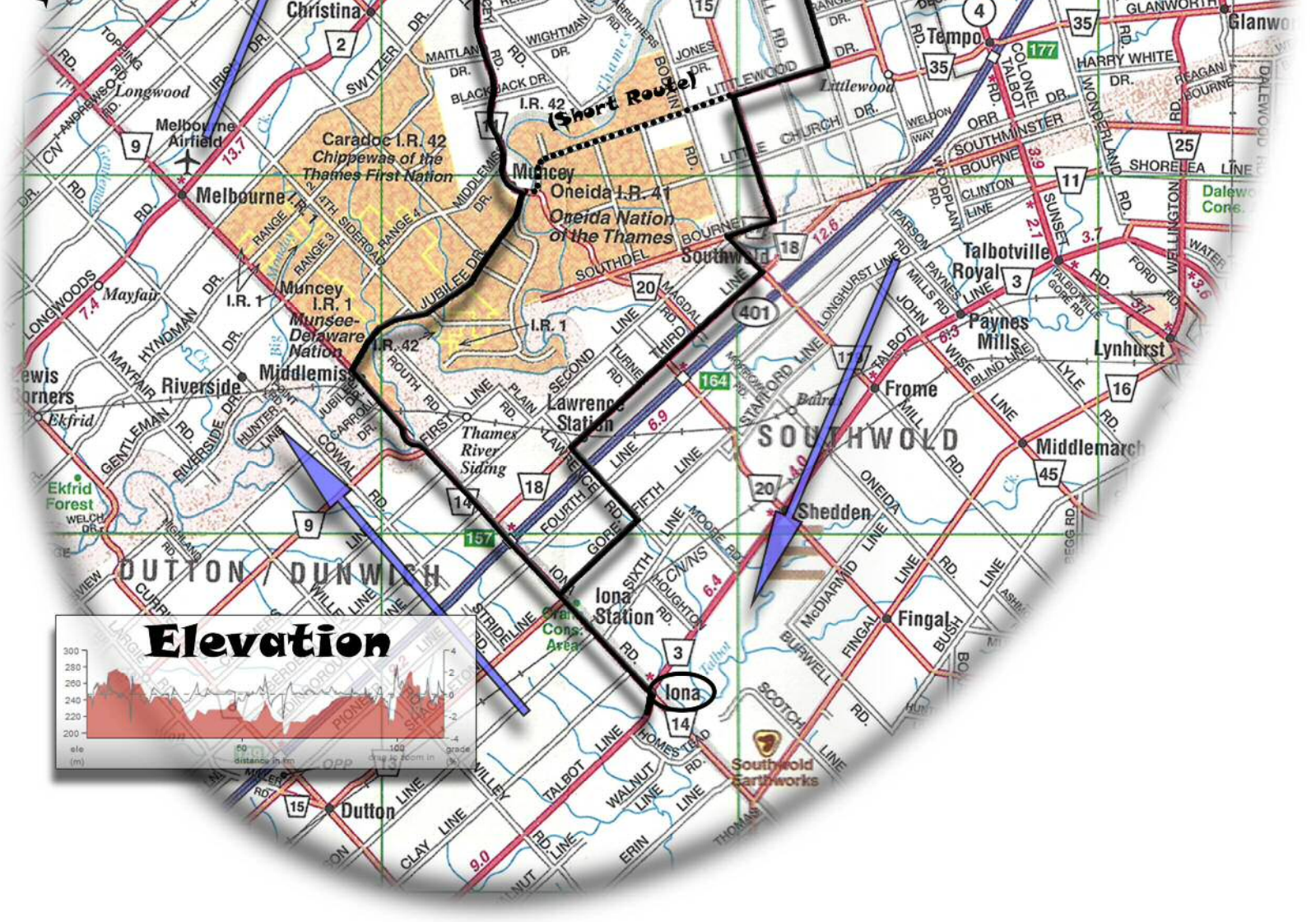


LCW Tour to Lona - 105 KM Long - 67% Shorter



LCW Iona II 105k Cue Sheet - 105 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
8:00 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:00 AM	8:00 AM
8:00 AM	0.3	Right(→)	Turn right onto Queens Ave W	1.2	(0)	8:00 AM	8:00 AM
8:02 AM	1.5	Straight(↑)	Continue onto Riverside Dr	0.3	(9)	8:02 AM	8:03 AM
8:02 AM	1.7	Left(←)	Turn left onto Wharnccliffe Rd S	0.7	2	8:03 AM	8:04 AM
8:04 AM	2.4	Right(→)	Turn right onto Horton St W	0.7	2	8:04 AM	8:05 AM
8:05 AM	3.1	Straight(↑)	Continue straight onto Springbank Dr	0.8	(6)	8:06 AM	8:07 AM
8:06 AM	3.9	Left(←)	Turn left onto Greenwood Ave	0.4	5	8:07 AM	8:09 AM
8:07 AM	4.3	Left(←)	Turn left onto Ridgewood Crescent	0.5	2	8:08 AM	8:10 AM
8:08 AM	4.8	Right(→)	Turn right onto Emery St W	0.1	0	8:09 AM	8:11 AM
8:08 AM	4.8	Left(←)	Turn left onto Beachwood Ave	1.0	1	8:09 AM	8:11 AM
8:09 AM	5.8	Straight(↑)	Continue onto Andover Dr	0.3	18	8:11 AM	8:13 AM
8:10 AM	6.1	Right(→)	Turn right onto Village Green Ave	1.7	9	8:12 AM	8:14 AM
8:13 AM	7.9	Left(←)	Turn left onto Woodcrest Blvd	0.4	3	8:15 AM	8:18 AM
8:14 AM	8.2	Right(→)	Turn right onto Viscount Rd	0.2	1	8:16 AM	8:19 AM
8:14 AM	8.4	Left(←)	Turn left onto Farnham Rd	1.1	1	8:16 AM	8:20 AM
8:16 AM	9.5	Straight(↑)	Continue onto Bostwick Rd	0.7	(3)	8:18 AM	8:22 AM
8:17 AM	10.2	Right(→)	Turn right onto Pack Rd	4.1	(2)	8:20 AM	8:24 AM
8:24 AM	14.3	Right(→)	Turn right onto Homewood Ln	0.5	(13)	8:28 AM	8:34 AM
8:25 AM	14.8	Left(←)	Turn left onto Deadmans Rd	0.6	-	8:29 AM	8:35 AM
8:26 AM	15.3	Left(←)	Turn left onto Westdel Bourne	3.0	-	8:30 AM	8:36 AM
8:31 AM	18.3	Right(→)	Turn right onto Sharon Rd	1.5	(16)	8:36 AM	8:43 AM
8:33 AM	19.8	Left(←)	Turn left onto Woodhull Rd	4.8	(7)	8:39 AM	8:47 AM
8:42 AM	24.6	Right(→)	Turn right toward Littlewood Dr/County Rd 35	0.2	11	8:49 AM	8:59 AM
8:42 AM	24.8	Right(→)	Turn right onto Littlewood Dr/County Rd 35	2.6	-	8:49 AM	8:59 AM
8:46 AM	27.4	Left(←)	Turn left onto Carriage Rd	3.6	-	8:54 AM	9:05 AM
8:53 AM	31.0	Right(→)	Turn right onto Southdel Dr/County Rd 17	(6.3)	-	9:02 AM	9:14 AM
8:42 AM	24.8	Right(→)	Turn right onto Littlewood Dr/County Rd 35	2.6	(5)	8:49 AM	8:59 AM
8:46 AM	27.4	Left(←)	Turn left onto Carriage Rd	3.6	2	8:54 AM	9:05 AM
8:53 AM	31.0	Right(→)	Turn right onto Southdel Dr/County Rd 17	1.4	(22)	9:02 AM	9:14 AM
8:55 AM	32.4	Left(←)	Turn left onto Mill Rd	1.4	(7)	9:04 AM	9:17 AM
8:57 AM	33.8	Right(→)	Turn right onto Third Line/County Rd 18	7.3	3	9:07 AM	9:21 AM
9:10 AM	41.0	Left(←)	Turn left onto Lawrence Rd	2.8	5	9:22 AM	9:38 AM
9:15 AM	43.8	Right(→)	Turn right onto 5 Gore Line	3.0	5	9:27 AM	9:45 AM
9:20 AM	46.8	Left(←)	Turn left onto Iona Rd	3.8	10	9:33 AM	9:52 AM
9:26 AM	50.6	Right(→)	Turn right onto Talbot Line/County Rd 3 (signs for	1.9	(24)	9:41 AM	10:01 AM
10:15 AM	52.5	Left(←)	Turn left onto Iona Rd	9.8	-	10:30 AM	10:51 AM
10:31 AM	62.3	Straight(↑)	Continue onto Melbourne Rd/Elgin County Rd 9	2.7	(16)	10:49 AM	11:14 AM
10:36 AM	65.0	Right(→)	Turn right onto Jubilee Rd	7.4	15	10:55 AM	11:21 AM
10:49 AM	72.4	Left(←)	Turn left onto Muncey Rd/County Rd 11	7.6	(4)	11:09 AM	11:38 AM
11:02 AM	80.1	Right(→)	Turn right onto Longwoods Rd (signs for Middlesex 2 E)	0.6	28	11:25 AM	11:57 AM
11:03 AM	80.7	Right(→)	Turn right onto Cooks Rd	-	(6)	11:26 AM	11:58 AM
11:03 AM	80.7	Right(→)	Turn right onto Longwoods Rd	3.3	-	11:26 AM	11:58 AM
11:08 AM	84.0	Left(←)	Turn left onto York St	0.2	(12)	11:32 AM	12:06 PM
11:09 AM	84.2	Right(→)	Turn right onto Wellington St	0.6	1	11:33 AM	12:06 PM
11:10 AM	84.8	Left(←)	Turn left onto Victoria St	0.4	9	11:34 AM	12:08 PM
11:11 AM	85.2	Right(→)	Victoria St turns right and becomes Harris Rd	1.5	(0)	11:35 AM	12:09 PM
11:13 AM	86.7	Left(←)	Turn left onto Carriage Rd	2.3	(7)	11:38 AM	12:13 PM
11:17 AM	89.0	Right(→)	Turn right onto Gideon Dr	1.2	(7)	11:43 AM	12:18 PM
11:19 AM	90.3	Right(→)	Turn right onto Brigham Rd	0.4	30	11:45 AM	12:21 PM
11:20 AM	90.7	Left(←)	Turn left onto Elviage Dr	2.9	-	11:46 AM	12:22 PM
11:25 AM	93.6	Left(←)	Turn left onto Westdel Bourne	0.2	25	11:52 AM	12:29 PM
11:25 AM	93.8	Right(→)	Turn right onto Byron Baseline Rd	3.5	2	11:52 AM	12:30 PM
11:31 AM	97.2	Left(←)	Slight left to stay on Byron Baseline Rd	-	(15)	11:59 AM	12:38 PM
11:31 AM	97.3	Straight(↑)	Continue onto Springbank Dr	4.4	-	11:59 AM	12:38 PM
11:39 AM	101.7	Straight(↑)	Continue onto Horton St W	1.4	(20)	12:08 PM	12:49 PM
11:41 AM	103.1	Left(←)	Turn left onto Thames St	0.4	(1)	12:11 PM	12:52 PM
11:42 AM	103.5	Straight(↑)	Continue onto King St	0.3	5	12:12 PM	12:53 PM
11:43 AM	103.9	Left(←)	Turn left onto Talbot St	0.5	4	12:12 PM	12:54 PM
11:43 AM	104.4	Right(→)	Turn right onto Dufferin Ave	0.6	1	12:13 PM	12:55 PM
11:44 AM	105.0	Left(←)	Turn left onto Wellington St	-	2	12:14 PM	12:56 PM
11:45 AM	105.1	End	End of route (Finish at Centennial Hall)	-	-	12:15 PM	12:57 PM

Delaware 67k Short Cue Sheet - 67 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
8:00 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:00 AM	8:00 AM
8:00 AM	0.3	Right(→)	Turn right onto Queens Ave W	1.2	(0)	8:00 AM	8:00 AM
8:02 AM	1.5	Straight(↑)	Continue onto Riverside Dr	0.3	(9)	8:02 AM	8:03 AM
8:02 AM	1.7	Left(←)	Turn left onto Wharnccliffe Rd S	0.7	2	8:03 AM	8:04 AM
8:04 AM	2.4	Right(→)	Turn right onto Horton St W	0.7	2	8:04 AM	8:05 AM
8:05 AM	3.1	Straight(↑)	Continue onto Springbank Dr	0.8	(6)	8:06 AM	8:07 AM
8:06 AM	3.9	Left(←)	Turn left onto Greenwood Ave	0.4	5	8:07 AM	8:09 AM
8:07 AM	4.2	Left(←)	Turn left onto Ridgewood Cres	0.5	2	8:08 AM	8:10 AM
8:08 AM	4.7	Right(→)	Turn right onto Southcrest Dr	0.1	0	8:09 AM	8:11 AM
8:08 AM	4.8	Left(←)	Turn left at the 1st cross street onto Beachwood Ave	1.0	1	8:09 AM	8:11 AM
8:09 AM	5.8	Straight(↑)	Continue onto Andover Dr	0.3	18	8:11 AM	8:13 AM
8:10 AM	6.1	Right(→)	Turn right onto Village Green Ave	1.7	9	8:12 AM	8:14 AM
8:13 AM	7.8	Left(←)	Turn left onto Woodcrest Blvd	0.4	3	8:15 AM	8:18 AM
8:14 AM	8.2	Right(→)	Turn right onto Viscount Rd	0.2	1	8:16 AM	8:19 AM
8:14 AM	8.4	Left(←)	Turn left onto Farnham Rd	1.1	1	8:16 AM	8:20 AM
8:16 AM	9.4	Straight(↑)	Continue onto Bostwick Rd	0.7	(3)	8:18 AM	8:22 AM
8:17 AM	10.2	Right(→)	Turn right onto Pack Rd	4.1	(2)	8:20 AM	8:24 AM
8:24 AM	14.2	Right(→)	Turn right onto Homewood Ln	0.5	(13)	8:28 AM	8:34 AM
8:25 AM	14.7	Left(←)	Turn left onto Deadmans Rd	0.6	-	8:29 AM	8:35 AM
8:26 AM	15.3	Left(←)	Turn left onto Westdel Bourne	3.0	-	8:30 AM	8:36 AM
8:31 AM	18.3	Right(→)	Turn right onto Sharon Rd	1.5	(16)	8:36 AM	8:43 AM
8:33 AM	19.8	Left(←)	Turn left onto Woodhull Rd	5.0	(7)	8:39 AM	8:47 AM
8:42 AM	24.7	Right(→)	Turn right onto Littlewood Dr/County Rd 35	5.4	7	8:49 AM	8:59 AM
8:51 AM	30.1	Straight(↑)	Continue onto Oneida Rd	2.8	(12)	9:00 AM	9:12 AM
8:56 AM	32.9	Left(←)	Turn left onto Hazel Rd	0.7	(15)	9:05 AM	9:18 AM
8:57 AM	33.6	Straight(↑)	Continue onto Muncey Rd	0.5	(2)	9:07 AM	9:20 AM
8:58 AM	34.2	Left(←)	Turn left onto River Rd	-	(6)	9:08 AM	9:22 AM
8:58 AM	34.2	Right(→)	Turn right onto Native Rd	8.2	1	9:08 AM	9:22 AM
9:12 AM	42.4	Right(→)	Turn right onto Longwoods Rd/Middlesex County Rd 2	3.9	29	9:24 AM	9:41 AM
9:19 AM	46.3	Left(←)	Turn left onto York St	-	(19)	9:32 AM	9:51 AM
9:19 AM	46.3	Food(↑)	BJ's Country Market	0.2	0	9:32 AM	9:51 AM
9:19 AM	46.5	Right(→)	Turn right onto Wellington St	0.6	1	9:32 AM	9:51 AM
9:20 AM	47.1	Left(←)	Turn left onto Victoria St	0.4	9	9:34 AM	9:53 AM
9:21 AM	47.6	Right(→)	Victoria St turns right and becomes Harris Rd	1.5	(0)	9:35 AM	9:54 AM
10:09 AM	49.1	Left(←)	Turn left onto Carriage Rd	2.3	(7)	10:23 AM	10:42 AM
10:13 AM	51.4	Right(→)	Turn right onto Gideon Dr/County Rd 3	1.2	(7)	10:27 AM	10:48 AM
10:15 AM	52.6	Right(→)	Turn right onto Brigham Rd	0.4	30	10:30 AM	10:51 AM
10:15 AM	53.0	Left(←)	Turn left onto Elviage Dr	2.9	-	10:31 AM	10:52 AM
10:20 AM	55.9	Left(←)	Turn left onto Westdel Bourne	0.2	25	10:36 AM	10:59 AM
10:21 AM	56.1	Right(→)	Turn right onto Byron Baseline Rd	1.2	2	10:37 AM	10:59 AM
10:23 AM	57.3	Right(→)	Turn right onto Grand View Avenue	0.1	(9)	10:39 AM	11:02 AM
10:23 AM	57.4	Right(→)	Turn right onto Byron Baseline Rd	2.2	-	10:39 AM	11:02 AM
10:27 AM	59.6	Left(←)	Slight left to stay on Byron Baseline Rd	-	(6)	10:44 AM	11:08 AM
10:27 AM	59.7	Straight(↑)	Continue onto Springbank Dr	4.4	-	10:44 AM	11:08 AM
10:34 AM	64.1	Straight(↑)	Continue onto Horton St W	1.4	(20)	10:53 AM	11:18 AM
10:37 AM	65.5	Left(←)	Turn left onto Thames St	0.4	(1)	10:56 AM	11:22 AM
10:38 AM	66.0	Straight(↑)	Continue onto King St	0.7	5	10:56 AM	11:23 AM
10:39 AM	66.7	Left(←)	Turn left onto Clarence St	0.3	5	10:58 AM	11:24 AM
10:39 AM	67.0	Left(←)	Turn left onto Queens Ave W	-	1	10:58 AM	11:25 AM
10:39 AM	67.0	End	End of route (Finish at Centennial Hall)	-	(0)	10:58 AM	11:25 AM