

| Penhold 300 | | | | | | |
|-------------------|--|---------------------|------------------------|--|--------------|--------------|
| Total Distance: | | 302 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) | Cumulative Distance (KM) | Opening Time | Closing Time |
| S | 'Country Hills A&W' | | 0 | 0 | 7:00 +0 dy | 8:00 +0 dy |
| | Continue onto Country Hills Blvd NE | | 00.2 | 0 | 7:00 +0 dy | 8:00 +0 dy |
| | Right on Harvest Hills Blvd N N | | 00.6 | 1 | 7:01 +0 dy | 8:02 +0 dy |
| | Turn right onto Yankee Valley Blvd | | 13.1 | 14 | 7:24 +0 dy | 8:41 +0 dy |
| | Turn left onto 8 St SW | | 3.2 | 17 | 7:30 +0 dy | 8:51 +0 dy |
| | Turn right onto Veterans Blvd | | 3.2 | 20 | 7:35 +0 dy | 9:00 +0 dy |
| | Left onto Dickson Stevenson Trail | | 00.9 | 21 | 7:37 +0 dy | 9:03 +0 dy |
| | Turn left onto AB-2A N | | 10 | 31 | 7:55 +0 dy | 9:33 +0 dy |
| | CROSSFIELD on the Left | | 4.4 | 36 | 8:02 +0 dy | 9:46 +0 dy |
| 1 | Continue on 2A N to 'Carstairs' | | 18 | 54 | 8:34 +0 dy | 10:40 +0 dy |
| | Continue on 2A N OLDS on the left | | 25.9 | 80 | 9:20 +0 dy | 12:18 +0 dy |
| 2 | Turn right onto 22 St, 'Bowden' | | 18 | 98 | 9:52 +0 dy | 13:30 +0 dy |
| | Turn left onto Hwy 587 | | 00.1 | 98 | 9:52 +0 dy | 13:30 +0 dy |
| | Turn left onto AB-587 W | | 00.1 | 98 | 9:52 +0 dy | 13:30 +0 dy |
| | Turn right onto Range Rd 25 | | 15.8 | 114 | 10:20 +0 dy | 14:34 +0 dy |
| | Turn right onto Range Rd 24D | | 9.8 | 123 | 10:37 +0 dy | 15:13 +0 dy |
| | Turn left onto Township Rd 360 | | 4.1 | 127 | 10:44 +0 dy | 15:29 +0 dy |
| | Turn right to stay on Township Rd 354 | | 1.1 | 129 | 10:46 +0 dy | 15:33 +0 dy |
| | Turn left onto Rd23/Rd22A | | 2.4 | 131 | 10:51 +0 dy | 15:43 +0 dy |
| | Turn left into Township Rd 360 | | 3.3 | 134 | 10:56 +0 dy | 15:56 +0 dy |
| | Turn right to stay on Township Rd 360/RR23/RR23 | | 1.5 | 136 | 10:59 +0 dy | 16:02 +0 dy |
| | Turn right onto AB-54E | | 4.4 | 140 | 11:07 +0 dy | 16:20 +0 dy |
| | Turn left onto RR10 | | 15.1 | 155 | 11:33 +0 dy | 17:20 +0 dy |
| | Turn right onto AB-592E | | 7.2 | 162 | 11:46 +0 dy | 17:49 +0 dy |
| | Turn right onto Hwy 2A PENHOLD | | 8.8 | 171 | 12:02 +0 dy | 18:24 +0 dy |
| | Turn right onto 50St | | 13.7 | 185 | 12:26 +0 dy | 19:19 +0 dy |
| 3 | Continue onto Lakewood Dr, 'Innisfail' | | 1.7 | 187 | 12:29 +0 dy | 19:26 +0 dy |
| | Turn left onto AB-54E | | 1.9 | 189 | 12:32 +0 dy | 19:34 +0 dy |
| | Turn right onto 42 Ave | | 3.9 | 192 | 12:39 +0 dy | 19:49 +0 dy |
| | Turn right onto Cottonwood Rd | | 00.7 | 193 | 12:40 +0 dy | 19:52 +0 dy |
| | Turn left onto Township Rd 350 | | 2 | 195 | 12:44 +0 dy | 20:00 +0 dy |
| | Turn left onto RR11 | | 4.7 | 200 | 12:52 +0 dy | 20:19 +0 dy |
| | Turn Right onto Rd 11 /Rd 11A | | 3.2 | 203 | 12:58 +0 dy | 20:31 +0 dy |
| | Turn right onto Hwy 587 | | 00.4 | 203 | 12:59 +0 dy | 20:33 +0 dy |
| | Turn left onto 22 St | | 00.3 | 204 | 12:59 +0 dy | 20:34 +0 dy |
| | Turn right onto AB-2A S | | 00.1 | 204 | 13:00 +0 dy | 20:35 +0 dy |
| 4 | Turn right onto 46 St 'Olds' | | 18 | 222 | 13:33 +0 dy | 21:47 +0 dy |
| | Turn right onto AB-2A S | | 2.5 | 224 | 13:38 +0 dy | 21:57 +0 dy |
| | Turn right onto Dickson Stevenson Trail | | 46.3 | 271 | 15:05 +0 dy | 1:02 +0 dy |
| | Turn right onto Veterans Blvd | | 10 | 281 | 15:24 +0 dy | 1:42 +0 dy |
| | Turn left onto 8 St W | | 00.8 | 281 | 15:25 +0 dy | 1:45 +0 dy |
| | Turn right onto Yankee Valley Blvd | | 3.2 | 285 | 15:31 +0 dy | 1:58 +0 dy |
| | Turn left onto RR13/Centre St/Harvest Hills Blvd | | 3.2 | 288 | 15:37 +0 dy | 2:11 +0 dy |
| | Continue onto Country Hills Blvd | | 13.3 | 301 | 16:00 +0 dy | 3:00 +0 dy |
| | Turn left | | 00.8 | 302 | 16:00 +0 dy | 3:00 +0 dy |
| | Turn left | | 00.1 | 302 | 16:00 +0 dy | 3:00 +0 dy |

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| F | 'Country Hills A&W' | | | 302 | 16:00 +0 dy | 3:00 +0 dy |
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