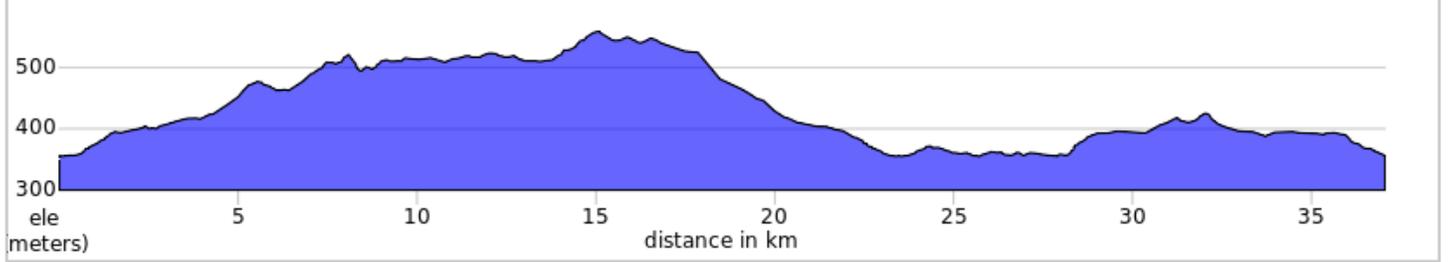
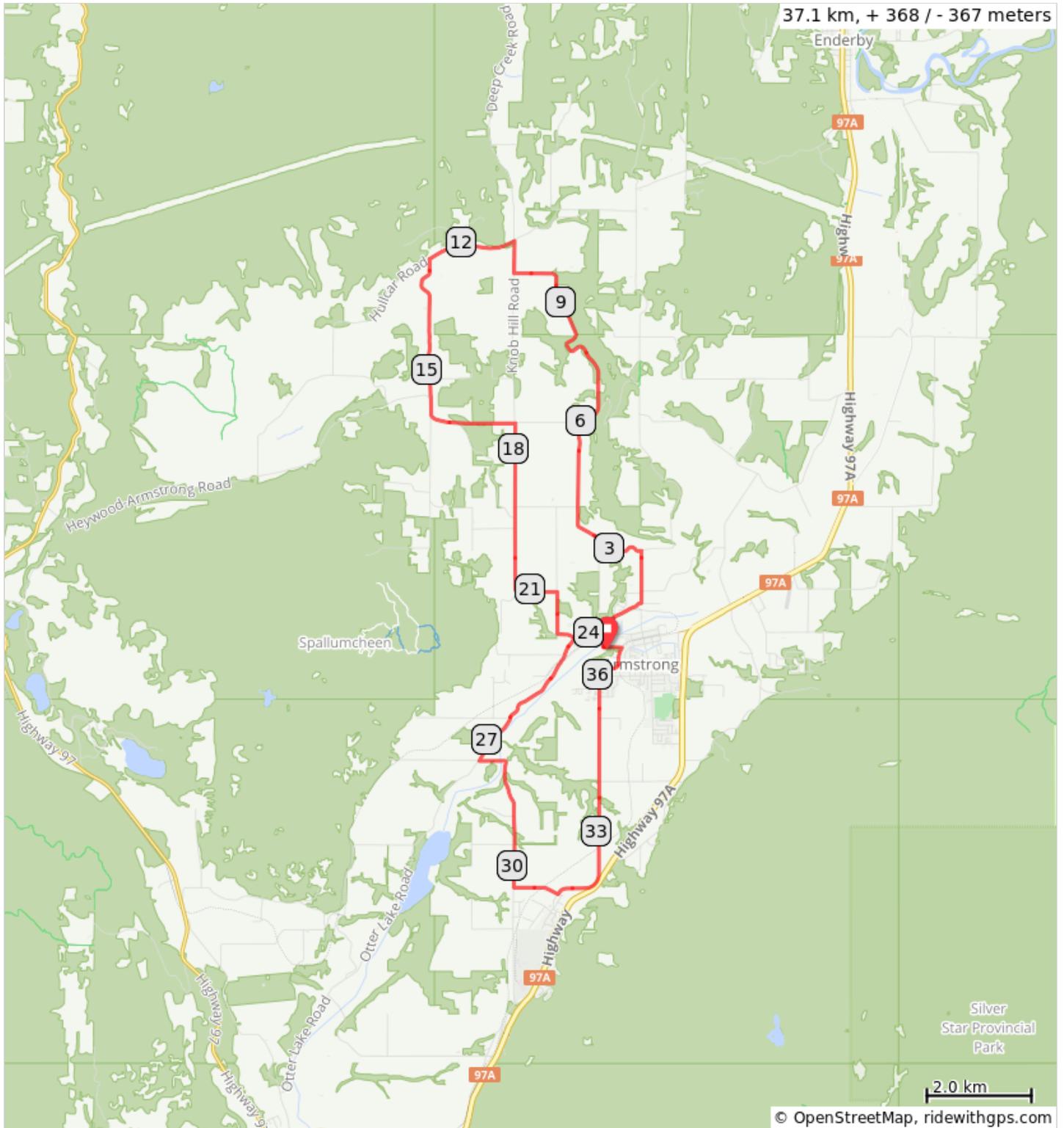


20 Armstrong Short



20 Armstrong Short

Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.1		R onto Adair St
3.	0.3		R onto Wood Ave
4.	0.4		L onto Highland Park Rd
5.	2.4		L to stay on Highland Park Rd
6.	3.2		R onto Schubert Rd
7.	5.9		R to stay on Schubert Rd
8.	8.3		Slight L to stay on Schubert Rd
9.	9.6		Slight L to stay on Schubert Rd
10.	10.4		R onto Knob Hill Rd
11.	11.0		L onto Hullcar Rd
12.	12.7		L onto Parkinson Rd
13.	15.4		Continue straight onto Salmon River Rd
14.	17.5		R to stay on Salmon River Rd
15.	21.5		R to stay on Salmon River Rd

21.5 kilometers. +293/-246 meters

Num	Dist	Type	Note
16.	22.3		Continue onto Wood Ave
17.	23.2		R onto Adair St
18.	23.4		L onto Park Dr, Lunch at NorVal Arena
19.	23.5		R onto Adair St
20.	23.8		L onto Wood Ave
21.	24.3		L onto Fraser Rd
22.	25.0		Continue onto Otter Lake Rd
23.	27.4		L onto Otter Lake Cross Rd
24.	30.4		L onto Crozier Rd
25.	31.2		L onto Pleasant Valley Rd
26.	36.8		L onto Park Dr
27.	37.1		End of route

15.6 kilometers. +120/-149 meters