Duchess 300

Total Distance:	301.7 KM	Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water				
Nominal Distance:	300 KM					
Start Time:	07:00					
Time Limit:	20:00 + 0 dy (20 h)					

Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu-lative Distance (KM)	Opening Time	Closing Time
S	Start: 'Tim Hortons', Dunmore Rd beside Medicine Hat Mall	FHRW	0	0	7:00 +0 dy	8:00 +0 dy
	Head onto Dunmore Road and proceed south to Hwy 1 (Trans-Canada)		00.3	0	7:00 +0 dy	8:00 +0 dy
	Bear right (West) on Hwy 1 (Trans-Canada), travel to Hwy 884		45.9	46	8:21 +0 dy	10:18 +0 dy
	Turn right (North), travel to Ralston	FRW	2.9	49	8:26 +0 dy	10:27 +0 dy
1	Continue North to 'Jenner' (checkpoint at garage)	FW	55.9	105	10:05 +0 dy	14:00 +0 dy
	Turn around (South) and head back down Hwy 884 to Hwy 544		9.9	115	10:22 +0 dy	14:39 +0 dy
	Turn right (West), travel to Hwy 873		51.8	167	11:54 +0 dy	18:06 +0 dy
	Turn right (North), travel to Duchess, Hwy 550/Railway Ave		4.7	171	12:02 +0 dy	18:25 +0 dy
2	Turn left (West), 'Duchess' checkpoint at the food store on north side of Railway Ave.	FRW	1	172	12:04 +0 dy	18:29 +0 dy
	Turn around (East), return to Hwy 873, turn right (South), travel to Hwy 1 (Trans-Canada)		17	189	12:34 +0 dy	19:37 +0 dy
	Follow signs to head East on Hwy 1 (Trans-Canada), travel to Medicine Hat, Dumore Rd	FHRW	112	301	16:00 +0 dy	3:00 +0 dy
	Turn left (North), travel to Finish		00.3	302	16:00 +0 dy	3:00 +0 dy
F	Finish: 'Petro Canada', Dunmore Rd	FHRW	0	302	16:00 +0 dy	3:00 +0 dy