Nordic Centre 200

Total Distance:	201.09999999999997 KM
Nominal Distance:	200 KM
Start Time:	08:00
Time Limit:	13:30 + 0 dy (13.5 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	'Tuscany Starbucks'		0	0	8:00 +0 dy	9:00 +0 dy
	Continue onto Tuscany Way NW		0	0	8:00 +0 dy	9:00 +0 dy
	Turn right onto Twelve Mile Coulee Road		1.7	2	8:03 +0 dy	9:05 +0 dy
	Turn left onto Bow Valley Trail / AB 1A W		1.2	3	8:05 +0 dy	9:08 +0 dy
	Turn right onto Railway Ave		91.4	94	10:46 +0 dy	14:17 +0 dy
	Turn left onto 8 St		00.5	95	10:47 +0 dy	14:19 +0 dy
	Turn left onto 8 Ave		00.6	95	10:48 +0 dy	14:21 +0 dy
	Slight right onto Rundle Drive		00.3	96	10:48 +0 dy	14:22 +0 dy
	Turn left onto Three Sisters Dr.		00.5	96	10:49 +0 dy	14:24 +0 dy
	Turn right onto Spray Lakes Rd		00.6	97	10:50 +0 dy	14:27 +0 dy
	Turn right onto Olympic Way		2	99	10:54 +0 dy	14:35 +0 dy
1	Continue to front entrance to 'Nordic Centre'		00.4	99	10:55 +0 dy	14:36 +0 dy
	Turn around, turn left onto Spray Lakes Road		00.4	100	10:55 +0 dy	14:38 +0 dy
	Turn right onto Three Sisters Dr		2	102	10:59 +0 dy	14:46 +0 dy
	Turn left onto Rundle Dr /8 Ave		00.6	102	11:00 +0 dy	14:48 +0 dy
	Turn right onto 8 St		00.8	103	11:01 +0 dy	14:52 +0 dy
	Turn right onto Railway Ave		00.6	104	11:02 +0 dy	14:54 +0 dy
	Straight onto Benchland Trail / Elk Run Blvd		00.5	104	11:03 +0 dy	14:56 +0 dy
	Turn left onto Bow Valley Trail / AB 1A W		3	107	11:09 +0 dy	15:08 +0 dy
2	Checkpoint: 'Cochrane'		71	178	13:14 +0 dy	19:52 +0 dy
	Turn right onto Twelve Mile Coulee Road		20.1	198	13:49 +0 dy	21:12 +0 dy
	Turn left onto Tuscany Way NW		1.2	199	13:51 +0 dy	21:17 +0 dy
	Turn right into Starbucks parking lot		1.7	201	13:57 +0 dy	21:30 +0 dy
F	'Tuscany Starbucks'		0	201	13:57 +0 dy	21:30 +0 dy