

#	KM	CUM KM	DIRECTIONS
1	0.00	0.00	Start at Carleton University Centre Parking Lot
2	0.00	0.00	Right on Campus Rd
3	0.08	0.08	Right on University Rd at Stop Sign
4	0.70	0.78	Left on Colonel By Drive
5	1.09	1.87	Right on Hog's Back Rd
6	5.84	7.71	Left on Woodroffe Ave
7	1.01	8.72	Right on Knoxdale Rd
8	2.17	10.89	Right on Hunt Club Rd
9	5.51	16.40	Left on Richmond Rd (CR 59)
10	2.82	19.22	Right on Hope Side Rd (CR 86)
11	2.04	21.26	Right on Eagleson Rd (CR49)
12	0.27	21.53	Left on Fernbank Rd.
13	15.70	37.23	Left on Upper Dwyer Hill Rd. (CR3)
14	1.30	38.53	Right on Flewellyn Rd
15	1.60	40.13	Bear left into Ashton Village
16	0.51	40.64	Left at Ashton Station Rd (Bear right onto 9th Line Road (Up the Hill))
17	4.44	45.08	Right on Cemetery Rd. (CR 17)
18	16.13	61.21	Left on March Rd. Hwy 49/44
19	2.88	64.09	Esso gas station at Almonte on right
20	0.00	64.09	Continue straight on CR 16 towards Middleville
21	20.75	84.84	Left on CR 8 at Middleville
22	6.75	91.59	Left on Hwy 511
23	4.75	96.34	CHECKPOINT - Turn right on CR 12, at Lanark
24	17.00	113.34	Cross CR 8 (McDonalds Corners)
25	8.50	121.84	CR12 ends Continue on CR36 at Elphin
26	14.00	135.84	Maberly
27	0.00	135.84	Cross Hwy 7 (CAUTION) Continue on CR 36
28	8.53	144.37	Bear Right to stay on CR 36 towards Westport
29	16.99	161.36	Right on Bedford St (CR12) from Mountain Rd
30	4.50	165.86	Enter Salem CR12 changes to CR8
31	24.50	190.36	Enter Godfrey
32	0.00	190.36	Left on Hwy 38
33	6.00	196.36	Left on CR 19
34	10.50	206.86	CHECKPOINT - Desert Lake
35	16.50	223.36	Enter Sydenham
36	1.00	224.36	Right on CR 5
37	6.00	230.36	CheckPoint - Enter Harrowsmith
38	0.00	230.36	Right on Hwy 38
39	12.00	242.36	Enter Verona
40	6.50	248.86	Right on CR8 at Godfrey
41	24.50	273.36	Enter Salem CR8 changes to CR12
42	4.50	277.86	Left on Mountain Rd or CR36
43	11.36	289.22	Right on Althorpe Rd (CR6) (becomes Christie Lake Rd)
44	24.00	313.22	Right on Glen Tay Rd
45	3.00	316.22	Left on Hwy 10 to Perth
46	4.84	321.06	Left on Gore Street
47	0.72	321.79	Right on Craig Street at Mac Store
48	0.00	321.79	CHECKPOINT - Mac Store at Perth on right
49	0.29	322.08	Left on Backwith St. East
50	0.34	322.42	Right at Riverside Drive after crossing wooden bridge

51	0.15	322.57	Bear Left on Sherbooke Street
52	0.35	322.92	Right on Hwy 10, then cross tracks
53	6.94	329.86	Left on MacPhail's Rd. (DO NOT MISS THIS TURN!)
54	2.53	332.39	Right on Tennyson Rd becomes Mississippi Lake Rd
55	23.66	356.05	Straight Hwy 15 at Blacks Corners
56	4.46	360.51	Right at Ashton onto Flewellyn Rd
57	1.60	362.11	Left on Upper Dwyer Hill Rd. (CR3)
58	1.30	363.41	Right on Fernbank Rd
59	15.70	379.11	Right on Eagleson Rd (CR49)
60	0.27	379.38	Left onto Hope Side Rd (CR86)
61	2.04	381.42	Left on Richmond Rd (CR59)
62	2.82	384.24	Right on CR 52 (Hunt Club Rd.) at traffic light
63	5.51	389.75	Left on Knoxdale Rd
64	2.17	391.92	Left on Woodroffe Ave
65	1.01	392.93	Right on Meadowlands Drive
66	5.84	398.77	Left on Colonel By Drive
67	1.09	399.86	Right on University Rd
68	0.10	399.96	Left on Campus Rd
69	0.10	400.06	Left into parking lot at CU
70	0.00	400.06	Finish at Carleton University Centre Parking Lot