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| **Sasquatch Stomper 200K****Route Sheet**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Distance****(km-cumulative)** | **Turn** | **Direction** | **Distance(Interval)** | **Route** |
| **Start – Waves Coffee House**(NE corner of Commercial Drive and 3rd Ave, Vancouver) |
| 0 |  | E | 0.9 |  3rd Avenue |
| 0.4 | R | S | 0.7 |  Lakewood Drive |
| 1.1 | L | E | 15.2 |  E Broadway (becomes Lougheed Hwy #7) |
| 16.3 | R | S/E | 0.8 |  Woolridge Street (first right past Brunette) |
| 17.1 | R | S | 0.3 |  Rue King Edward |
| 17.4 | L | E | 3.2 |  United Blvd |
| 20.6 | R | E | 2.4 |  Mary Hill Bypass |
| 23.0 | R | E | 1.5 |  Mary Hill Bypass |
| 24.5 | L | N | 0.1 | Pitt River Road |
| 25.0 | R | E | 2.9 | Mary Hill Bypass |
| 27.9 | BR | E | 10.4 | Lougheed Hwy #7 (over Pitt River Bridge) |
| 38.3 | R | S/E | 2.6 | Haney Bypass |
| 40.9 | R | E | 14.7 | Lougheed Hwy #7 |
| 55.6 | L | N | 2.4 |  Hayward Street |
| 58.0 | R | SE | 7.9 |  Keystone Ave (becomes Dewdney Trunk Road) |
| 58.0 | R | SE | 7.9 |  Keystone Ave (becomes Dewdney Trunk Road) |
| 65.9 | R | S | 0.1 |  Cedar Street |
| **66.0** | **CONTROL 1: Cedar Valley General Store (or Gas Station across road)** |
| 66.0 | CO | S | 3.2 |  Cedar Street |
| 69.2 | L | E | 1.7 |  Seventh Avenue |
| 70.9 | R | S | 0.6 |  Stave Lake Street |
| 71.5 | L | E | 7.6 |  Lougheed Hwy #7 |
| 79.1 | R | E | 23.4 |  Stay on Lougheed Hwy #7 |
| **102.5** | **CONTROL 2: Sasquatch Inn (turnaround point)** |
| 102.5 | T | W | 55.3 |  Lougheed Hwy #7 |
| 157.8 | L | W | 3.1 |  Haney Bypass (before the hill) |
| 159.9 | L | W | 13.3 |  Lougheed Hwy #7 |
| 173.2 | R | N | 0.1 |  Coast Meridian Road |
| 173.3 | L | N | 1.1 |  Coast Meridian Road |
| 174.4 | L | W | 1.5 |  Prairie Ave |
| 175.9 | R | N | 2.9 |  Shaughnessy Street |
| **178.8** |  **CONTROL 3: Information Control Corner of Shaughnessy St and David Ave** |
| 178.8 | L | W | 1.3 |  David Ave |
| 180.1 | L | S | 0.8 |  Pinetree Way |
| 180.9 | R | W | 3.4 |  Guildford Way |
| 183.8 | SO | W | 1.9 | Murray Street |
| 185.7 | R | N/E/S | 0.5 |  Esplanade becomes Moody Street  |
| 186.2 | R | W | 1.3 |  Clarke Street  |
| 187.5 | R | W | 9.8 | Barnet Hwy (becomes Inlet Drive then Hastings Street) |
| 197.3 | L | S | 0.1 |  Fell Ave |
| 197.4 | R | W | 3.4 |  Frances Street |
| 200.8 | L | S | 0.2 | Esmond Ave |
| 201.0 | R | W | 0.1 | Union Ave |
| 201.1 | SO  | W | 2.9 |  Cross Boundary to continue on Adanac Street |
| 204.0 | L | S | 1.1 |  Lakewood Drive |
| 205.1 | R | W | 0.9 | 3rd Avenue to Finish (Waves Coffee House) |
| **206.0** |  | **FINISH: Waves Coffee House**(NE Corner of Commercial Drive and 3rd Ave, Vancouver) |

Note: Ride organizers may make last minute changes because of road closures or other problems. The route sheet you receive at the start of the ride is the official one.R-right L-left BR-bear right BL-bear left S-straight SO-straight on T-turn around |