Elk Island 200

Total Distance:	211.09999999999997 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	Start: 'Yellowhead Esso Station', near Ardrossen (Hwy 16, east of Range Rd 224)	FRW	0	0	8:00 +0 dy	9:00 +0 dy
	Head East on Hwy 16 to Elk Island National Park		22	22	8:38 +0 dy	10:06 +0 dy
	Turn left (North), follow the main road through Elk Island National Park. At the north end, the road becomes Hwy 831. Continue to Hwy 15		25.2	47	9:23 +0 dy	11:21 +0 dy
1	Turn right (South-East), travel to 'Lamont'. Gas station at the first access road into Lamont (50 Ave) can be used as the checkpoint.	FRW	00.7	48	9:24 +0 dy	11:23 +0 dy
2	Continue South-East on Hwy 15 to 'Mundare', Hwy 855/Sawchuck St.	FW	35.6	84	10:27 +0 dy	13:34 +0 dy
3	Turn left (North), travel to 'Andrew'	FW	32.5	116	11:24 +0 dy	15:44 +0 dy
	Continue North on Hwy 855 to Hwy 45		1	117	11:26 +0 dy	15:48 +0 dy
	Turn left (West), travel to Hwy 831		29.2	146	12:18 +0 dy	17:44 +0 dy
4	Turn left (South), travel to 'Lamont', Hwy 15	FRW	15.2	161	12:44 +0 dy	18:45 +0 dy
	Turn right (North-West), travel 2 km on Hwy 15, then turn left (South) onto Hwy 831. Travel through Elk Island Park on the main road until Hwy 16		27.1	189	13:32 +0 dy	20:34 +0 dy
	Turn right (West), travel to Hwy 824 (Exit 413 to Ardrossen)		20	209	13:57 +0 dy	21:30 +0 dy
	Turn left (South), travel to first road south of Hwy 16, then turn right. Follow the road back to the finish		2.6	211	13:57 +0 dy	21:30 +0 dy
F	Finish: 'Yellowhead Esso Station'	FRW	0	211	13:57 +0 dy	21:30 +0 dy