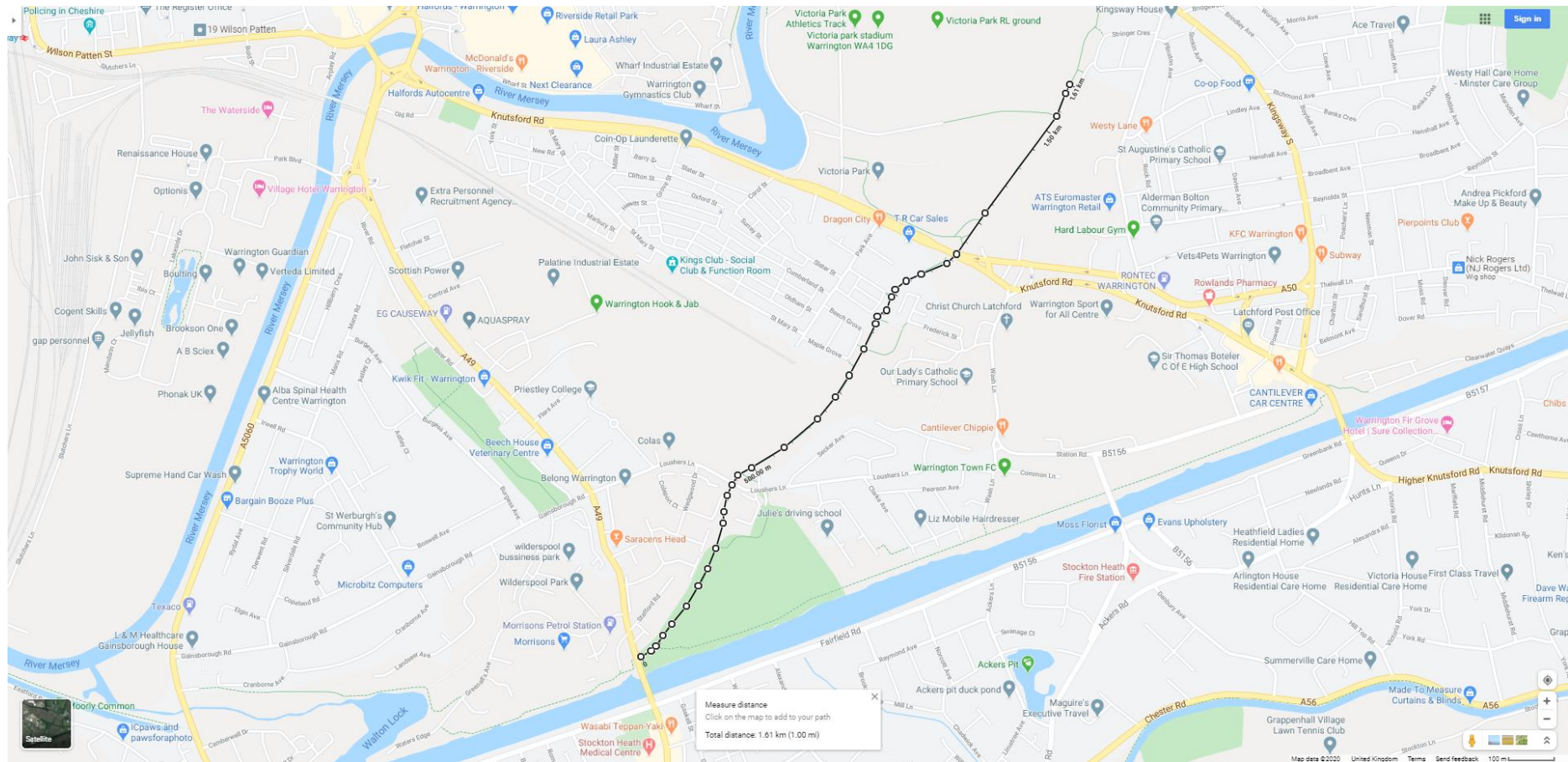


'Arley Mile' – Using the Black Bear Park



Directions

This is the route we had planned to use this year after the feedback from last year when we tried using the track.

Start on the Black Bear near Morristons and run into Victoria Park, stop your watch when you reach the mile.