EARL 400

Total Distance:	402.00000000000006 KM
Nominal Distance:	400 KM
Start Time:	06:00
Time Limit:	03:00 + 1 dy (27 h)

Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water

Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu-lative Distance (KM)	Opening Time	Closing Time
S	Start: 'Cochrane Tim Hortons'	FRW	0	0	6:00 +0 dy	7:00 +0 dy
	Head North on Westside Dr to Quigley Dr and turn right (East), then turn left (North) at Hwy 22, continuing to Hwy 1A		1	1	6:01 +0 dy	7:03 +0 dy
1	Turn left (West), follow Hwy 1A to 'Canmore'. Cross under Hwy 1 and continue through town until Tim Hortons on the West end of town.		74.7	76	8:13 +0 dy	11:02 +0 dy
	Turn around, follow Hwy 1A back to Hwy 1X (near Seebe)		25.3	101	8:58 +0 dy	12:44 +0 dy
	Turn right (South-East), travel to Hwy 1 (Trans-Canada)		4.3	105	9:05 +0 dy	13:01 +0 dy
	Exit right and merge onto Hwy 1 East. Continue to Hwy 40		4.4	110	9:13 +0 dy	13:18 +0 dy
2	Exit right and turn onto Hwy 40 South. Travel to 'Fortress Junction' gas station/store		41.3	151	10:26 +0 dy	16:04 +0 dy
	Follow Hwy 40 to 'Longview', Hwy 22 (Note: there are sevices about 63 km past Fortress Junction)		107	258	13:41 +0 dy	23:12 +0 dy
	Head North on Hwy 22 to Black Diamond, Hwy 7		17.3	275	14:14 +0 dy	0:21 +0 dy
	Turn right (East), travel to Hwy 783/Okotoks Southridge Dr		19.3	295	14:50 +0 dy	1:38 +0 dy
3	Turn left (North), head into 'Okotoks'		1	296	14:52 +0 dy	1:42 +0 dy
	Follow Southridge Dr North to Elizabeth St/Hwy 549		1.8	297	14:55 +0 dy	1:49 +0 dy
	Turn left (West), follow Hwy 549 which will curve North. Continue North on Range Rd 12 to Twp Rd 214		12.7	310	15:19 +0 dy	2:40 +0 dy
	Turn left (West), travel to Range Rd 15		4.9	315	15:28 +0 dy	3:00 +0 dy
	Turn right (North), travel to Twp Rd 221		4.9	320	15:37 +0 dy	3:19 +0 dy
	Turn left (West), travel to Range Rd 20		1.6	322	15:40 +0 dy	3:26 +0 dy
	Turn right (North), travel to Hwy 22X/Spruce Meadows Tr		4.8	326	15:49 +0 dy	3:45 +0 dy
	Turn right (East), travel to 6 St SW		4.8	331	15:58 +0 dy	4:04 +0 dy
	Turn left (North), travel to Shawville Gate SW		00.6	332	15:59 +0 dy	4:06 +0 dy
4	Turn right (East), travel to Shawville Link SW and turn left. Checkpoint at the 'Shawnessy Mall'		00.5	332	16:00 +0 dy	4:08 +0 dy
	Turn around, head back to Spruce Meadows Tr/Hwy 22X the same way you came in.		1.1	333	16:02 +0 dy	4:13 +0 dy
	Turn right (West), follow Hwy 22X/Hwy 22 until Hwy 22 turns North (just past Hwy 762)		35.7	369	17:09 +0 dy	6:36 +1 dy
5	Turn right (North), travel to 'Bragg Creek'		3.3	372	17:16 +0 dy	6:49 +1 dy
	Continue North on Hwy 22 to finish		29.7	402	18:17 +0 dy	9:00 +1 dy
F	Finish: 'Cochrane'		0	402	18:17 +0 dy	9:00 +1 dy