Tour de Cenotaph 200

November 11

Ride Organizer : Craig Premack 778-232-0204

Start - 4th Ave & Boundary Rd, Vancouver

Finish - Knight & Day, Broadway & Boundary, Vancouver

Dist.(cum	Turn	Directio	Route Description	Dist.(int
0.0			**Start - 4th Ave & Boundary Rd, Vancouver**	0.0
0.0	L	N	North on Boundary Rd	1.2
1.2	L	W	Adanac Bike Route	5.5
6.7	CO	W	Over Dunsmuir Viaduct	1.0
7.7	R	N	Cambie St	0.3
8.0	CO	N	**Pass Victory Square Cenotaph**	0.2
8.2	L	W	Water St	0.6
8.8	BR	W	West Cordova	0.1
8.9	CO	W	**CPR War Memorial** (Right of Station)	0.5
9.4	L	S	Jervis St	0.1
9.5	R	W	West Hastings	0.3
9.8	L	S	Cardero St	0.1
9.9	R	W	West Georgia St	0.8
10.7	BR	N	Stanley Park Exit	0.1
10.8	R	N	1st Exit from roundabout/ Park Drive	4.8
15.6	L	W	Exit and cross Lions Gate Bridge	1.9
17.5	R	S	Exit and ride SOUTH on bike path	0.5
18.0	L	E	Onto Spirit Trail East (not under bridge)	1.1
19.1	CO	E	Cross Welch to access Bike Lane(crosswalk)	0.3
19.4	R	S	Garden Ave	0.1
19.5	L	E	1st St	1.7
21.2	CO	E	Becomes 2nd St	0.4
21.6	R	E	3rd St	0.4
22.0	L	N	Forbes Ave	0.2
22.2	BR	E	6th	0.2
22.4	L	N	Mahon Ave	0.3
22.7	R	E	Keith Rd	0.6
23.3	CO	E	**Victoria Park Cenotaph** on Left	3.0
26.3	R	S	Mountain Hwy (not Lynnmouth Ave)	0.8
27.1	L	E	Main St	0.2
27.3	BR	S	Over Ironworkers Memorial Bridge	2.0
29.3	L	S	N Skeena St	0.3
29.6	L	E	Cambridge St	0.6
30.2	R	S	N Esmond Ave	0.1

30.3	L	E	Oxford St	1.2
31.5	CO	E	becomes Penzance Dr	0.2
31.7	CO	E	**North Burnaby Cenotaph** on Right	0.3
32.0	R	S	N Beta / Cambridge	0.3
32.3	R	S	N Gamma	0.8
33.1	L	E	Francis St	1.3
34.4	L	N	Fell Ave	0.1
34.5	R	E	Hastings St	1.3
35.8	BL	E	becomes Barnett Hwy	8.7
44.5	L	E	St Johns St	1.2
45.7	CO	E	**Port Moody Cenotaph** on Right	1.5
47.2	R	SE	Dewdney Trunk Rd	3.3
50.5	R	S	Westwood St	0.3
50.8	L	E	Kingsway Ave	0.7
51.5	R	S	Maple St / Bury Ave	0.6
52.1	L	E	Wilson Ave	0.2
52.3	L	N	Shaughnessy St	0.2
52.5	CO	N	**Veterans Park Cenotaph** on Right	0.1
52.6	R	E	Elgin Ave	0.2
52.8	L	N	Mary Hill Rd	0.1
52.9	R	E	Kingsway Ave	3.0
55.9	L	N	Mary Hill Bypass (7B)	0.8
56.7	BR	E	Hwy 7 over Pitt River Bridge	4.3
61.0	R	S	Harris Rd	1.1
62.1	CO	S	**Spirit Square Cenotaph** on Right	1.4
63.5	L	E	Airport Way take 3rd Roundabout Exit	1.7
65.2	CO	E	becomes 113B after 2nd Rounabout	0.8
66.0	R	SE	Maple Cresent	0.2
66.2	L	E	Westfield Ave	0.7
66.9	L	N	207 St	0.3
67.2	R	E	River Rd	1.8
69.0	L	N	216 St	0.3
69.3	R	E	Lougheed Hwy 7	1.6
70.9	L	N	224 St	0.2

Dist.(c	Turn	Direc	Route Description	Dist.
71.1	R	E	Haney Place / McIntosh Ave	0.1
71.2	CO	E	**Haney Cenotaph** on Left	0.3
71.5	L	S	224 St	0.3
71.8	L	E	Lougheed Hwy 7	24.4
96.2	L	N	Haig St	0.1
96.3	R	E	Logan Ave	0.1
96.4	CO	E	**Mission Cenotaph** on Left	0.3
96.7			**CONTROL #1 - Dead End on Logan Ave**	0.0
96.7	T	W	Logan Ave	0.2
96.9	L	S	Park St	0.1
97.0	R	W	Lougheed Hwy 7	0.4
97.4	L	S	Hwy 11 over Mission Bridge	3.2
100.6	BR	S	Riverside Rd	3.1
103.7	R	W	Townshipline Rd	1.5
105.2	L	S	Gladwin Rd	3.2
108.4	R	W	MacLure Rd	0.9
109.3	L	S	Trethewey St	0.5
109.8	R	W	George Ferguson Way	0.3
110.1	L	S	Justice Way	0.3
110.4	CO	S	**Abbotsford Cenotaph** on Left	0.1
110.5	R	W	South Fraser Way	0.1
110.6	BR	W	Old Yale Rd	1.8
112.4	L	W	MacLure Rd	1.6
114.0	BL	SW	Fraser Hwy	8.2
122.2	CO	W	**Aldergrove Cenotaph**	12.3
134.5	R	N	Langley Bypass Hwy 10	3.7
138.2	R	W	60th Ave	3.9
142.1	L	S	177B St	0.8
142.9	R	W	Hwy 10	0.2
143.1	CO	W	**Cloverdale Cenotaph** on Right	0.4
143.5	L	S	Pacific Hwy 15	5.2
148.7			**CONTROL #2 - Tim Hortons**	0.0
148.7	CO	S	Pacific Hwy 15	3.2
151.9	R	W	16th Ave	3.2
155.1	L	S	160th St	0.8
155.9	R	W	Buena Vista Ave	1.4

157.3	CO	W	**White Rock Cenotaph** on Left	0.0
157.3	R	N	Fir St	0.4
157.7	R	E	Thrift Ave	0.3
158.0	L	N	Best St / 154 St	2.0
160.0	R	E	24 Ave	0.2
160.2	L	N	King George Blvd / 99A Hwy	9.9
170.1	L	W	64 Ave	1.6
171.7	R	N	128 St	8.9
180.6	L	W	Old Yale Rd (4-way stop)	1.2
181.8	R	N	Scott Rd	0.6
182.4	L	W	124 Ave / (BC Parkway) / 111A St	0.4
182.8	R	N	Patullo Bridge	1.5
184.3	R	N	over Crosswalk (Left uphill) Albert Cr / 1st St	0.2
184.5	L	W	Agnes St	0.5
185.0	R	N	Fourth St	0.1
185.1	L	W	Royal Ave	0.2
185.3	CO	W	**New Westminster Cenotaph** on Right	0.1
185.4	R	N	6th St	0.7
186.1	L	W	Fourth Ave	0.6
186.7	R	N	10th St	0.6
187.3	L	W	7th Ave	1.7
189.0	CO	W	Cross 20th st - continue on 7th Ave	0.3
189.3	BR	NW	onto Bike Path / BC Parkway (Metrotown)	2.4
191.7	CO	N	Cross Rumble	0.0
191.7	L	W	Rumble Bike Path (at Giley keep Left on Rumble)	1.5
193.2	R	N	MacPherson Ave	0.8
194.0	L	W	Imperial St	0.8
194.8	CO	W	**South Burnaby Cenotaph** @ Nelson	0.2
195.0	R	NW	Central Blvd	1.5
196.5	R	N	Patterson Ave	0.3
196.8	CO	N	cross Kingsway to Patterson (Sea to River Trail)	1.3
198.1	R	E	Moscrop St	0.1
198.2	L	N	Carleton Ave	0.5
198.7	CO	N	Sea To River Bikeway	0.1
198.8	R	E	Kincaid St	0.2
199.0	L	N	Gilmore Way / Gilmore Ave	2.0
201.0	L	W	Lougheed Hwy 7	0.7
201.7			**FINISH CONTROL**	
			IN CASE OF ABANDONMENT OR EMERGENCY	
			PHONE: **778-232-0204**	