

Table 1

	Directions	Distance	Heading	Time	Total Distance	Total Time
	Start at "Tim Hortons" 1 Nicholas Beaver Rd 1				0 m	0 seconds
	Get on Nicholas Beaver Rd and ride southwest	28 m	324° true	0 seconds	28 m	0 seconds
	Turn right onto Brock Rd S	54 m	226° true	1 minutes	82 m	1 minutes
	Turn right onto Wellington Road 34	2.5 km	310° true	4 minutes	2.6 km	4 minutes
	Arrive at 7582 Wellington Road 34	1.5 km	65° true	2 minutes	4.1 km	6 minutes
	Get on Wellington Road 34 and ride northeast	0 m	245° true	6 minutes	4.1 km	6 minutes
	Arrive at 7646 Wellington Road 34	947 m	20° true	1 minutes	5.1 km	6 minutes
	Get on Wellington Road 34 and ride northeast	0 m	200° true	1 minutes	5.1 km	6 minutes
	Arrive at 2282 20th Sdrd	6.5 km	20° true	6 minutes	11.6 km	12 minutes
	Get on 20th Sdrd and ride northeast	0 m	200° true	6 minutes	11.6 km	12 minutes
	Arrive at 3350 20th Sdrd	2.3 km	36° true	3 minutes	13.9 km	14 minutes
	Get on 20th Sdrd and ride northeast	0 m	216° true	3 minutes	13.9 km	14 minutes
	Turn right onto Nassagaweya 4th Line	996 m	45° true	1 minutes	14.9 km	15 minutes
	Turn left onto 15 Sdrd	3.0 km	134° true	3 minutes	18.0 km	17 minutes
	Arrive at 11813 Nassagaweya 5th Line	2.7 km	121° true	7 minutes	20.7 km	23 minutes
	Get on 15 Sdrd and ride northeast	0 m	301° true	9 minutes	20.7 km	23 minutes
	Turn right onto 25	3.9 km	39° true	5 minutes	24.6 km	27 minutes
	Arrive at 5252 15 Sdrd	3.3 km	225° true	3 minutes	28.0 km	30 minutes
	Get on 25 and ride northwest	8 m	45° true	8 minutes	28.0 km	30 minutes
	Turn right onto 10 Sdrd	39 m	315° true	1 minutes	28.0 km	30 minutes
	Arrive at 012	2.8 km	129° true	6 minutes	30.8 km	35 minutes
	Get on 10 Sdrd and ride southwest	18 m	309° true	6 minutes	30.8 km	35 minutes
	Turn right onto 4th Line	24 m	219° true	1 minutes	30.9 km	35 minutes
	Turn left onto 15 Sdrd	3.1 km	316° true	6 minutes	33.9 km	40 minutes

	Directions	Distance	Heading	Time	Total Distance	Total Time
	Turn right onto 25	2.8 km	218° true	4 minutes	36.7 km	43 minutes
	Turn left onto 22nd Sdrd	4.3 km	316° true	4 minutes	41.0 km	46 minutes
	Arrive at 7953 22nd Sdrd	61 m	47° true	2 minutes	41.0 km	47 minutes
	Get on 22nd Sdrd and ride southwest	0 m	227° true	13 minutes	41.0 km	47 minutes
	Arrive at 7427 22nd Sdrd	1.8 km	55° true	1 minutes	42.9 km	48 minutes
	Get on 22nd Sdrd and ride southwest	0 m	235° true	1 minutes	42.9 km	48 minutes
	Turn right onto Dublin Line	568 m	219° true	1 minutes	43.5 km	48 minutes
	Arrive at 12623 Dublin Line	688 m	324° true	2 minutes	44.1 km	49 minutes
	Get on Dublin Line and ride northwest	0 m	144° true	2 minutes	44.1 km	49 minutes
	Turn left onto 25th Sdrd	1.2 km	316° true	1 minutes	45.3 km	50 minutes
	Turn left onto Nassagaweya 4th Line	5.3 km	219° true	5 minutes	50.6 km	55 minutes
	Arrive at 10396 Nassagaweya 2nd Line	6.1 km	224° true	5 minutes	56.7 km	59 minutes
	Get on Nassagaweya 4th Line and ride southeast	10 m	44° true	10 minutes	56.7 km	59 minutes
	Turn left onto 15 Sdrd	9 m	134° true	0 seconds	56.7 km	59 minutes
	Turn left onto Nassagaweya 5th Line	1.5 km	37° true	4 minutes	58.2 km	1 hour(s), 3 minutes
	Arrive at 11057 Nassagaweya 4th Line	1.5 km	42° true	2 minutes	59.7 km	1 hour(s), 4 minutes
	Get on Nassagaweya 5th Line and ride northwest	0 m	222° true	5 minutes	59.7 km	1 hour(s), 4 minutes
	Turn left onto 20th Sdrd	1.4 km	314° true	1 minutes	61.1 km	1 hour(s), 5 minutes
	Turn right onto Nassagaweya 2nd Line	4.3 km	215° true	5 minutes	65.4 km	1 hour(s), 9 minutes
	Arrive at 14181 Nassagaweya 2nd Line	6.7 km	305° true	5 minutes	72.1 km	1 hour(s), 14 minutes
	Get on Nassagaweya 2nd Line and ride northwest	0 m	125° true	10 minutes	72.1 km	1 hour(s), 14 minutes
	Turn left onto Wilson St	719 m	315° true	2 minutes	72.8 km	1 hour(s), 15 minutes

	Directions	Distance	Heading	Time	Total Distance	Total Time
	Turn right onto Ash St	326 m	220° true	1 minutes	73.1 km	1 hour(s), 16 minutes
	Turn left onto Indian Trl	1.4 km	333° true	3 minutes	74.5 km	1 hour(s), 18 minutes
	Arrive at 8196 Indian Trl	94 m	71° true	1 minutes	74.6 km	1 hour(s), 19 minutes
	Get on Indian Trl and ride southwest	0 m	251° true	6 minutes	74.6 km	1 hour(s), 19 minutes
	Turn right onto Wellington Road 29	2.0 km	261° true	3 minutes	76.6 km	1 hour(s), 22 minutes
	Arrive at Wellington Road 124 and Wellington Road 29	5.0 km	0° true	5 minutes	81.6 km	1 hour(s), 26 minutes
	Arrive at 5655 Wellington Road 29	4.1 km	43° true	11 minutes	85.8 km	1 hour(s), 29 minutes
	Get on Wellington Road 29 and ride northwest	1 m	223° true	3 minutes	85.8 km	1 hour(s), 29 minutes
	Arrive at Speed River	2.0 km	224° true	2 minutes	87.8 km	1 hour(s), 30 minutes
	Get on Wellington Road 29 and ride northwest	3 m	44° true	2 minutes	87.8 km	1 hour(s), 30 minutes
	Arrive at Wellington Road 29 and Wellington Road 221	1.2 km	0° true	1 minutes	89.0 km	1 hour(s), 31 minutes
	Turn left onto Wellington Road 22	0 m	0° true	1 minutes	89.0 km	1 hour(s), 31 minutes
	Arrive at Wellington Road 29 and Wellington Road 22	1.3 km	169° true	2 minutes	90.2 km	1 hour(s), 33 minutes
	Get on Wellington Road 22 and ride west	7 m	349° true	2 minutes	90.3 km	1 hour(s), 33 minutes
	Turn left onto 6	2.7 km	226° true	2 minutes	93.0 km	1 hour(s), 35 minutes
	Turn right onto Woodlawn Rd W	9.5 km	150° true	8 minutes	103 km	1 hour(s), 42 minutes
	Arrive at 243 Woodlawn Rd W	1.9 km	315° true	3 minutes	104 km	1 hour(s), 44 minutes