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| **Sasquatch Stomper 200K**  **Route Sheet**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Distance**  **(km-cumulative)** | **Turn** | **Direction** | **Distance (Interval)** | **Route** | | **Start – Waves Coffee House**  (NE corner of Commercial Drive and 3rd Ave, Vancouver) | | | | | | 0 |  | E | 0.9 | 3rd Avenue | | 0.4 | R | S | 0.7 | Lakewood Drive | | 1.1 | L | E | 15.2 | E Broadway (becomes Lougheed Hwy #7) | | 16.3 | R | S/E | 0.8 | Woolridge Street (first right past Brunette) | | 17.1 | R | S | 0.3 | Rue King Edward | | 17.4 | L | E | 3.2 | United Blvd | | 20.6 | R | E | 2.4 | Mary Hill Bypass | | 23.0 | R | E | 1.5 | Mary Hill Bypass | | 24.5 | L | N | 0.1 | Pitt River Road | | 25.0 | R | E | 2.9 | Mary Hill Bypass | | 27.9 | BR | E | 10.4 | Lougheed Hwy #7 (over Pitt River Bridge) | | 38.3 | R | S/E | 2.6 | Haney Bypass | | 40.9 | R | E | 14.7 | Lougheed Hwy #7 | | 55.6 | L | N | 2.4 | Hayward Street | | 58.0 | R | SE | 7.9 | Keystone Ave (becomes Dewdney Trunk Road) | | 58.0 | R | SE | 7.9 | Keystone Ave (becomes Dewdney Trunk Road) | | 65.9 | R | S | 0.1 | Cedar Street | | **66.0** | **CONTROL 1: Cedar Valley General Store (or Gas Station across road)** | | | | | 66.0 | CO | S | 3.2 | Cedar Street | | 69.2 | L | E | 1.7 | Seventh Avenue | | 70.9 | R | S | 0.6 | Stave Lake Street | | 71.5 | L | E | 7.6 | Lougheed Hwy #7 | | 79.1 | R | E | 23.4 | Stay on Lougheed Hwy #7 | | **102.5** | **CONTROL 2: Sasquatch Inn (turnaround point)** | | | | | 102.5 | T | W | 55.3 | Lougheed Hwy #7 | | 157.8 | L | W | 3.1 | Haney Bypass (before the hill) | | 159.9 | L | W | 13.3 | Lougheed Hwy #7 | | 173.2 | R | N | 0.1 | Coast Meridian Road | | 173.3 | L | N | 1.1 | Coast Meridian Road | | 174.4 | L | W | 1.5 | Prairie Ave | | 175.9 | R | N | 2.9 | Shaughnessy Street | | **178.8** | **CONTROL 3: Information Control Corner of Shaughnessy St and David Ave** | | | | | 178.8 | L | W | 1.3 | David Ave | | 180.1 | L | S | 0.8 | Pinetree Way | | 180.9 | R | W | 3.4 | Guildford Way | | 183.8 | SO | W | 1.9 | Murray Street | | 185.7 | R | N/E/S | 0.5 | Esplanade becomes Moody Street | | 186.2 | R | W | 1.3 | Clarke Street | | 187.5 | R | W | 9.8 | Barnet Hwy (becomes Inlet Drive then Hastings Street) | | 197.3 | L | S | 0.1 | Fell Ave | | 197.4 | R | W | 3.4 | Frances Street | | 200.8 | L | S | 0.2 | Esmond Ave | | 201.0 | R | W | 0.1 | Union Ave | | 201.1 | SO | W | 2.9 | Cross Boundary to continue on Adanac Street | | 204.0 | L | S | 1.1 | Lakewood Drive | | 205.1 | R | W | 0.9 | 3rd Avenue to Finish (Waves Coffee House) | | **206.0** |  | **FINISH: Waves Coffee House**  (NE Corner of Commercial Drive and 3rd Ave, Vancouver) | | |   Note: Ride organizers may make last minute changes because of road closures or other problems. The route sheet you receive at the start of the ride is the official one.  R-right L-left BR-bear right BL-bear left S-straight SO-straight on T-turn around |