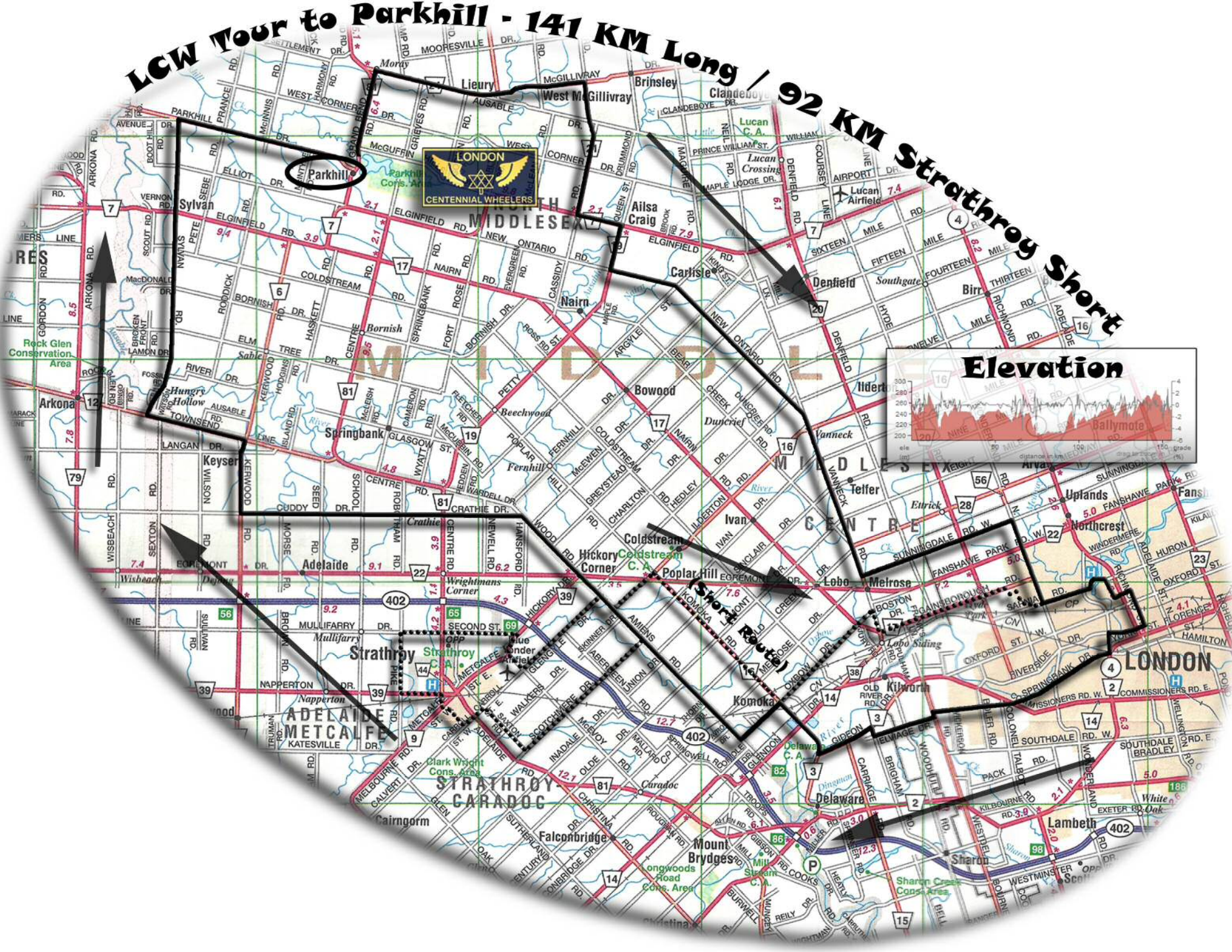


LCW Tour to Parkhill - 141 KM Long / 92 KM Strathroy Short



LCW Parkhill 141k Cue Sheet - 141 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)	8:03 AM	8:03 AM
8:03 AM	1.8	Left(←)	Turn left onto Wharncliffe Rd S	0.7	2	8:03 AM	8:04 AM
8:04 AM	2.5	Right(→)	Turn right onto Horton St W	0.7	2	8:04 AM	8:05 AM
8:05 AM	3.2	Straight(↑)	Continue straight onto Springbank Dr	4.4	(6)	8:06 AM	8:07 AM
8:13 AM	7.6	Straight(↑)	Continue onto Byron Baseline Rd	3.5	20	8:15 AM	8:18 AM
8:19 AM	11.1	Left(←)	Turn left onto Westdel Bourne	0.2	15	8:22 AM	8:26 AM
8:19 AM	11.3	Right(→)	Turn right onto Elviage Dr	2.9	(2)	8:22 AM	8:27 AM
8:24 AM	14.2	Right(→)	Turn right onto Brigham Rd	0.4	(25)	8:28 AM	8:34 AM
8:25 AM	14.6	Left(←)	Turn left onto Gideon Dr	2.6	-	8:29 AM	8:35 AM
8:29 AM	17.2	Right(→)	Turn right onto Komoka Rd	3.0	(31)	8:34 AM	8:41 AM
8:34 AM	20.2	Left(←)	Turn left onto Oxbow Dr	2.4	29	8:40 AM	8:48 AM
8:38 AM	22.7	Right(→)	Turn right onto Amiens Rd	10.6	(1)	8:45 AM	8:54 AM
8:57 AM	33.3	Right(→)	Turn right onto Hickory Dr/County Rd 39	0.1	8	9:06 AM	9:19 AM
8:57 AM	33.3	Straight(↑)	Continue onto Wood Rd	3.8	0	9:06 AM	9:19 AM
9:03 AM	37.1	Left(←)	Turn left onto Crathie Dr	3.5	(1)	9:14 AM	9:29 AM
9:09 AM	40.6	Straight(↑)	Continue onto Cuddy Dr	9.2	(6)	9:21 AM	9:37 AM
9:25 AM	49.8	Right(→)	Turn right onto Kerwood Rd/County Rd 6	3.3	(7)	9:39 AM	9:59 AM
9:30 AM	53.0	Left(←)	Turn left onto Townsend Line/County Rd 12	4.5	(3)	9:46 AM	10:07 AM
9:38 AM	57.6	Right(→)	Turn right onto Sylvan Rd	13.7	17	9:55 AM	10:18 AM
10:02 AM	71.2	Right(→)	Turn right onto Parkhill Dr/County Rd 18	8.4	(62)	10:22 AM	10:50 AM
10:16 AM	79.6	Left(←)	Turn left onto Grand Bend Rd/County Rd 81	4.5	15	10:39 AM	11:11 AM
11:09 AM	84.1	Right(→)	Turn right onto McGillivray Dr/County Rd 24 (signs for County Road 24/Mcgillivray Drive)	7.8	7	11:33 AM	12:06 PM
11:22 AM	91.8	Left(←)	Turn left onto McGillivray Dr/County Rd 24	2.1	27	11:48 AM	12:25 PM
11:25 AM	93.9	Right(→)	Turn right onto Cassidy Rd/County Rd 21	6.1	7	11:52 AM	12:30 PM
11:36 AM	100.0	Left(←)	Turn left onto Elginfield Rd/County Rd 7 (signs for	4.1	-	12:04 PM	12:44 PM
11:43 AM	104.1	Left(←)	Turn left onto New Ontario Rd	11.2	(11)	12:13 PM	12:54 PM
12:02 PM	115.4	Straight(↑)	Continue onto Vanneck Rd	7.6	41	12:35 PM	1:21 PM
12:15 PM	123.0	Left(←)	Turn left onto Sunningdale Rd W	7.2	(7)	12:50 PM	1:40 PM
12:28 PM	130.2	Straight(↑)	At the roundabout, take the 1st exit onto Wonderland Rd N	4.1	8	1:05 PM	1:57 PM
12:35 PM	134.3	Left(←)	Turn left onto Sarnia Rd	2.0	1	1:13 PM	2:07 PM
12:38 PM	136.3	Straight(↑)	Continue onto Philip Aziz Ave	0.3	(24)	1:17 PM	2:12 PM
12:39 PM	136.6	Straight(↑)	Continue onto Huron Dr	0.4	(7)	1:18 PM	2:12 PM
12:39 PM	136.9	Right(→)	Turn right onto Lambton Dr	0.3	8	1:18 PM	2:13 PM
12:40 PM	137.3	Right(→)	Turn right onto University Dr	0.3	2	1:19 PM	2:14 PM
12:40 PM	137.5	Right(→)	Sharp right to stay on University Dr	0.1	(10)	1:20 PM	2:15 PM
12:40 PM	137.6	Right(→)	Turn right onto Sunset Dr	0.3	(0)	1:20 PM	2:15 PM
12:41 PM	137.9	Left(←)	Turn left onto Huron St	0.3	2	1:20 PM	2:15 PM
12:41 PM	138.2	Right(→)	Turn right onto St George St	0.9	1	1:21 PM	2:16 PM
12:43 PM	139.0	Left(←)	Turn left onto Grosvenor St	0.6	(2)	1:23 PM	2:18 PM
12:44 PM	139.7	Right(→)	Turn right onto Waterloo St	1.1	13	1:24 PM	2:20 PM
12:46 PM	140.8	Right(→)	Turn right onto Central Ave	0.1	(9)	1:26 PM	2:22 PM
12:46 PM	140.8	Left(←)	Turn left	0.1	(0)	1:26 PM	2:23 PM
12:46 PM	140.9	Left(←)	Turn left onto Central Ave	0.1	(0)	1:26 PM	2:23 PM
12:46 PM	141.1	Left(←)	Turn left onto Wellington St	-	(1)	1:27 PM	2:23 PM
12:47 PM	141.3	End	End of route (Finish at Centennial Hall)	-	-	1:27 PM	2:24 PM

Parkhill Short Tour/ Strathroy Cue Sheet - 92 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	0.4	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)	8:03 AM	8:03 AM
8:03 AM	1.8	Left(←)	Turn left onto Wharnccliffe Rd S	0.7	2	8:03 AM	8:04 AM
8:04 AM	2.5	Right(→)	Turn right onto Horton St W	0.7	2	8:05 AM	8:06 AM
8:05 AM	3.2	Straight(↑)	Continue straight onto Springbank Dr	4.4	(6)	8:06 AM	8:07 AM
8:13 AM	7.6	Straight(↑)	Continue onto Byron Baseline Rd	1.7	20	8:15 AM	8:18 AM
8:16 AM	9.3	Left(←)	Turn left onto Blake St	0.1	0	8:18 AM	8:22 AM
8:16 AM	9.4	Left(←)	Turn left onto Byron Baseline Rd	1.8	-	8:18 AM	8:22 AM
8:19 AM	11.2	Left(←)	Turn left onto Westdel Bourne	0.2	15	8:22 AM	8:26 AM
8:19 AM	11.4	Right(→)	Turn right onto Elviage Dr	2.9	(2)	8:22 AM	8:27 AM
8:24 AM	14.3	Right(→)	Turn right onto Brigham Rd	0.4	(25)	8:28 AM	8:34 AM
8:25 AM	14.7	Left(←)	Turn left onto Gideon Dr	2.6	-	8:29 AM	8:35 AM
8:29 AM	17.3	Right(→)	Turn right onto Komoka Rd	3.0	(31)	8:34 AM	8:41 AM
8:34 AM	20.3	Left(←)	Turn left onto Oxbow Dr	2.4	29	8:40 AM	8:48 AM
8:39 AM	22.8	Right(→)	Turn right onto Amiens Rd	6.4	(1)	8:45 AM	8:54 AM
8:50 AM	29.2	Left(←)	Turn left onto Scotchmere Dr	7.3	2	8:58 AM	9:10 AM
9:02 AM	36.5	Right(→)	Turn right onto Saxton Rd	2.7	(8)	9:12 AM	9:27 AM
9:07 AM	39.2	Left(←)	Turn left onto Carroll St E	1.0	(2)	9:18 AM	9:34 AM
9:08 AM	40.2	Right(→)	Turn right onto McKellar St	1.7	(5)	9:20 AM	9:36 AM
9:11 AM	41.9	Right(→)	Turn right onto Victoria St/County Rd 44	0.4	(6)	9:23 AM	9:40 AM
9:12 AM	42.2	Left(←)	Turn left onto Albert St/County Rd 39	1.8	(2)	9:24 AM	9:41 AM
9:15 AM	44.1	Right(→)	Turn right onto Pike Rd	2.7	7	9:28 AM	9:45 AM
9:20 AM	46.8	Right(→)	Turn right onto Mullfarry Dr	1.8	14	9:33 AM	9:52 AM
9:23 AM	48.7	Straight(↑)	Continue onto Second St/County Rd 33	3.4	(3)	9:37 AM	9:56 AM
10:14 AM	52.0	Right(→)	Turn right onto Hickory Dr/County Rd 39	0.9	(12)	10:29 AM	10:49 AM
10:15 AM	52.9	Left(←)	Turn left onto McEvoy Rd	1.1	1	10:30 AM	10:51 AM
10:17 AM	54.0	Left(←)	Turn left onto Glengyle Dr	4.9	5	10:33 AM	10:54 AM
10:25 AM	58.9	Right(→)	Turn right onto Amiens Rd	0.9	6	10:42 AM	11:06 AM
10:27 AM	59.8	Left(←)	Turn left onto Ilderton Rd	10.7	(4)	10:44 AM	11:08 AM
10:45 AM	70.5	Left(←)	Turn left onto Oxbow Dr	5.0	7	11:05 AM	11:34 AM
10:54 AM	75.5	Right(→)	Turn right onto Nairn Rd/County Rd 17	0.1	17	11:15 AM	11:46 AM
10:54 AM	75.6	Right(→)	Turn right onto Jury Rd	-	-	11:16 AM	11:46 AM
10:54 AM	75.6	Right(→)	Turn right onto Nairn Rd	1.0	-	11:16 AM	11:46 AM
10:56 AM	76.6	Straight(↑)	Continue onto Gainsborough Rd	5.7	9	11:18 AM	11:48 AM
11:05 AM	82.2	Right(→)	Turn right onto Coronation Dr	0.4	10	11:29 AM	12:02 PM
11:06 AM	82.6	Straight(↑)	At the roundabout, take the 3rd exit onto Brunswick Ave	0.5	(0)	11:30 AM	12:03 PM
11:07 AM	83.1	Right(→)	Turn right onto Aldersbrook Rd	1.2	6	11:31 AM	12:04 PM
11:09 AM	84.3	Left(←)	Turn left onto Sarnia Rd	2.7	(9)	11:33 AM	12:07 PM
11:14 AM	87.0	Straight(↑)	Continue onto Philip Aziz Ave	0.3	(23)	11:39 AM	12:13 PM
11:14 AM	87.3	Straight(↑)	Continue onto Huron Dr	0.4	(8)	11:39 AM	12:14 PM
11:15 AM	87.7	Right(→)	Turn right onto Lambton Dr	0.3	7	11:40 AM	12:15 PM
11:15 AM	88.0	Right(→)	Turn right onto University Dr	0.3	2	11:41 AM	12:16 PM
11:16 AM	88.3	Right(→)	Sharp right to stay on University Dr	0.1	(10)	11:41 AM	12:16 PM
11:16 AM	88.4	Right(→)	Turn right onto Sunset Dr	0.3	(0)	11:41 AM	12:17 PM
11:16 AM	88.6	Left(←)	Turn left onto Huron St	0.3	2	11:42 AM	12:17 PM
11:17 AM	88.9	Right(→)	Turn right onto St George St	0.9	1	11:42 AM	12:18 PM
11:18 AM	89.8	Left(←)	Turn left onto Grosvenor St	0.6	(2)	11:44 AM	12:20 PM
11:20 AM	90.4	Right(→)	Turn right onto Waterloo St	0.9	13	11:45 AM	12:22 PM
11:21 AM	91.3	Right(→)	Turn right onto Pall Mall St	0.2	(9)	11:47 AM	12:24 PM
11:21 AM	91.5	Left(←)	Turn left onto Wellington St	-	(2)	11:48 AM	12:24 PM
11:22 AM	92.0	End	End of route (Finish at Centennial Hall)	-	-	11:48 AM	12:25 PM