



Welcome to the 20th Annual Cobequid Trail Run!

5K, 10K, & Half Marathon, August 30th, 2026

Course	The course is an out-and-back on the Cobequid Trail, with only a short, on-street section. The Start is on-street immediately west of Kaulback Street. You will cross Willow Street (Town of Truro Police assisted) and run beside the beautiful Truro Golf Course, followed by an industrial area. There will be kilometer signs to indicate your distance on the trail. The 5K turn-around point, marked with pylons and a flag, will be located just west of Will-Kare paving. 10K & Half Marathon participants will carry on to lower Truro, crossing Highway 236 (RCMP assisted) continuing along the trail and then following the asphalt driveway of the Waste Water Treatment Plant. The 10K turn-around point, marked with pylons and a flag, is just west of the asphalt driveway of the Wastewater Treatment Plant. Half Marathon participants will continue along the Salmon River on the Old Barns section of the Cobequid Trail. The Half Marathon turn-around point, also marked with pylons and a flag, is approximately 400m along Shore Rd. in Old Barns. The Finish is immediately behind the NSCC, Davis Hall Cafeteria. It is the runner's responsibility to follow the race route. Because this is an out-and-back course and is run on a trail, we ask participants to stay to the right at all times to allow for runners and lead bikes to pass. Please note the following: • Due to the width of the trail strollers will not be permitted during the run • No dogs, with the exception of guide dogs. These are for both safety and courtesy to all runners.
Services	There are four water stations along the route, and 2 portable washrooms. Water is also available at the finish. The NSCC, Sport & Wellness Centre has washrooms on the lower level by the reception desk. Showers are available in the respective locker areas. The post-race reception with awards and refreshments will take place on the NSCC campus outside. Results will be posted online, and prize draw winners will be posted announced and posted onsite. Wi-Fi Username: NSCC Guest Password: You will have entered your cell number and then be given a code to enter to access.
Parking	Parking for the race is off Arthur Street in the large, paved parking lot behind the student residence, Davis Hall.
New Times	Half Marathon: 8:00am. 5K & 10K: 8:30am.
Awards	Awards will commence outside of the gymnasium at 9:30am – 5K & 10K. 10:30am – Half Marathon.
Draw Prizes	Check the information station outside after the race to see if you are a winner!
Medals	Awarded to all participants.
Volunteer Appreciation	This race would not have been possible without the help of all our Volunteers. Please smile and express your thanks to the Cobequid Trail Run Volunteers giving generously of their time to help make this a successful race.
Comments	We appreciate your feedback. If you have any comments about the race or the course, please speak to one of the Volunteers or email us after the race at recreation@colchester.ca

Have a great run!