Cochrane Metric Century 100

Total Distance:	99.3 KM
Nominal Distance:	100 KM
Start Time:	08:00
Time Limit:	

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	'14 St SW & 25 Ave SW'		0	0	8:00 +0 dy	9:00 +0 dy
	Head West on 25 Ave SW		1	1	8:01 +0 dy	9:03 +0 dy
	Turn left onto 20 St SW		00.1	1	8:01 +0 dy	9:03 +0 dy
	Turn right onto 26 Ave SW		00.5	2	8:02 +0 dy	9:04 +0 dy
	Slight right to stay on 26 Ave SW		1.4	3	8:05 +0 dy	9:09 +0 dy
	Turn right onto 33 St SW		1.3	4	8:07 +0 dy	9:12 +0 dy
	Continue onto Spruce Dr SW		2.7	7	8:12 +0 dy	9:21 +0 dy
	Continue onto Edworthy St SW		00.1	7	8:12 +0 dy	9:21 +0 dy
	Turn left onto Edworthy St SW/Short Rd NW		00.2	7	8:12 +0 dy	9:21 +0 dy
	Slight left		00.1	7	8:13 +0 dy	9:22 +0 dy
	Turn right at Bow Trail SW		00.5	8	8:13 +0 dy	9:23 +0 dy
	Continue onto Coach Hill Rd SW		00.8	9	8:15 +0 dy	9:26 +0 dy
	Turn right onto Old Banff Coach Rd SW		2.1	11	8:19 +0 dy	9:32 +0 dy
	Turn right onto 77 St SW		00.3	11	8:19 +0 dy	9:33 +0 dy
	Continue onto Cougar Ridge Dr SW		00.9	12	8:21 +0 dy	9:36 +0 dy
	Turn right onto 85 St SW		00.5	13	8:22 +0 dy	9:37 +0 dy
	Turn left onto Paskapoo Dr SW		00.7	13	8:23 +0 dy	9:39 +0 dy
	Paskapoo Dr SW turns left and becomes Canada Olympic Rd SW		1.7	15	8:26 +0 dy	9:44 +0 dy
	Turn left to stay on Canada Olympic Rd SW		00.1	15	8:26 +0 dy	9:45 +0 dy
	Turn right onto Canada Olympic Dr SW		00.9	16	8:28 +0 dy	9:47 +0 dy
	Continue onto Bowfort Rd NW		00.5	16	8:28 +0 dy	9:49 +0 dy
	Slight left onto Juniper Dr NW		00.3	17	8:29 +0 dy	9:50 +0 dy
	Turn right		00.3	17	8:30 +0 dy	9:51 +0 dy
	Turn left toward 34 Ave NW		00.4	17	8:30 +0 dy	9:52 +0 dy
	Turn left onto 34 Ave NW		00.2	18	8:31 +0 dy	9:52 +0 dy
	Turn right onto 85 St NW		00.1	18	8:31 +0 dy	9:53 +0 dy
	Turn left to stay on 85 St NW		1.1	19	8:33 +0 dy	9:56 +0 dy
	Turn left onto Bearspaw Dam Rd NW		2.5	21	8:37 +0 dy	10:03 +0 dy
	Turn right		00.4	22	8:38 +0 dy	10:05 +0 dy
	At the roundabout, take the 3rd exit		00.9	23	8:39 +0 dy	10:07 +0 dy
	Turn left onto Tuscany Estates Dr NW		00.1	23	8:40 +0 dy	10:08 +0 dy
	Slight right at Tuscany Glen Park NW		00.2	23	8:40 +0 dy	10:08 +0 dy
	Turn right toward Tuscany Glen Rd NW		00.1	23	8:40 +0 dy	10:09 +0 dy
	Turn left toward Tuscany Glen Rd NW		0	23	8:40 +0 dy	10:09 +0 dy
	Turn right toward Tuscany Glen Rd NW		00.1	23	8:40 +0 dy	10:09 +0 dy
	Turn right toward Tuscany Glen Rd NW		0	23	8:40 +0 dy	10:09 +0 dy
	Turn left onto Tuscany Glen Rd NW		00.2	23	8:41 +0 dy	10:09 +0 dy
	Turn right		0	23	8:41 +0 dy	10:09 +0 dy
	Slight left at Tuscany Dr NW		00.2	24	8:41 +0 dy	10:10 +0 dy
	Slight right		0	24	8:41 +0 dy	10:10 +0 dy
	Turn left		0	24	8:41 +0 dy	10:10 +0 dy
	Turn right		00.2	24	8:41 +0 dy	10:11 +0 dy
	Slight left		00.3	24	8:42 +0 dy	10:12 +0 dy
	Turn right		00.1	24	8:42 +0 dy	10:12 +0 dy
	Turn right onto Tuscany Blvd NW		0	24	8:42 +0 dy	10:12 +0 dy
	Turn left onto Tuscany Way NW		1.4	26	8:45 +0 dy	10:16 +0 dy

	Turn right onto 12 Mile Coulee Rd NW		4.2	30	8:52 +0 dy	10:29 +0 dy
	Continue onto Church Ranches Blvd		1.9	32	8:55 +0 dy	10:34 +0 dy
	Turn right onto Bearspaw Rd/Range Rd 30		4.2	36	9:03 +0 dy	10:47 +0 dy
	Turn left onto Township Rd 262		9.7	46	9:20 +0 dy	11:16 +0 dy
	Turn left onto Range Rd 40		1.8	47	9:23 +0 dy	11:21 +0 dy
	Turn left onto Range Rd 40A		00.1	47	9:23 +0 dy	11:22 +0 dy
	Continue onto Gleneagles Dr		3.7	51	9:30 +0 dy	11:33 +0 dy
	Take the ramp		00.5	52	9:31 +0 dy	11:34 +0 dy
	Merge onto Bow Valley Trail/AB-1A W		00.7	52	9:32 +0 dy	11:36 +0 dy
	Turn left onto Centre Ave		1	53	9:34 +0 dy	11:39 +0 dy
	Turn right onto Griffin Rd W		1.2	55	9:36 +0 dy	11:43 +0 dy
	Turn right onto Cowboy Trail S/AB-22		10.1	65	9:54 +0 dy	12:18 +0 dy
	Turn left onto Township Rd 250		11.8	76	10:14 +0 dy	13:05 +0 dy
	Turn right onto Old Banff Coach Rd/Range Rd 31		00.7	77	10:16 +0 dy	13:08 +0 dy
	Slight left to stay on Old Banff Coach Rd/Range Rd 31		5.9	83	10:26 +0 dy	13:32 +0 dy
	Turn right to stay on Old Banff Coach Rd/AB-563 E		0	83	10:26 +0 dy	13:32 +0 dy
	Turn left to stay on Old Banff Coach Rd/AB-563 E		00.5	84	10:27 +0 dy	13:34 +0 dy
	Turn right onto 101 St SW		4.3	88	10:34 +0 dy	13:51 +0 dy
	Turn left onto Lower Springbank Rd SW		3.3	91	10:40 +0 dy	14:04 +0 dy
	Turn left onto 69 St SW S		0	91	10:40 +0 dy	14:04 +0 dy
	Turn right onto Lower Springbank Rd SW		00.4	92	10:41 +0 dy	14:06 +0 dy
	Turn left		00.3	92	10:42 +0 dy	14:07 +0 dy
	Turn right toward Sierra Morena Blvd SW		00.5	92	10:42 +0 dy	14:09 +0 dy
	Turn right onto Sierra Morena Blvd SW		0	92	10:42 +0 dy	14:09 +0 dy
	Turn left onto Richmond Rd SW E		00.3	93	10:43 +0 dy	14:10 +0 dy
	Turn left onto Signal Hill Center SW		0	93	10:43 +0 dy	14:10 +0 dy
	Turn right		00.3	93	10:43 +0 dy	14:11 +0 dy
	Turn right at Stewart Green SW		0	93	10:43 +0 dy	14:11 +0 dy
	Slight left at Richmond Rd SW E		00.3	93	10:44 +0 dy	14:12 +0 dy
	Slight left toward Richmond Rd SW E		00.1	93	10:44 +0 dy	14:13 +0 dy
	Turn left toward Richmond Rd SW E		0	93	10:44 +0 dy	14:13 +0 dy
	Turn right onto Richmond Rd SW E		2.3	96	10:48 +0 dy	14:22 +0 dy
	Richmond Rd SW turns slightly right and becomes 32 Ave SW E		00.2	96	10:49 +0 dy	14:23 +0 dy
	Continue onto 33 Ave SW E		2.5	98	10:53 +0 dy	14:33 +0 dy
	Turn left onto 14 St SW		1	99	10:55 +0 dy	14:37 +0 dy
F	'14 St SW & 25 Ave SW'		0	99	10:55 +0 dy	14:37 +0 dy