

Mark Darroch TIP Half Marathon/James Carlyle 5K Rockport

Directions

Location: Start line is on the bicycle path on the Thousand Islands Parkway at Rockport, about 35K west of Brockville. Registration and free Parking will be at the Rockport Recreation Hall, a red bricked building on the north side of the path.

Directions from 401 East: Take Exit 675. Head south about 2K to the Parkway. Turn right on to the Parkway and drive past the St. Lawrence Islands National Park and continue 10K west to Rockport. Access to registration and parking is via Escott Road, on the right (north) looping past St. Brendan's Cemetery.

Directions from 401 West: Take main Exit to Thousand Islands Parkway just east of Gananoque and drive about 16K east to Rockport. Registration and parking are accessed by turning left (north) into Escott Road, looping past St. Brendan's Cemetery