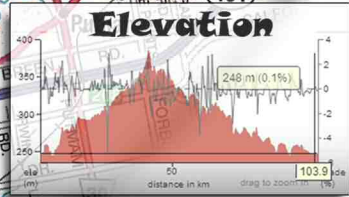




LCW Tour to Embro - 105 KM Long / 70 KM Ingersoll Short



(Short Route)



LCW Tour to Embro 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
8:15 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	Right(→)	Turn right onto Pall Mall St	0.2	(0)	8:16 AM	8:16 AM
8:16 AM	0.7	Left(←)	Turn left onto Waterloo St	1.6	2	8:16 AM	8:16 AM
8:18 AM	2.3	Right(→)	Turn right onto Regent St	0.7	11	8:19 AM	8:20 AM
8:20 AM	3.1	Left(←)	Turn left onto William St	0.2	(10)	8:21 AM	8:22 AM
8:20 AM	3.2	Right(→)	William St turns slightly right and becomes Huron St	0.2	(1)	8:21 AM	8:22 AM
8:20 AM	3.5	Left(←)	Turn left onto Adelaide St N	8.4	(0)	8:21 AM	8:23 AM
8:35 AM	11.9	Right(→)	Turn right onto Nine Mile Rd	7.3	38	8:38 AM	8:43 AM
8:47 AM	19.2	Left(←)	Turn left onto Prospect Hill Rd	4.2	8	8:53 AM	9:01 AM
8:55 AM	23.4	Right(→)	Turn right onto Plover Mills Rd/County Road 16 E	6.9	11	9:01 AM	9:11 AM
9:06 AM	30.3	Right(→)	Turn right to stay on Plover Mills Rd/County Road 16 E	2.9	26	9:15 AM	9:27 AM
9:11 AM	33.2	Straight(↑)	Continue onto Road 92/County Rd 25	10.6	6	9:21 AM	9:34 AM
9:29 AM	43.7	Right(→)	Turn right onto 31st Line	6.2	16	9:42 AM	9:59 AM
9:40 AM	50.0	Left(←)	Turn left onto Rd 84/County Rd 16	2.8	(20)	9:54 AM	10:14 AM
9:45 AM	52.7	Right(→)	Turn right onto 35th Line	2.5	(11)	10:00 AM	10:21 AM
9:49 AM	55.2	Left(←)	Turn left onto Commissioner St, then stop at the Restaurant	2.5	3	10:05 AM	10:27 AM
10:38 AM	57.6	Left(←)	Turn left onto 35 Line	3.7	-	10:55 AM	11:18 AM
10:45 AM	61.4	Right(→)	Turn right onto 74 Rd	2.7	(14)	11:02 AM	11:27 AM
10:49 AM	64.1	Left(←)	Turn left onto 31st Line	7.5	(15)	11:08 AM	11:33 AM
11:02 AM	71.6	Straight(↑)	Continue onto Thames St N/County Road 7	1.0	2	11:23 AM	11:51 AM
11:04 AM	72.6	Right(→)	Turn right onto Victoria St	1.9	(24)	11:25 AM	11:54 AM
11:07 AM	74.5	Straight(↑)	Continue onto 60 Rd	8.2	2	11:28 AM	11:58 AM
11:21 AM	82.7	Straight(↑)	Continue onto Catherine St	2.8	(8)	11:45 AM	12:18 PM
11:26 AM	85.5	Left(←)	Turn left onto Elgin Rd/County Road 73	0.1	(1)	11:50 AM	12:25 PM
11:26 AM	85.6	Right(→)	Turn right onto Catherine St/County Road 49	8.7	(1)	11:51 AM	12:25 PM
11:41 AM	94.3	Straight(↑)	Continue onto River Rd	2.2	(24)	12:08 PM	12:46 PM
11:45 AM	96.5	Left(←)	Turn left onto Gore Rd	1.9	15	12:13 PM	12:51 PM
11:48 AM	98.5	Right(→)	Slight right onto Hamilton Rd	0.5	1	12:16 PM	12:56 PM
11:49 AM	99.0	Left(←)	Turn left onto Meadowlily Rd N	0.1	(4)	12:18 PM	12:57 PM
11:49 AM	99.1	Left(←)	Turn left onto Hamilton Rd	3.8	-	12:18 PM	12:57 PM
11:56 AM	102.9	Right(→)	Slight right to stay on Hamilton Rd	0.3	(8)	12:25 PM	1:06 PM
11:56 AM	103.1	Left(←)	Turn left onto Bathurst St	0.1	(0)	12:26 PM	1:07 PM
11:57 AM	103.3	Right(→)	Turn right onto Colborne St	0.7	(0)	12:26 PM	1:07 PM
11:58 AM	104.0	Left(←)	Turn left onto Dufferin Ave	0.5	2	12:28 PM	1:09 PM
11:59 AM	104.5	Right(→)	Turn right onto Wellington St	-	(2)	12:29 PM	1:10 PM
11:59 AM	104.7	End	End of route (Finish at Centennial Hall)	-	-	12:29 PM	1:11 PM

Embro Short Tour / Ingersoll Cue Sheet - 74 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	Right(→)	Turn right onto Pall Mall St	0.2	(0)	8:16 AM	8:16 AM
8:16 AM	0.8	Left(←)	Turn left onto Waterloo St	1.1	2	8:16 AM	8:16 AM
8:18 AM	1.9	Right(→)	Turn right onto Cheapside St	5.1	7	8:18 AM	8:19 AM
8:26 AM	7.0	Left(←)	Turn left onto Sorrel Rd	0.8	13	8:28 AM	8:31 AM
8:28 AM	7.8	Right(→)	Turn right onto Huron St	1.9	4	8:30 AM	8:33 AM
8:31 AM	9.7	Left(←)	Turn left onto Robins Hill Rd	2.8	3	8:34 AM	8:38 AM
8:36 AM	12.5	Right(→)	Turn right onto Rebecca Rd	0.6	5	8:40 AM	8:45 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	Straight(↑)	Continue onto Road 74	10.5	20	8:57 AM	9:06 AM
9:09 AM	31.9	Right(→)	Turn right onto 31st Line	9.4	(2)	9:18 AM	9:31 AM
9:25 AM	41.3	Left(←)	Turn left onto Victoria St	1.9	(25)	9:37 AM	9:54 AM
9:29 AM	43.2	Straight(↑)	Continue onto Rd 60	8.2	(1)	9:41 AM	9:58 AM
9:43 AM	51.5	Straight(↑)	Continue onto Catherine St	2.8	(2)	9:57 AM	10:18 AM
9:47 AM	54.2	Left(←)	Turn left onto Elgin Rd/County Rd 73	0.1	(1)	10:03 AM	10:25 AM
9:48 AM	54.3	Right(→)	Turn right onto Catherine St/County Rd 49	8.6	(1)	10:03 AM	10:25 AM
10:47 AM	62.9	Straight(↑)	Continue onto River Rd	2.4	(23)	11:05 AM	11:30 AM
10:51 AM	65.3	Left(←)	Turn left onto Gore Rd	1.2	15	11:10 AM	11:36 AM
10:53 AM	66.5	Left(←)	Gore Rd turns left and becomes Braesyde Ave	0.5	(2)	11:12 AM	11:39 AM
10:54 AM	67.0	Right(→)	Turn right onto Hamilton Rd	5.1	(7)	11:13 AM	11:40 AM
11:03 AM	72.1	Left(←)	Slight left onto Horton St E	0.8	(3)	11:24 AM	11:53 AM
11:04 AM	72.9	Right(→)	Turn right onto Wellington St	-	(2)	11:25 AM	11:54 AM
11:06 AM	73.9	End	End of route (Finish at Centennial Hall)	-	2	11:27 AM	11:57 AM