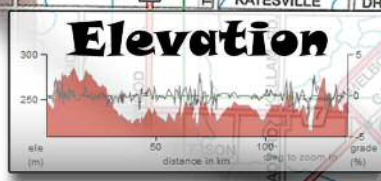


LCW Tour to Arkona - 140 KM Long / 88 KM Ailsa Craig Short



LCW Tour to Arkona Cue Sheet - 140 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	0.5	Left(←)	Turn left onto Pall Mall St	0.2	(0)	8:15 AM	8:16 AM
8:16 AM	0.7	Right(→)	Turn right onto Richmond St/ON-4 N	-	(1)	8:16 AM	8:16 AM
8:16 AM	0.7	Left(←)	Turn left onto Mill St	0.4	(0)	8:16 AM	8:16 AM
8:16 AM	1.1	Right(→)	Turn right onto Talbot St	0.3	(2)	8:17 AM	8:17 AM
8:17 AM	1.4	Left(←)	Turn left onto Oxford St E	0.4	-	8:17 AM	8:18 AM
8:18 AM	1.8	Right(→)	Turn right onto Gunn St	0.4	(1)	8:18 AM	8:19 AM
8:18 AM	2.2	Left(←)	Turn left onto Beaufort St	0.3	(2)	8:19 AM	8:20 AM
8:19 AM	2.5	Right(→)	Turn right onto Western Rd	1.4	(1)	8:19 AM	8:20 AM
8:21 AM	3.8	Left(←)	Turn left onto Sarnia Rd	1.0	11	8:22 AM	8:24 AM
8:23 AM	4.8	Right(→)	Turn right onto Sleightholme Ave	0.1	12	8:24 AM	8:26 AM
8:23 AM	4.9	Left(←)	Turn left onto Wychwood Park	1.4	6	8:24 AM	8:26 AM
8:25 AM	6.4	Right(→)	Turn right onto Annadale Dr	0.3	2	8:27 AM	8:30 AM
8:26 AM	6.7	Right(→)	Turn right onto Wonderland Rd	4.5	(3)	8:28 AM	8:30 AM
8:34 AM	11.2	Left(←)	Turn left onto Medway Rd/County Road 28	7.2	12	8:37 AM	8:41 AM
8:46 AM	18.4	Right(→)	Turn right onto Vanneck Rd	(1.7)	(0)	8:51 AM	8:59 AM
8:57 AM	24.6	Left(←)	Slight left onto New Ontario Rd	6.3	(7)	9:04 AM	9:13 AM
9:16 AM	35.8	Left(←)	Turn left onto Petty St/County Rd 19	12.9	(41)	9:26 AM	9:40 AM
9:38 AM	48.7	Left(←)	Turn left onto Centre Rd/Middlesex 81 (signs for ON-402)	1.1	1	9:52 AM	10:11 AM
9:40 AM	49.8	Right(→)	Turn right onto Cuddy Dr	9.2	-	9:54 AM	10:14 AM
9:56 AM	59.0	Right(→)	Turn right onto Kerwood Rd/Route 6	3.3	2	10:13 AM	10:36 AM
10:01 AM	62.3	Left(←)	Turn left onto Townsend Line/County Rd 12	7.7	(4)	10:19 AM	10:44 AM
10:14 AM	70.0	Right(→)	Turn right onto Arkona Rd/County Road 79 N	1.1	(1)	10:34 AM	11:02 AM
10:16 AM	71.0	Right(→)	Stop at the Restaurant, then turn right onto Rock Glen Rd	2.9	2	10:37 AM	11:05 AM
11:06 AM	73.9	Left(←)	Turn left onto Townsend Line/County Road 12	6.4	15	11:27 AM	11:57 AM
11:17 AM	80.3	Right(→)	Turn right onto Kerwood Rd/County Road 6	8.7	(16)	11:40 AM	12:12 PM
11:32 AM	89.1	Left(←)	Turn left onto Mullifarry Dr	9.2	18	11:58 AM	12:33 PM
11:48 AM	98.3	Straight(↑)	Continue onto Second St	3.4	(9)	12:16 PM	12:55 PM
11:54 AM	101.6	Right(→)	Turn right onto Hickory Dr	0.9	(12)	12:23 PM	1:03 PM
11:55 AM	102.5	Left(←)	Turn left onto McEvoy Rd	6.6	1	12:25 PM	1:06 PM
12:07 PM	109.1	Left(←)	Turn left onto Olde Dr	4.9	16	12:38 PM	1:21 PM
12:15 PM	114.0	Right(→)	Turn right onto Amiens Rd	3.6	4	12:48 PM	1:33 PM
12:21 PM	117.7	Left(←)	Turn left onto Oxbow Dr	2.4	(7)	12:55 PM	1:42 PM
12:25 PM	120.1	Right(→)	Turn right onto Komoka Rd/County Road 16	3.0	1	1:00 PM	1:48 PM
12:31 PM	123.1	Left(←)	Turn left onto Gideon Dr/County Road 3	2.6	(29)	1:06 PM	1:55 PM
12:35 PM	125.7	Right(→)	Turn right onto Brigham Rd	0.4	31	1:11 PM	2:01 PM
12:36 PM	126.2	Left(←)	Turn left onto Elviage Dr	2.9	-	1:12 PM	2:02 PM
12:41 PM	129.0	Left(←)	Turn left onto Westdel Bourne	0.2	25	1:18 PM	2:09 PM
12:41 PM	129.2	Right(→)	Turn right onto Byron Baseline Rd	2.1	2	1:18 PM	2:10 PM
12:45 PM	131.3	Straight(↑)	Turn right	-	(16)	1:22 PM	2:15 PM
12:45 PM	131.4	Right(→)	Turn right onto Byron Baseline Rd	1.4	-	1:22 PM	2:15 PM
12:47 PM	132.7	Left(←)	Slight left to stay on Byron Baseline Rd	-	1	1:25 PM	2:18 PM
12:47 PM	132.8	Straight(↑)	Continue onto Springbank Dr	0.1	(0)	1:25 PM	2:18 PM
12:55 PM	137.2	Straight(↑)	Continue onto Horton St	0.2	(20)	1:34 PM	2:29 PM
12:55 PM	137.4	Straight(↑)	Turn left	-	(1)	1:34 PM	2:29 PM
12:55 PM	137.5	Right(→)	Turn right at Terry Fox Pkwy	0.1	(0)	1:34 PM	2:29 PM
12:55 PM	137.6	Right(→)	Turn right onto Evergreen Ave	0.1	(2)	1:35 PM	2:30 PM
12:56 PM	137.7	Left(←)	Turn left onto Riverview Ave	0.3	2	1:35 PM	2:30 PM
12:56 PM	138.0	Left(←)	Turn left at O'Brien St	0.2	(0)	1:35 PM	2:31 PM
12:56 PM	138.1	Straight(↑)	Turn left	0.6	(1)	1:36 PM	2:31 PM
12:57 PM	138.7	Left(←)	Turn left toward King St	0.1	(1)	1:37 PM	2:32 PM
12:57 PM	138.8	Right(→)	Turn right toward King St	-	4	1:37 PM	2:33 PM
12:58 PM	138.8	Left(←)	Turn left toward King St	-	0	1:37 PM	2:33 PM
12:58 PM	138.9	Right(→)	Turn right toward King St	-	2	1:37 PM	2:33 PM
12:58 PM	138.9	Left(←)	Turn left onto King St	0.7	0	1:37 PM	2:33 PM
12:59 PM	139.6	Left(←)	Turn left onto Clarence St	0.5	5	1:39 PM	2:35 PM
1:00 PM	140.1	Right(→)	Turn right onto Dufferin Ave	0.2	1	1:40 PM	2:36 PM
1:00 PM	140.3	Left(←)	Turn left onto Wellington St	-	1	1:40 PM	2:36 PM
1:00 PM	140.4	End	End of route (Finish at Centennial Hall)	-	-	1:40 PM	2:37 PM

Arkona Short Tour/ Ailsa Craig 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
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	0.5	Left(←)	Turn left onto Pall Mall St	0.2	(0)	8:01 AM	8:01 AM
8:01 AM	0.7	Right(→)	Turn right onto Richmond St	-	(1)	8:01 AM	8:01 AM
8:01 AM	0.8	Left(←)	Turn left onto Mill St	0.4	(0)	8:01 AM	8:01 AM
8:01 AM	1.1	Right(→)	Turn right onto Talbot St	0.3	(2)	8:02 AM	8:02 AM
8:02 AM	1.5	Left(←)	Turn left onto Oxford St E	0.4	-	8:02 AM	8:03 AM
8:03 AM	1.9	Right(→)	Turn right onto Gunn St	0.4	(1)	8:03 AM	8:04 AM
8:03 AM	2.2	Left(←)	Turn left onto Beaufort St	0.3	(2)	8:04 AM	8:05 AM
8:04 AM	2.5	Right(→)	Turn right onto Western Rd	1.4	(1)	8:04 AM	8:05 AM
8:06 AM	3.9	Left(←)	Turn left onto Sarnia Rd	1.0	10	8:07 AM	8:09 AM
8:08 AM	4.8	Right(→)	Turn right onto Sleightholme Ave	0.1	13	8:09 AM	8:11 AM
8:08 AM	4.9	Left(←)	Turn left onto Wychwood Park	1.4	1	8:09 AM	8:11 AM
8:10 AM	6.4	Right(→)	Turn right onto Annadale Dr	0.3	8	8:12 AM	8:15 AM
8:11 AM	6.7	Right(→)	Turn right onto Wonderland Rd N	3.0	(4)	8:13 AM	8:16 AM
8:16 AM	9.7	Straight(↑)	At the roundabout, take the 2nd exit and stay on	1.5	4	8:19 AM	8:23 AM
8:19 AM	11.2	Left(←)	Turn left onto Medway Rd/County Rd 28	7.2	8	8:22 AM	8:26 AM
8:31 AM	18.4	Right(→)	Turn right onto Vanneck Rd	6.2	(1)	8:36 AM	8:44 AM
8:42 AM	24.6	Left(←)	Slight left onto New Ontario Rd	11.2	(8)	8:49 AM	8:59 AM
9:01 AM	35.9	Right(→)	Turn right onto Queen St/County Rd 19	2.1	(41)	9:11 AM	9:26 AM
9:04 AM	37.9	Right(→)	Turn right onto Ailsa Craig Main St/County Rd 7	2.1	4	9:15 AM	9:30 AM
9:53 AM	40.0	Straight(↑)	Continue onto Petty St/County Rd 19	8.4	(4)	10:04 AM	10:20 AM
10:08 AM	48.4	Left(←)	Turn left onto Poplar Hill Rd	10.7	(3)	10:21 AM	10:41 AM
10:26 AM	59.1	Straight(↑)	Continue onto Komoka Rd/County Rd 16	10.8	13	10:43 AM	11:06 AM
10:44 AM	69.9	Left(←)	Turn left onto Gideon Dr/County Rd 3	2.6	(28)	11:04 AM	11:32 AM
10:49 AM	72.5	Right(→)	Turn right onto Brigham Rd	0.4	31	11:10 AM	11:39 AM
10:50 AM	73.0	Left(←)	Turn left onto Elviage Dr	2.9	-	11:10 AM	11:40 AM
10:55 AM	75.8	Left(←)	Turn left onto Westdel Bourne	0.2	25	11:16 AM	11:47 AM
10:55 AM	76.0	Right(→)	Turn right onto Byron Baseline Rd	3.5	2	11:17 AM	11:47 AM
11:01 AM	79.5	Straight(↑)	Continue onto Springbank Dr	1.8	(15)	11:24 AM	11:55 AM
11:04 AM	81.3	Right(→)	Turn right onto Quinella Dr	0.1	(16)	11:27 AM	12:00 PM
11:04 AM	81.4	Right(→)	Turn right onto Cherish Ct	0.2	2	11:27 AM	12:00 PM
11:04 AM	81.6	Left(←)	Turn left onto Quinella Dr	0.1	-	11:28 AM	12:00 PM
11:04 AM	81.6	Right(→)	Turn right onto Springbank Dr	2.7	(2)	11:28 AM	12:00 PM
11:09 AM	84.3	Straight(↑)	Continue onto Horton St W	1.4	(4)	11:33 AM	12:07 PM
11:11 AM	85.7	Left(←)	Turn left onto Thames St	0.4	(1)	11:36 AM	12:10 PM
11:12 AM	86.1	Straight(↑)	Continue onto King St	0.3	5	11:37 AM	12:11 PM
11:13 AM	86.5	Left(←)	Turn left onto Talbot St	0.5	4	11:37 AM	12:12 PM
11:14 AM	87.0	Right(→)	Turn right onto Dufferin Ave	0.6	1	11:38 AM	12:13 PM
11:15 AM	87.6	Left(←)	Turn left onto Wellington St	-	2	11:40 AM	12:15 PM
11:15 AM	87.7	End	End of route (Finish at Centennial Hall)	-	-	11:40 AM	12:15 PM