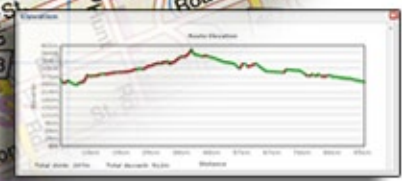


LCW Tour to Embro - 97 KM



LCW Tour to Embro

Summary: 96.4 Kilometres - 4 Hours, 4 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
9:15 AM	0.0	Begin at Centennial Hall - Go North on Wellington Ave.		NNW 339°	265m
9:16 AM	0.5	Turn right (East) on Pall Mall St.	0.5	E 69°	250m
9:16 AM	0.8	Turn left (North) on Colbourne St.	0.3	NNW 340°	250m
9:19 AM	2.4	Turn right (East) on Regent St.	1.6	E 70°	259m
9:21 AM	3.1	Turn left (North) on William St.	0.7	NNW 341°	252m
9:21 AM	3.3	Turn right (East) on Huron St.	0.2	E 68°	248m
9:22 AM	3.5	Turn left (North) on Adelaide St. N.	0.3	NNW 340°	247m
9:33 AM	9.1	Cross Medway Rd.	5.6	NNW 339°	277m
9:45 AM	14.7	Turn right (East) onto Ilderton Rd.	5.6	E 68°	289m
9:50 AM	17.1	Cross Highbury Ave. N.	2.5	E 69°	293m
10:00 AM	22.1	Turn left (North) onto Prospect Hill Rd.	4.9	NNW 340°	298m
10:03 AM	23.5	Turn right (East) onto Plover Mills Rd.	1.4	NE 32°	306m
10:27 AM	35.3	(In Brown's Corners)	11.8	E 73°	340m
10:39 AM	40.7	(In Lakeside)	5.4	E 69°	381m
10:54 AM	48.0	(In Brooksdale) Turn right (South) onto Embro Rd. (37th Line)	7.3	S 160°	351m
11:00 AM	51.1	(In Youngsville)	3.1	S 160°	335m
11:12 AM	56.6	(In Embro) Have Brunch at the local Restaurant then turn right (West) onto Commissioner St.	5.6	W 248°	325m
12:00 PM	58.0	Turn left (South) onto 35th Line	1.4	S 161°	325m
12:01 PM	58.7	Turn right (West) onto 78th Road	0.6	W 248°	316m
12:07 PM	61.4	Turn left (South) onto 31st Line	2.8	S 160°	328m
12:13 PM	64.5	Turn right (West) onto 74th Road (Evelyn Dr.)	3.1	WSW 247°	297m
12:52 PM	83.4	(In The Airport) Turn right (North) still on Rebecca Rd.	18.8	NNW 340°	278m
12:53 PM	84.0	Turn left (West) onto Robin's Hill Rd.	0.6	WSW 247°	281m
12:59 PM	86.8	Continue right (West) onto Huron St.	2.9	W 249°	275m
1:03 PM	88.7	Turn left (Southwest) onto Sorrel Rd.	1.8	SSE 156°	272m
1:05 PM	89.4	Turn right (West) onto Cheapside St.	0.8	W 248°	268m
1:08 PM	91.1	(In \) Cross Highbury Ave. N.	1.7	W 248°	267m
1:15 PM	94.3	Turn left (South) onto Colbourne St.	3.2	S 159°	258m
1:17 PM	95.6	Turn right (West) onto Central Ave.	1.3	W 250°	256m
1:18 PM	96.1	Turn left (South) onto Wellington St.	0.5	S 160°	265m
1:19 PM	96.4	(In London) End Point at Centennial Hall	0.3	S 160°	265m