

Ralph Edwards Memorial 200 km Permanent #94

Start at Waves Coffee 2613 Shaughnessy Street, Port Coquitlam (corner of McAllister)

Total km	Turn	Dir	Do this	Distance
		SW	Southwest on Shaughnessy St toward McAllister Ave	0.0
0.0	L	SE	Left onto McAllister Ave	0.2
0.2	R	S	Right onto Mary Hill Rd	0.1
0.3	L	E	left onto Wilson Ave	0.2
0.5	R	S	Right onto Kingsway Ave	2.7
3.2	L	E	Left onto Mary Hill Bypass	1.0
4.2	BR	E	Bear right onto Pitt River Bridge	4.1
8.3	R	S	Turn right to stay on Lougheed Hwy/BC-7 E (Use Haney Bypass)	80.0
			Control #1 Horn of Plenty Cafe	
88.3	R	E	Turn right onto Agassiz-Rosedale Hwy/Lougheed Hwy/BC-7 E/BC-9	1.7
90.0	L	E	Turn left onto Agassiz-Rosedale Hwy/Cheam Ave/BC-9 S	0.3
90.3	R	S	1st right onto Agassiz-Rosedale Hwy/BC-9 S	1.7
92.0	R	S	Right to stay on Agassiz-Rosedale Hwy/BC-9 S Hwy	2.9
94.9	L	N	After bridge turn left onto Ferry Rd.	1.7
96.6	R	W	Turn right onto Ferry Rd	1.2
97.8	R	W	Continue onto Camp River Rd	8.2
106.0	L	W	Turn left onto Hope River Rd	4.2
110.2	L	S	Turn left onto Young Rd	4.2
114.4	BR	S	Slight right onto Chilliwack River Rd	5.5
119.9	R	W	Turn right onto Promontory Rd	1.1
			Control #2 Tim Hortons Promontory near Vedder	
121.0	L	S	Take the 3rd left onto Vedder Rd	0.9
121.9	R	W	Turn right onto Keith Wilson Rd	8.6
130.5	L	S	Turn left onto Boundary Rd	1.4
131.9	R	W	Turn right onto No. 3 Rd	1.1
133.0	R	N	Turn right onto Tolmie Rd	0.1
133.1	L	W	Take the 1st left onto No. 3 Rd	2.6
135.7	L	W	Left onto North Parallel	4.4
140.1	CO	W	Continue onto Atkinson	0.3
140.4	L	W	Left on Eldridge	1.5
141.9	L	W	Continue on North Parallel	3.3
145.2	L	W	Left onto Old Yale	2.0
147.2	L	W	Left onto Marshall	2.0
149.2	R	N	Right onto Sumas Way / Hwy 11	3.1
152.3	R	N	Right onto Abbotsford Mission Hwy/BC-11 N	2.6

154.9	L	W	Turn left onto Clayburn Rd	0.1
155.0	R	N	Turn right onto Riverside St	0.8
155.8	L	W	Turn left onto Townshipline Rd	0.5
156.3	R	N	Take the 1st right onto Riverside St	3.2
159.5	L	N	Turn left to merge onto Mission Bridge	1.8
161.3	CO	NW	Continue after bridge	1.4
162.7	L	W	Turn left onto Lougheed Hwy/BC-7 W	21.7
184.4	L	W	Left onto Haney Bypass	2.6
187.0	L	W	Left onto Lougheed Hwy/BC-7 W	12.3
199.3	R	N	Turn right onto Coast Meridian Rd	0.2
199.5	R	S	Turn right onto Coast Meridian Overpass	1.0
200.5	R	W	Take the 1st right onto Kingsway Ave	1.7
202.2	R	N	Turn left onto Mary Hill Rd	0.2
202.4	R	W	Take the 3rd right onto McAllister Ave	0.3
202.7	R	N	Take the 2nd right onto Shaughnessy St	0.1
			Control #3 Waves Coffee 2613 Shaughnessy Street, Port Coquitlam (corner of McAllister)	

R-right L-left CO-continue on T-turn around
BR-bear right BL-bear left