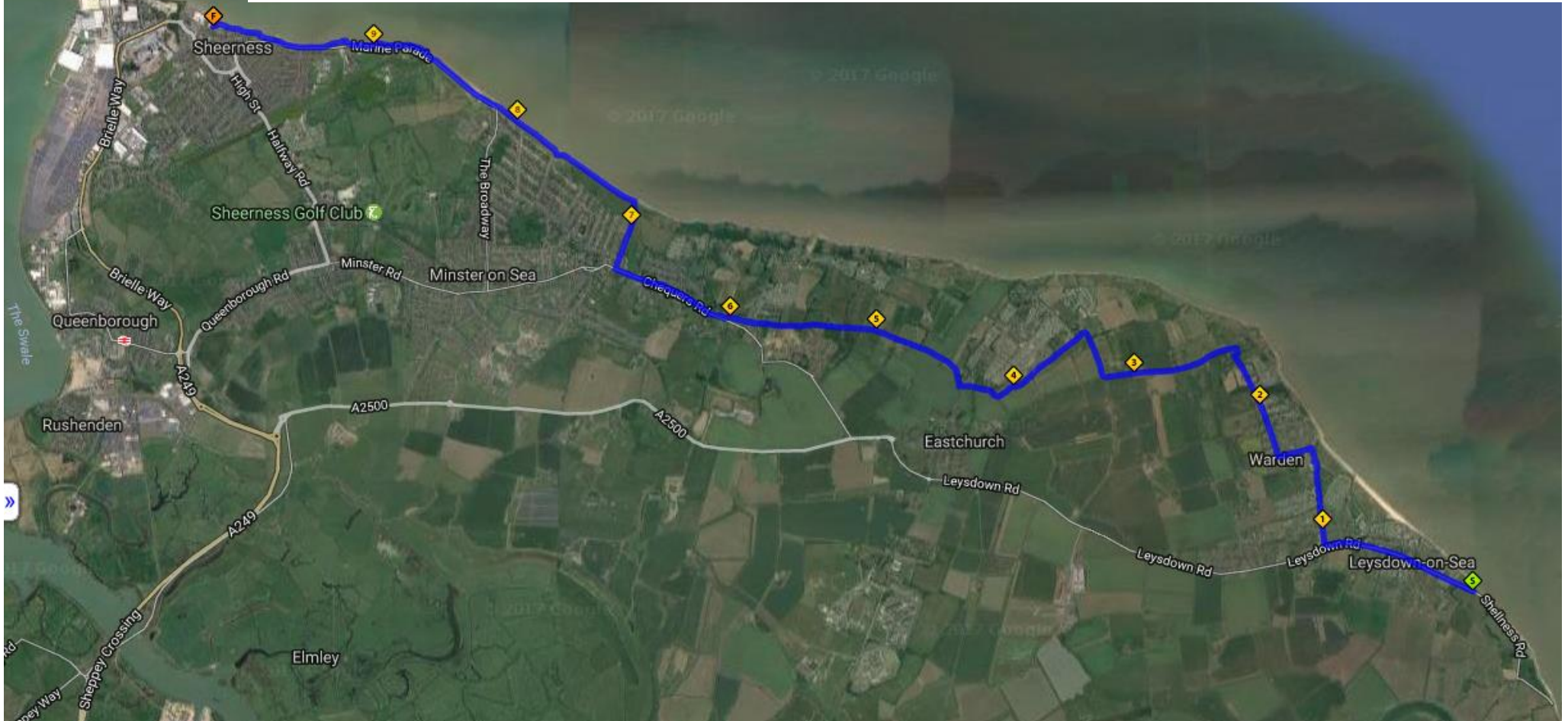


Walk Jog Run

The Island Run Map (10 miles) with mile markers

You can view this map and other Island running maps in more detail / zoom in at www.walkjogrun.net.

iPhone users can also download this map to the WalkJogRun GPS Running Routes App (no Android apps available)



(N.B. This route distance has been verified via GPS tracking. However the mapping tools do not allow for accurate distance marking. Therefore additional turn points have been added in order to display the mile markers correctly)