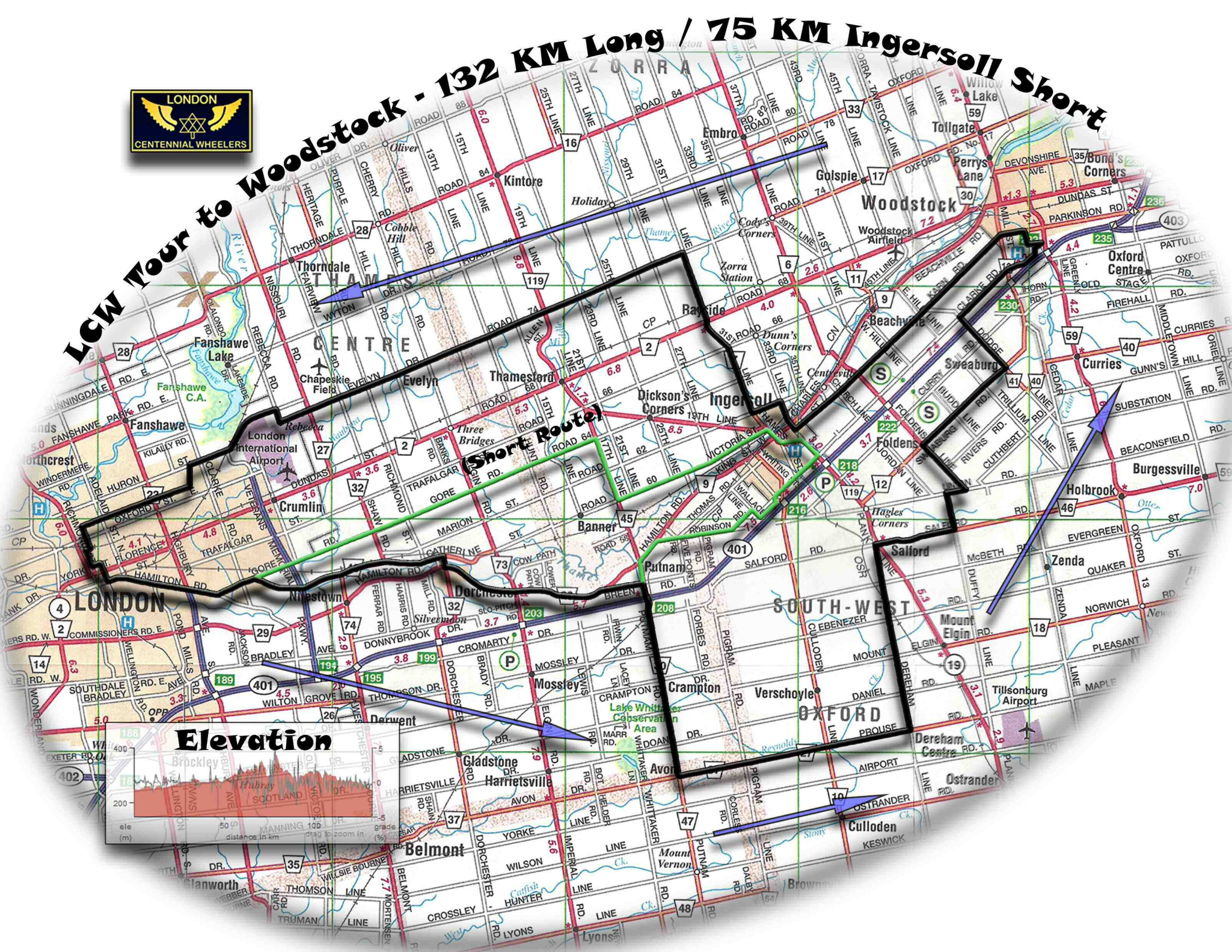
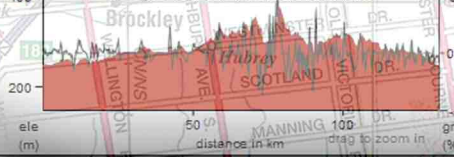




LCW Tour to Woodstock - 132 KM Long / 75 KM Ingersoll Short



Elevation



LCW Tour to Woodstock Cue Sheet - 132 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
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.2	Left(←)	Turn left onto Dufferin Ave	0.5	(0)	8:15 AM	8:15 AM
8:16 AM	0.6	Right(→)	Turn right onto Colborne St	0.9	2	8:16 AM	8:16 AM
8:17 AM	1.5	Left(←)	Turn left onto Horton St E	0.3	(3)	8:18 AM	8:18 AM
8:18 AM	1.9	Straight(↑)	Continue onto Hamilton Rd	4.3	1	8:18 AM	8:19 AM
8:25 AM	6.2	Left(←)	Slight left onto Gore Rd	1.9	12	8:27 AM	8:29 AM
8:28 AM	8.1	Right(→)	Turn right onto River Rd	2.4	(0)	8:31 AM	8:34 AM
8:33 AM	10.5	Straight(↑)	Continue onto Catherine St	6.2	(15)	8:36 AM	8:40 AM
8:43 AM	16.7	Right(→)	Turn right onto Dorchester Rd	0.2	13	8:48 AM	8:55 AM
8:44 AM	16.9	Left(←)	Turn left onto Hamilton Rd/County Rd 29	7.2	(5)	8:48 AM	8:55 AM
8:56 AM	24.1	Right(→)	Turn right onto Breen Rd	2.0	15	9:03 AM	9:12 AM
8:59 AM	26.0	Right(→)	Turn right onto Putnam Rd/County Rd 30	8.4	7	9:07 AM	9:17 AM
9:14 AM	34.5	Left(←)	Turn left onto Avon Dr/County Rd 37	2.9	8	9:23 AM	9:37 AM
9:18 AM	37.3	Straight(↑)	Continue onto Prouse Rd/County Rd 27	7.5	(8)	9:29 AM	9:44 AM
9:31 AM	44.8	Left(←)	Turn left onto Dereham Line	7.9	-	9:44 AM	10:02 AM
9:45 AM	52.7	Right(→)	Turn right onto Salford Rd	3.7	16	10:00 AM	10:21 AM
9:51 AM	56.4	Left(←)	Turn left onto Duffy Line	1.6	10	10:07 AM	10:30 AM
9:54 AM	58.0	Right(→)	Turn right onto Union Rd	0.7	21	10:10 AM	10:34 AM
9:55 AM	58.7	Left(←)	Turn left onto Foldens Line	2.6	12	10:12 AM	10:35 AM
10:00 AM	61.3	Right(→)	Turn right onto Sweaburg Rd/County Rd 12	4.9	(21)	10:17 AM	10:42 AM
10:08 AM	66.3	Left(←)	Turn left onto Dodge Line	2.9	(1)	10:27 AM	10:54 AM
10:13 AM	69.1	Right(→)	Turn right onto Clarke Rd	2.9	16	10:33 AM	11:00 AM
10:18 AM	72.0	Left(←)	Turn left onto Mill St/County Rd 12	0.2	(9)	10:39 AM	11:07 AM
10:18 AM	72.2	Right(→)	Turn right onto Athlone Ave	2.0	10	10:39 AM	11:08 AM
10:22 AM	74.2	Right(→)	Turn right onto Juliana Dr, then stop at the Restaurant	1.3	(39)	10:43 AM	11:13 AM
11:09 AM	75.5	Right(→)	Turn right onto Ferguson Dr	0.7	21	11:30 AM	12:01 PM
11:10 AM	76.2	Left(←)	Turn left onto Parkinson Rd	1.0	(21)	11:32 AM	12:02 PM
11:12 AM	77.2	Straight(↑)	Continue onto Bower Hill Rd	0.5	18	11:34 AM	12:05 PM
11:13 AM	77.7	Straight(↑)	Continue onto Karn Rd	11.2	24	11:35 AM	12:06 PM
11:32 AM	88.9	Straight(↑)	Continue onto King St E	0.6	(30)	11:57 AM	12:33 PM
11:33 AM	89.5	Right(→)	Turn right onto Harris St	0.4	(5)	11:59 AM	12:34 PM
11:34 AM	89.9	Straight(↑)	Continue onto Pemberton St	1.0	(23)	11:59 AM	12:35 PM
11:35 AM	91.0	Left(←)	Turn left onto North Town Line E	1.2	29	12:01 PM	12:38 PM
11:38 AM	92.2	Right(→)	Turn right onto 31st Line/County Rd 7	7.5	(4)	12:04 PM	12:41 PM
11:50 AM	99.7	Left(←)	Turn left onto Road 74	10.5	(2)	12:19 PM	12:59 PM
12:09 PM	110.3	Straight(↑)	Continue onto Evelyn Dr	8.3	1	12:40 PM	1:24 PM
12:23 PM	118.6	Right(→)	Evelyn Dr turns slightly right and becomes Rebecca Rd	0.6	(20)	12:57 PM	1:44 PM
12:24 PM	119.2	Left(←)	Turn left onto Robins Hill Rd	2.8	2	12:58 PM	1:46 PM
12:29 PM	121.9	Right(→)	Turn right onto Huron St	2.0	(5)	1:03 PM	1:52 PM
12:32 PM	123.9	Left(←)	Turn left onto Sorrel Rd	0.8	(2)	1:07 PM	1:57 PM
12:33 PM	124.7	Right(→)	Turn right onto Cheapside St	5.1	(2)	1:09 PM	1:59 PM
12:42 PM	129.8	Left(←)	Turn left onto Waterloo St	1.3	(13)	1:19 PM	2:11 PM
12:44 PM	131.1	Right(→)	Turn right onto Central Ave	0.2	(8)	1:22 PM	2:14 PM
12:45 PM	131.4	Left(←)	Turn left onto Wellington St	-	(1)	1:22 PM	2:15 PM
12:45 PM	131.6	End	End of route (Finish at Centennial Hall)	-	-	1:23 PM	2:15 PM

Short Tour / Ingersoll Cue Sheet - 75 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
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:16 AM	1.0	Left(←)	Turn left onto Horton St E	0.8	(2)	8:16 AM	8:17 AM
8:18 AM	1.8	Straight(↑)	Merge onto Hamilton Rd	5.1	2	8:18 AM	8:19 AM
8:26 AM	6.9	Left(←)	Turn left onto Braesyde Ave	0.5	3	8:28 AM	8:31 AM
8:27 AM	7.4	Right(→)	Turn right onto Gore Rd	1.2	7	8:29 AM	8:32 AM
8:29 AM	8.6	Right(→)	Turn right onto River Rd	2.4	2	8:32 AM	8:35 AM
8:33 AM	11.0	Straight(↑)	Continue onto Catherine St/County Rd 49	6.2	(15)	8:37 AM	8:41 AM
8:44 AM	17.2	Right(→)	Turn right onto Dorchester Rd/County Rd 32	0.2	13	8:49 AM	8:56 AM
8:44 AM	17.4	Left(←)	Turn left onto Hamilton Rd/County Rd 29	7.2	(5)	8:49 AM	8:56 AM
8:57 AM	24.6	Right(→)	Turn right onto Breen Rd	2.0	15	9:04 AM	9:14 AM
9:00 AM	26.6	Left(←)	Turn left onto Putnam Rd/Middlesex County Rd 30	1.0	7	9:08 AM	9:18 AM
9:02 AM	27.5	Right(→)	Turn right onto Hamilton Rd/County Rd 29	1.1	(4)	9:10 AM	9:21 AM
9:04 AM	28.6	Right(→)	Turn right onto Robinson Rd	4.6	3	9:12 AM	9:23 AM
9:12 AM	33.3	Right(→)	Turn right onto Thompson Rd	1.8	17	9:21 AM	9:34 AM
9:15 AM	35.1	Left(←)	Turn left onto Ingersoll St S/Oxford 10	0.1	(3)	9:25 AM	9:39 AM
9:15 AM	35.2	Right(→)	Turn right onto Clarke Rd	2.4	5	9:25 AM	9:39 AM
9:19 AM	37.7	Left(←)	Turn left onto Harris St	0.9	(1)	9:30 AM	9:45 AM
9:21 AM	38.5	Straight(↑)	Continue onto Canterbury St	1.1	(3)	9:32 AM	9:47 AM
9:22 AM	39.6	Right(→)	Canterbury St turns slightly right and becomes Thames St S/County Rd 7	0.9	(8)	9:34 AM	9:50 AM
9:24 AM	40.5	Left(←)	Turn left onto Victoria St	1.9	(8)	9:35 AM	9:52 AM
9:27 AM	42.4	Straight(↑)	Continue onto Rd 60	5.2	(1)	9:39 AM	9:56 AM
9:36 AM	47.6	Right(→)	Turn right onto 17th Line/Oxford County Rd 45	2.9	(2)	9:50 AM	10:09 AM
9:41 AM	50.4	Left(←)	Turn left onto Rd 64	2.0	16	9:55 AM	10:16 AM
9:44 AM	52.4	Left(←)	Turn left onto 15 Line	0.1	(9)	9:59 AM	10:20 AM
9:44 AM	52.5	Left(←)	Turn left onto Rd 64	1.1	-	9:59 AM	10:20 AM
10:31 AM	53.6	Straight(↑)	Continue onto Gore Rd/County Rd 25	14.2	4	10:47 AM	11:08 AM
10:56 AM	67.8	Left(←)	Gore Rd turns left and becomes Braesyde Ave	0.5	(24)	11:15 AM	11:42 AM
10:57 AM	68.3	Right(→)	Turn right onto Hamilton Rd	5.1	(7)	11:16 AM	11:43 AM
11:05 AM	73.4	Left(←)	Slight left onto Horton St E	0.8	(3)	11:26 AM	11:56 AM
11:07 AM	74.2	Right(→)	Turn right onto Wellington St	-	(2)	11:28 AM	11:58 AM
11:08 AM	75.2		End End of route (Finish at Centennial Hall)	-	2	11:30 AM	12:00 PM