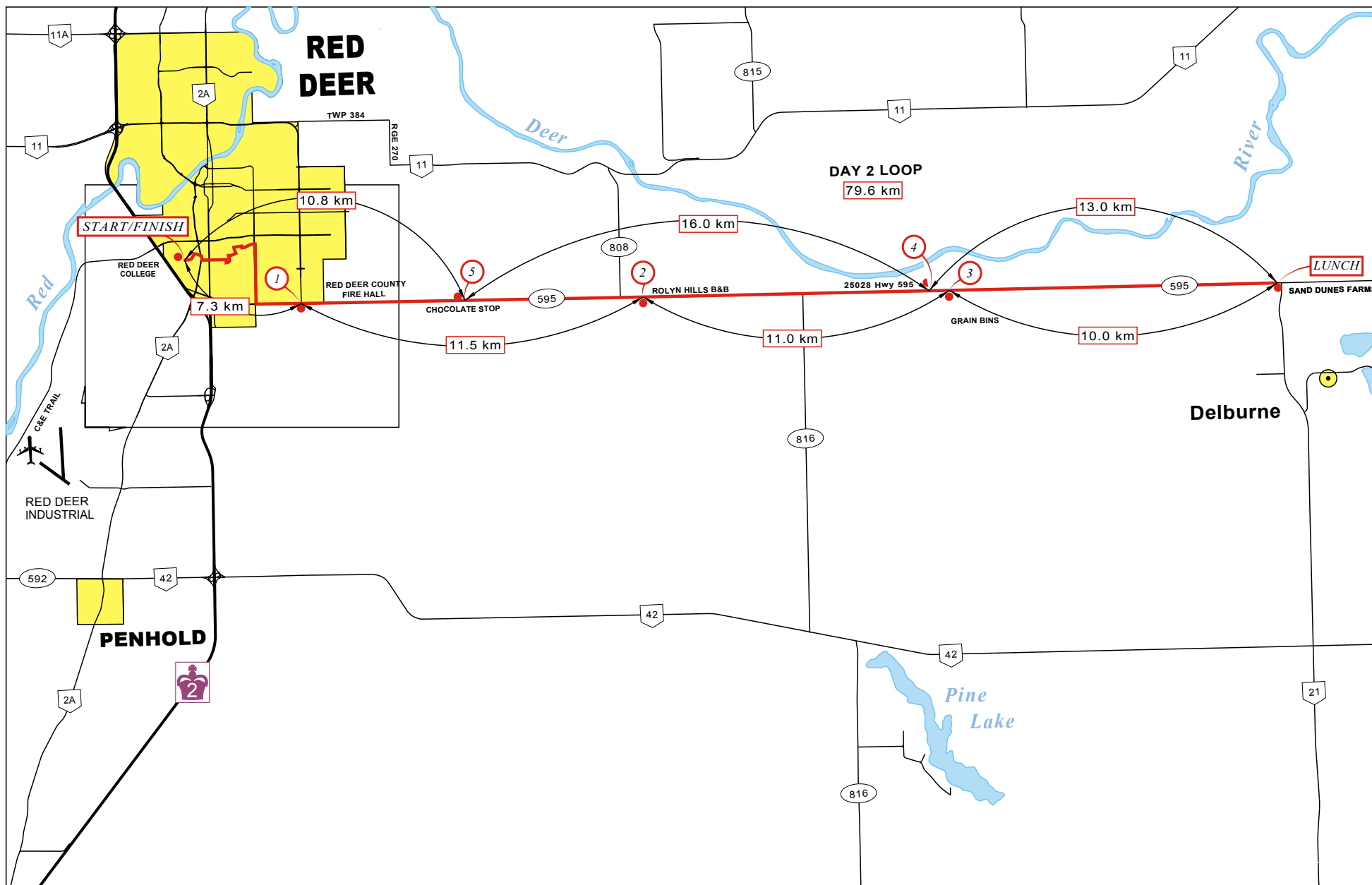


# 2010 RONA MS BIKE TOUR - DAY 2

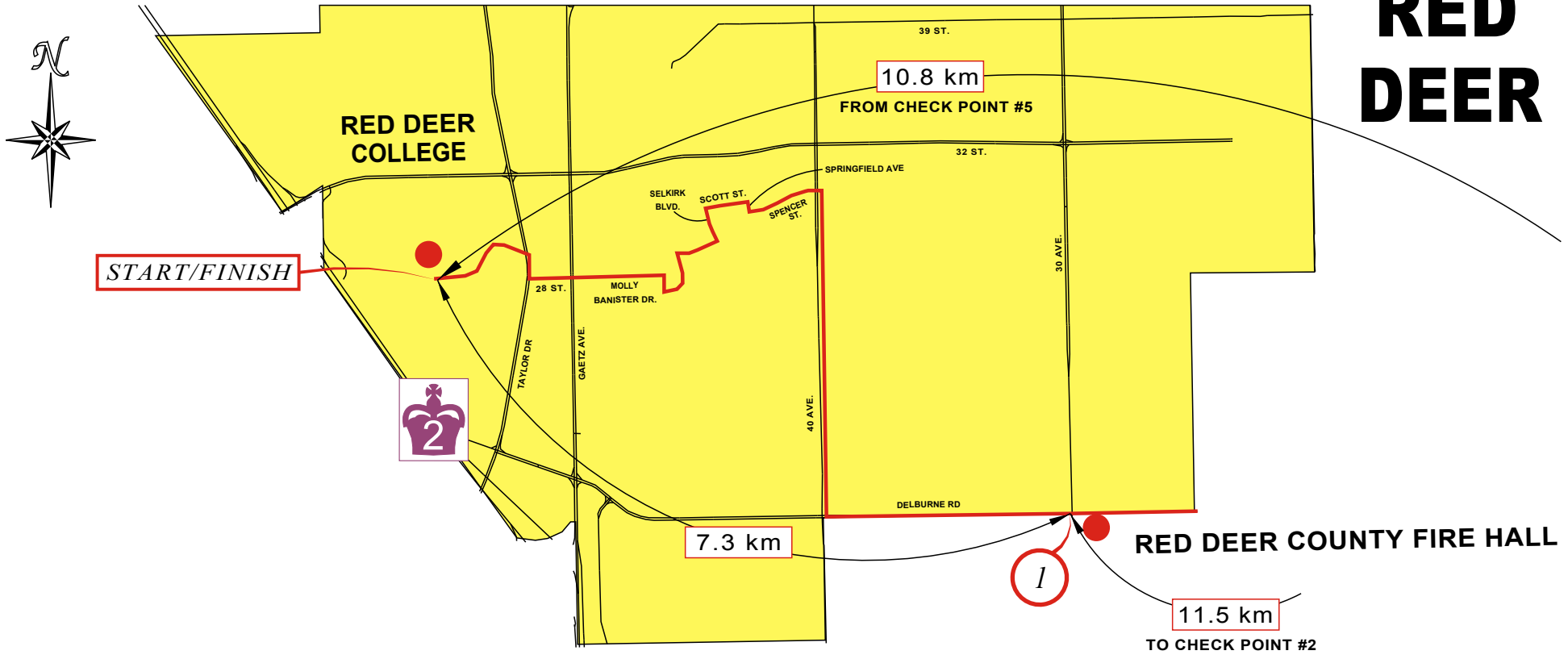
(SEE REVERSE FOR DETAIL OF RED DEER)



## LEGEND

- DAY 2 ROUTE
- CHECKPOINTS 1
- OTHER STOPS LUNCH
- DAY 2 DISTANCES 11.2 km

# RED DEER



## DIRECTIONS for DAY 2 Sunday - 79.6km

### From Red Deer College to Checkpoint #1 - 7.3km

- o Go **left** from the starting line, then **right** at end of RDC Row Houses to trail
- o Follow trail to 28th Street turn **right**
- o Follow 28th Street to **end** of Molly Bannister Drive
- o **Merge right** onto bike trail and follow signs to Selkirk Blvd, turn **left**
- o Follow Selkirk to Scott Street, turn **left**, cycle to Springfield
- o Turn **left** on Springfield to Spencer Street (35 meters)
- o Turn **left** on Spencer Street, follow to 40th Avenue
- o **Cross** 40th Avenue at crosswalk, turn **right** on sidewalk to Delburne Road
- o Turn **left** on sidewalk and follow Delburne Road to 30th Avenue
- o Turn **right**, crossing Delburne Road and proceed to County Fire Hall

### From Checkpoint #1 to Checkpoint #2 - 11.5km

- o From checkpoint travel **East**, **right turn** on Hwy 595 (Delburne Road)
- o Proceed to Rolyn Hills B & B

### From Checkpoint #2 to Checkpoint #3 - 11.0km

- o From check point turn right, cycle 11 km to access to "Grain Bins" Yard

### From Checkpoint #3 to Lunch Stop - 10.0km

- o Turn **right**, proceed to Lunch Stop - "Sand Dunes Farms"

### From Lunch Stop to Checkpoint #4 - 13.0km

- o Turn **left** onto Hwy 595 and proceed **West** to acreage at #10-25028 Hwy 595

### From Checkpoint #4 to Checkpoint #5 - 16.0km

- o Turn **right** and proceed to 26434 Hwy 595 - "Yellow House"
- o **Note: this is a CHOCOLATE STOP**

### From Checkpoint #5 to Finish Line at Red Deer College - 10.8km

- o Turn **right** onto Hwy 595 and follow to 30th Avenue (across from County Fire Hall)
- o Ease **right** onto sidewalk and proceed to 40th Avenue
- o Turn **right** onto sidewalk beside 40th Avenue, proceed to Crosswalk Lights
- o Turn **left** onto Spencer Street
- o Turn **right** on Springfield Avenue, then left on Scott Street - follow to Selkirk Blvd
- o Turn **left** on Selkirk Blvd, follow to marked Bike Trail and turn left
- o Follow trail to Molly Bannister Drive, follow Molly Bannister Drive/28th Street to Taylor Drive
- o Cross Taylor Drive at Traffic Lights, turn **right** on bike path
- o Follow signs on bike path to Finish Line at Red Deer College
- o **Note: Don't miss the Wind-Up BBQ and massage therapists - short walk from Finish Line**