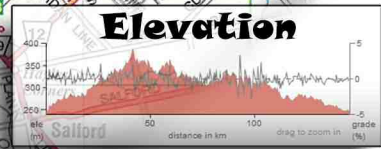


# LCW Tour to Innerkip - 146 KM Long / 88 KM Ingersoll Short



## LCW Tour to Innerkip Cue Sheet - 145 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
<b>8:15 AM</b>	<b>0.0</b>		<b>Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)</b>		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.5	Right(→)	Turn right onto Pall Mall St	0.2	(0)	8:15 AM	8:16 AM
8:16 AM	0.7	Left(←)	Turn left onto Waterloo St	1.1	2	8:16 AM	8:16 AM
8:18 AM	1.8	Right(→)	Turn right onto Cheapside St	5.1	8	8:18 AM	8:19 AM
8:26 AM	6.9	Left(←)	Turn left onto Sorrel Rd	0.8	13	8:28 AM	8:31 AM
8:28 AM	7.7	Right(→)	Turn right onto Huron St	2.0	2	8:30 AM	8:33 AM
8:31 AM	9.6	Left(←)	Turn left onto Robins Hill Rd	2.8	3	8:34 AM	8:38 AM
8:36 AM	12.4	Right(→)	Turn right onto Rebecca Rd	0.6	5	8:39 AM	8:44 AM
8:37 AM	13.1	Left(←)	Rebecca Rd turns slightly left and becomes Evelyn Dr	8.4	(2)	8:41 AM	8:46 AM
8:51 AM	21.4	Left(←)	Turn left onto Cobble Hills Rd	12.3	-	8:57 AM	9:06 AM
9:12 AM	33.7	Right(→)	Turn right onto Road 92/County Rd 25	14.7	60	9:22 AM	9:35 AM
9:38 AM	48.5	Right(→)	Turn right onto 37th Line	3.1	9	9:51 AM	10:11 AM
9:43 AM	51.6	Left(←)	Turn left onto Road 88/County Rd 8	15.3	(10)	9:58 AM	10:18 AM
10:09 AM	66.8	Right(→)	Turn right onto 16 Line	6.2	(15)	10:28 AM	10:55 AM
10:20 AM	73.1	Left(←)	Turn left onto Oxford Road 33/County Rd 33	2.4	(15)	10:41 AM	11:10 AM
10:24 AM	75.5	Left(←)	Turn left onto Blandford St/County Rd 4	0.5	(0)	10:45 AM	11:16 AM
<b>10:25 AM</b>	<b>76.0</b>	<b>Straight(↑)</b>	<b>Stop at the Golf Course Restaurant, then continue onto Oxford Road 29/County Rd 29</b>	1.6	(6)	10:46 AM	11:17 AM
11:12 AM	77.5	Right(→)	Turn right onto Oxford Road 33/County Rd 33	17.7	6	11:35 AM	12:06 PM
11:43 AM	95.3	Straight(↑)	Continue onto Road 78	1.4	13	12:10 PM	12:48 PM
11:45 AM	96.6	Left(←)	Turn left onto 35th Line	3.1	(2)	12:13 PM	12:51 PM
11:50 AM	99.7	Right(→)	Turn right onto Road 74	2.7	(6)	12:19 PM	12:59 PM
11:55 AM	102.5	Left(←)	Turn left onto 31st Line	7.5	(15)	12:24 PM	1:05 PM
12:08 PM	110.0	Right(→)	Turn right onto North Town Line W	0.5	2	12:40 PM	1:24 PM
12:09 PM	110.5	Left(←)	Turn left onto Oxford Ave	0.6	(7)	12:41 PM	1:25 PM
12:10 PM	111.1	Left(←)	Oxford Ave turns slightly left and becomes Jura Ln	0.2	4	12:42 PM	1:26 PM
12:10 PM	111.3	Right(→)	Turn right onto Cashell St	0.1	(5)	12:42 PM	1:27 PM
12:10 PM	111.4	Right(→)	Turn right onto Skye St	0.3	(3)	12:42 PM	1:27 PM
12:11 PM	111.7	Left(←)	Turn left onto Mckeand St	0.5	1	12:43 PM	1:27 PM
12:12 PM	112.1	Right(→)	Turn right onto Victoria St	0.9	(8)	12:44 PM	1:29 PM
12:13 PM	113.1	Straight(↑)	Continue onto Road 60	5.2	(4)	12:46 PM	1:31 PM
12:22 PM	118.3	Right(→)	Turn right onto 17th Line/County Rd 45	2.9	(8)	12:56 PM	1:43 PM
12:27 PM	121.1	Left(←)	Turn left onto Road 64	3.1	17	1:02 PM	1:50 PM
12:32 PM	124.2	Straight(↑)	Continue onto Gore Rd	14.9	(2)	1:08 PM	1:58 PM
12:58 PM	139.1	Right(→)	Slight right onto Hamilton Rd	4.3	(24)	1:38 PM	2:33 PM
1:05 PM	143.5	Left(←)	Slight left onto Horton St E	0.3	(12)	1:46 PM	2:44 PM
1:06 PM	143.8	Right(→)	Turn right onto Colborne St	0.9	(1)	1:47 PM	2:45 PM
1:08 PM	144.7	Left(←)	Turn left onto Dufferin Ave	0.5	3	1:49 PM	2:47 PM
1:08 PM	145.2	Right(→)	Turn right onto Wellington St	-	(2)	1:50 PM	2:48 PM
<b>1:09 PM</b>	<b>145.3</b>	<b>End</b>	<b>End of route (Finish at Centennial Hall)</b>	-	-	1:50 PM	2:48 PM

# LCW Tour to Innerkip Cue Sheet - 88 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
<b>8:15 AM</b>	<b>0.0</b>		<b>Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)</b>		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.2	Right(→)	Turn right onto Central Ave	0.2	(0)	8:15 AM	8:15 AM
8:15 AM	0.5	Left(←)	Turn left onto Waterloo St	1.3	1	8:15 AM	8:16 AM
8:18 AM	1.8	Right(→)	Turn right onto Cheapside St	5.1	8	8:18 AM	8:19 AM
8:26 AM	6.9	Left(←)	Turn left onto Sorrel Rd	0.8	13	8:28 AM	8:31 AM
8:28 AM	7.7	Right(→)	Turn right onto Huron St	2.0	2	8:30 AM	8:33 AM
8:31 AM	9.6	Left(←)	Turn left onto Robins Hill Rd	2.8	3	8:34 AM	8:38 AM
8:36 AM	12.4	Right(→)	Turn right onto Rebecca Rd	0.6	5	8:39 AM	8:44 AM
8:37 AM	13.1	Left(←)	Rebecca Rd turns slightly left and becomes Evelyn Dr	8.3	(2)	8:41 AM	8:46 AM
8:51 AM	21.4	Left(←)	Turn left onto Cobble Hills Rd	16.7	21	8:57 AM	9:06 AM
9:20 AM	38.1	Right(→)	Turn right onto 31st Line	13.8	35	9:31 AM	9:46 AM
9:43 AM	51.8	Straight(↑)	Continue onto Thames St N/County Rd 7	2.2	(36)	9:58 AM	10:19 AM
9:47 AM	54.0	Left(←)	Turn left onto Victoria St	1.9	(25)	10:03 AM	10:24 AM
9:50 AM	55.9	Straight(↑)	Continue onto Road 60	5.2	4	10:06 AM	10:29 AM
9:59 AM	61.1	Right(→)	Turn right onto 17th Line/County Rd 45	2.9	(8)	10:17 AM	10:41 AM
10:04 AM	64.0	Left(←)	Turn left onto Road 64	3.1	17	10:22 AM	10:48 AM
<b>10:09 AM</b>	<b>67.0</b>	<b>Straight(↑)</b>	<b>Continue onto Gore Rd</b>	14.2	(2)	10:29 AM	10:55 AM
11:19 AM	81.2	Left(←)	Turn left onto Braesyde Ave	0.2	(26)	11:42 AM	12:14 PM
11:19 AM	81.4	Left(←)	Turn left onto Gore Rd	0.7	-	11:42 AM	12:15 PM
11:20 AM	82.1	Right(→)	Slight right onto Hamilton Rd	4.3	2	11:44 AM	12:17 PM
11:28 AM	86.5	Left(←)	Slight left onto Horton St E	0.3	(12)	11:52 AM	12:27 PM
11:28 AM	86.8	Right(→)	Turn right onto Colborne St	0.9	(1)	11:53 AM	12:28 PM
11:30 AM	87.7	Left(←)	Turn left onto Dufferin Ave	0.5	3	11:55 AM	12:30 PM
11:31 AM	88.2	Right(→)	Turn right onto Wellington St	-	(2)	11:56 AM	12:31 PM
<b>11:31 AM</b>	<b>88.2</b>	<b>End</b>	<b>End of route (Finish at Centennial Hall)</b>	-	-	11:56 AM	12:31 PM