Meniak 400

Total Distance:	404.1 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 of route, 'Country Hills A&W, Country Hills Blvd'		0	0	6:00 +0 dy	7:00 +0 dy
	Turn right onto Country Hills Blvd NE		00.1	0	6:00 +0 dy	7:00 +0 dy
	Slight right onto Harvest Hills Blvd N N		00.8	1	6:01 +0 dy	7:02 +0 dy
	Continue onto Centre St N N		2.4	3	6:05 +0 dy	7:09 +0 dy
	Continue onto Range Rd 13		4.3	8	6:13 +0 dy	7:22 +0 dy
	Turn right onto Yankee Valley Blvd		6.5	14	6:24 +0 dy	7:42 +0 dy
	Turn left onto 8 St SW		3.2	17	6:30 +0 dy	7:51 +0 dy
	Turn right onto Veterans Blvd/AB-567 E		3.3	21	6:36 +0 dy	8:01 +0 dy
	Turn left onto Main St N		00.8	21	6:37 +0 dy	8:04 +0 dy
	Turn right at Stonegate Dr NW		00.2	22	6:38 +0 dy	8:04 +0 dy
	Turn right onto Dickson Stevenson Trail		00.4	22	6:38 +0 dy	8:06 +0 dy
	Turn left onto AB-2A N (signs for Alberta 2 Alternate N)		9.9	32	6:56 +0 dy	8:35 +0 dy
	Turn left onto Limit Ave/AB-574 W		4.3	36	7:03 +0 dy	8:48 +0 dy
	Turn left onto Railway St		00.1	36	7:04 +0 dy	8:48 +0 dy
	Turn right onto Limit Ave/AB-574 E		0	36	7:04 +0 dy	8:48 +0 dy
	Turn left onto AB-2A N		00.1	36	7:04 +0 dy	8:49 +0 dy
1	Checkpoint: 'Olds'		42.1	79	8:18 +0 dy	11:14 +0 dy
	Turn left onto 22 St/AB-2A N (signs for AB-2)		17.9	96	8:50 +0 dy	12:25 +0 dy
	Turn right onto Hwy 2A (signs for AB-2)		00.1	97	8:50 +0 dy	12:26 +0 dy
	Turn left		00.3	97	8:50 +0 dy	12:27 +0 dy
	Turn right onto Township Rd 344		00.2	97	8:51 +0 dy	12:28 +0 dy
	Continue onto Range Rd 11A		00.1	97	8:51 +0 dy	12:28 +0 dy
	Continue onto Range Rd 11		0	97	8:51 +0 dy	12:28 +0 dy
	Turn right onto Refinery Rd/Township Rd 350		3.2	100	8:57 +0 dy	12:41 +0 dy
	Turn right onto Township Rd 352		4.6	105	9:05 +0 dy	12:59 +0 dy
	Continue onto Cottonwood Rd		1.5	106	9:07 +0 dy	13:05 +0 dy
	Turn left onto 42 Ave		00.6	107	9:08 +0 dy	13:08 +0 dy
	Continue onto Hwy 2A/AB-2A N		4.5	112	9:16 +0 dy	13:26 +0 dy
2	Continue onto Taylor Dr. Checkpoint: 'Red Deer'		24.6	136	10:00 +0 dy	15:04 +0 dy
	Turn right onto AB-11A E		9.8	146	10:17 +0 dy	15:43 +0 dy
	Turn left onto AB-2A N (signs for Alberta 2 Alternate N/Lacombe)		1.6	148	10:20 +0 dy	15:50 +0 dy
	At the roundabout, continue straight to stay on AB-2A N		6.4	154	10:31 +0 dy	16:15 +0 dy
	Take the Alberta 2 N ramp		18.1	172	11:03 +0 dy	17:28 +0 dy
	Merge onto AB-2 N		00.7	173	11:04 +0 dy	17:30 +0 dy
	Take exit 437 for AB-2A N toward Ponoka/Wetaskiwin		4.7	177	11:13 +0 dy	17:49 +0 dy
	Merge onto AB-2A		00.7	178	11:14 +0 dy	17:52 +0 dy
3	Checkpoint: 'Meniak (note time, take photo of house/square)' Turn around.		23.8	202	11:56 +0 dy	19:27 +0 dy
	Keep left at the fork, follow signs for AB-2 S/Red Deer		24.1	226	12:41 +0 dy	21:04 +0 dy
	Merge onto AB-2 S		1.1	227	12:43 +0 dy	21:08 +0 dy
	Take exit 431 for Alberta 2 Alternate S toward Lacombe/Stettler		4.3	231	12:51 +0 dy	21:25 +0 dy
	Turn left onto AB-2A S		00.4	232	12:52 +0 dy	21:27 +0 dy
4	Checkpoint: 'Lacombe'		6.6	238	13:04 +0 dy	21:53 +0 dy
	At the roundabout, take the 1st exit and stay on AB-2A S		12	250	13:27 +0 dy	22:41 +0 dy
	Turn right onto AB-11A W		6.4	257	13:39 +0 dy	23:07 +0 dy
	Turn left onto Taylor Dr		1.6	258	13:42 +0 dy	23:13 +0 dy
5	Checkpoint: 'Red Deer'		6	264	13:53 +0 dy	23:37 +0 dy

	Continue onto AB-2A S (signs for Alberta 2 Alternate S/Penhold/Calqary)		3.8	268	14:00 +0 dy	23:52 +0 dy
	Continue straight onto 42 Ave		24.6	293	14:46 +0 dy	1:31 +0 dy
	Turn right onto Cottonwood Rd		4.5	297	14:55 +0 dy	1:49 +0 dy
	Continue onto Township Rd 352		00.6	298	14:56 +0 dy	1:51 +0 dy
	Turn left onto Range Rd 10/Township Rd 350		1.4	299	14:59 +0 dy	1:57 +0 dy
	Turn left onto Range Rd 11		4.7	304	15:07 +0 dy	2:16 +0 dy
	Range Rd 11 turns slightly right and becomes Range Rd 11A		3.2	307	15:13 +0 dy	2:28 +0 dy
	Continue onto Township Rd 344		0	307	15:13 +0 dy	2:28 +0 dy
	Turn left at Nursery Rd		00.1	307	15:14 +0 dy	2:29 +0 dy
	Turn right onto Hwy 2A		00.2	308	15:14 +0 dy	2:30 +0 dy
	Turn left onto 22 St/AB-2A S (signs for Bowden)		00.3	308	15:15 +0 dy	2:31 +0 dy
	Turn right onto 20 St/27 Ave/AB-2A S		0	308	15:15 +0 dy	2:31 +0 dy
6	Checkpoint: 'Olds'		26.9	335	16:05 +0 dy	4:18 +0 dy
	Turn right onto Dickson Stevenson Trail/Range Rd 11		37.4	372	17:15 +0 dy	6:48 +1 dy
	Continue onto Main St N		9.9	382	17:34 +0 dy	7:27 +1 dy
	Slight right (signs for AB-567 W)		00.6	383	17:35 +0 dy	7:30 +1 dy
	Slight right onto Veterans Blvd NW/AB-567 W		00.1	383	17:35 +0 dy	7:30 +1 dy
	Turn left at the 1st cross street onto 8 St NW		00.8	384	17:37 +0 dy	7:34 +1 dy
	Continue straight to stay on 8 St NW		00.2	384	17:37 +0 dy	7:34 +1 dy
	Turn left at the 1st cross street onto Range Rd 13		6.3	390	17:49 +0 dy	8:00 +1 dy
	Continue onto Centre St N/Hwy 782		6.5	397	18:01 +0 dy	8:26 +1 dy
	Continue onto Harvest Hills Blvd N S		4.5	401	18:17 +0 dy	9:00 +1 dy
	Slight left		2.2	403	18:17 +0 dy	9:00 +1 dy
	Turn left onto Country Hills Blvd NE		00.1	403	18:17 +0 dy	9:00 +1 dy
	Turn right		00.8	404	18:17 +0 dy	9:00 +1 dy
F	End of route, 'Country Hills A&W'		0	404	18:17 +0 dy	9:00 +1 dy