



**GUELPH VICTORS TUESDAY TEMPO • START & END AT RUNNING WORKS, 89 GORDON ST.**

**WARM-UP (approx. 1.5K)**

- south on Gordon
- right on Water Street (1k)
- continue to Edinburgh, cross at light

**TEMPO 1 (approx. 2K)**

- follow Water Street
- left on Denver
- right on Pacific (2k) (or 8K option, carry on straight to Municipal)
- left on Municipal, follow around to Edinburgh (3k)

**TEMPO 2 (approx. 3K)**

- at Edinburgh, walk up east sidewalk to pedestrian lights, cross to Forest St (4k)
- right on Talbot (second right)
- left on Dean (8K option: take next left on Caledonia then left on Mary to rejoin main route, cutting out the Harcourt Drive loop)
- left on Harcourt (5k)
- right on Mary, then immediate left on Forest
- right on Maple
- left on Cedar (6k)

- left on High Park Drive
- right on Bellevue
- left at Edinburgh back to crossing lights at Municipal

**TEMPO 3 (approx. 2K)**

- retrace initial route on Municipal/Pacific/Water Streets (8k), back to Edinburgh

**COOL-DOWN (1.5K)**

- follow Water St. (9k) to return to Running Works (10K)
- scenic option: hang a left on McCrae and return to store through Royal City Park