

11th Hour Golden Lions 200 km Brevet

Start: Bean Around the World - Carrie Cates Court, Lonsdale Quay, North Vancouver

November 11,2014 7:15 AM

Cum(km)	Turn	Dir	Do This	Dist(km)
0.0	CN		Start Control Bean Around the World 7:15 AM	
0.0	TR	E	Follow Cates Court to Lonsdale	0.2
0.2	TL	W	Esplanade becomes Forbes	1.1
1.3	TL	W	3rd Street West - prepare to enter left lane after light	0.2
1.5	TL	W	2nd Street West becomes - 1st Street West - Garden - Welch	3.7
5.2	TR	N	Bridge Road follow over Capilano River to Stop sign	0.3
5.5	TR	N	Taylor Road	0.2
5.7	TL	W	Marine Drive to Horseshoe Bay	15.5
21.2	BR	N	Continue right via the roundbout to the Stop sign	0.2
21.4	TL	NW	Horseshoe Bay Drive onto Hwy 99N to Lions bay	11.0
32.4	BR	NE	Lions Bay Ave up the hill	0.1
32.5	TL	N	Crossing Creek Road to Centre Road	0.1
32.6	TL	NW	Centre Road - make the 1st left to the General Store (DO NOT CONTINUE TO HWY 99)	
32.6			Lions Bay General Store and Café	
32.6			Open: Tue Nov 11 08h13	
32.6			Close: Tue Nov 11 09h26	
32.6	TR	NE	Centre Road and right onto Crossing Creek Road	0.4
33.0	TR	S	Lions Bay Road under highway to stop sign (CAUTION STEEP)	0.1
33.1	TL	E	Ramp onto Sea-to-Sky Hwy (signs for Highway 99S)	8.7
41.8	BR	SE	Horseshoe Bay Drive to Marine Drive	3.0
44.8	TR	SE	Marine Dr (toward Horseshoe Bay)	0.1
44.9	TL	E	At the roundabout, take the 3rd exit and stay on Marine Dr	15
59.9	CO	E	Take the sidewalk to cross the Lions Gate Bridge	2.6
62.5	BR	NW	Toward Stanley Park/Prospect Point/Ferguson Point	0.3
62.8	TL	NW	Stanley Park Dr	3.6
66.4	CO	SE	Beach Ave becomes Pacific Street	2.0
68.4	TR	SW	Burrard St bridge	1.0
69.4	TR	SW	Cornwall Ave b/c Point Grey Rd	3.9
73.3	CO	S	Seaside Bicycle Route (Hard packed gravel - CAREFUL- dogs with people on leash)	0.1
73.5	CO	S	NW Marine Drive	4.9
78.4	TR	S	NW Marine Drive becomes SW Marine Drive	12.2
90.6	CO	E	SW Marine Drive to Ramp onto Arthur Lane Bridge	2.0
92.6	BR	SE	Take 1st ramp to South Terminal	0.6
93.2	TR	S	Miller Road	0.6
93.8	TR	W	Templeton Road becomes Ferguson Road	5.5
99.3			Control Iona Beach Park	
99.3			Open: Tue Nov 11 10h10	
99.3			Close: Tue Nov 11 13h52	
99.3	U	S	Ferguson Rd becomes Templeton Road	5.9
105.2	TL	E	Bike path to connect with Wellington Crescent (at corner before road veers right)	0.4
105.6	TR	SE	Airport Road to Russ Baker way	0.6
106.2	TL	SE	Gilbert Road	1.4
107.6	TL	E	Westminster Hwy	12.0
119.6	TR	S	Fraserwood Place	0.2
119.8	TL	E	Fraserwood Way becoomes Dyke Road	1.9
121.7	BL	E	Bike path to proceed through gate to sidewalk	1.4
123.1	CO	X	Cross Clivedon to sidewalk on Alex Fraser bridge	0.1

123.2	CO	S	Cross Alex Fraser bridge to continue on bike path	3.4
126.6	X	X	Cross Nordell Way	0.1
126.7	TL	S	Proceed south on Nordell to Hwy 91 connector	0.1
126.8	TR	E	Hwy 91 Connector	0.3
127.0	TR	E	Fraser Perimeter Road (BC-17)	20.4
147.4	TL	NE	104 Avenue	0.3
147.7	TR	SE	Daly Road (sign obscured)	0.9
148.6	TR	SW	179 Street	0.8
149.4	TL	E	Barnston drive becomes 96 Avenue	1.1
150.5	TR	E	96 Avenue	1.5
152.0	TL	N	192 Street to cross Golden Ears Way - becomes 98b Ave/197 St/101 Ave	2.4
154.4	TR	S	199b Street	0.1
154.5	TL	E	100a Avenue	0.3
154.8	TR	N/E	Take bike ramp to cross Golden Ears Bridge	3.2
158.0	BR	N	1st ramp to 113B Ave exit to Airport Way	0.3
158.3	TL	W	Follow roundabout to continue west on Airport Way	1.7
160.0	TR	N	Harris Road	2.3
162.3			Control Open - Pitt Meadows	
162.3			Open: Tue Nov 11 11h41	
162.3			Close: Tue Nov 11 18h04	
162.3	CO	N	Harris Road	0.1
162.4	TL	W	Lougheed Hwy	3.0
165.4	CO	N	Proceed over Pitt River bridge using bike lane / sidewalk	0.4
165.8	CO	W	Exit on bike path to continue West	0.1
165.9	CO	NW	Continue on bike path to connect with Loughhed Hwy west	2.6
168.5	BR	N	Ramp onto Coast Meridian Connector to cross overpass	1.1
169.6	TR	W	Kingsway Ave	2.9
172.5	TR	N	Westwood Street	0.3
172.8	TL	W	Dewdney Trunk Road	3.2
176.0	TL	S	Hwy 7A / St. Johns Street	2.8
178.8	TR	NW	Hwy 7A / Barnet Hwy becomes Hastings Street	9.9
188.7	TL	S	Fell Avenue becomes Frances Street	2.8
191.5	TR	N	Carleton Avenue	0.2
191.7	TL	W	Albert Street to end of road	1.5
193.2	TR	N	Cassiar Street becomes Cambridge (NO NOT take bike path)	0.7
193.9	TL	N	North Skeena Road - look for bike path after tunnel	0.3
194.2	BR	N	Take bike path up to cross Iron Workers Memorial bridge	2.0
196.2	TR	N	Cross Main Street	0.1
196.3	TL	W	Main Street becomes Cotton Road to 3rd Street E up hill	2.1
198.4	TL	W	Moody Street	0.1
198.5	TR	W	2nd Street East	0.9
199.4	TL	S	St. Andrews Avenue	0.3
199.7	TR	W	Esplanade	0.5
200.2	TL	S	Lonsdale Ave to Carrie Cates Court	0.2
200.4			Control: Bean Around the World	
200.4			Open: Tue Nov 11 13h07	
200.4	CN		Close: Tue Nov 11 20h45	

TL-turn left TR-turn right U - U turn X-cross road
CO-continue on BR-bear right BL-bear left - CN-control

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