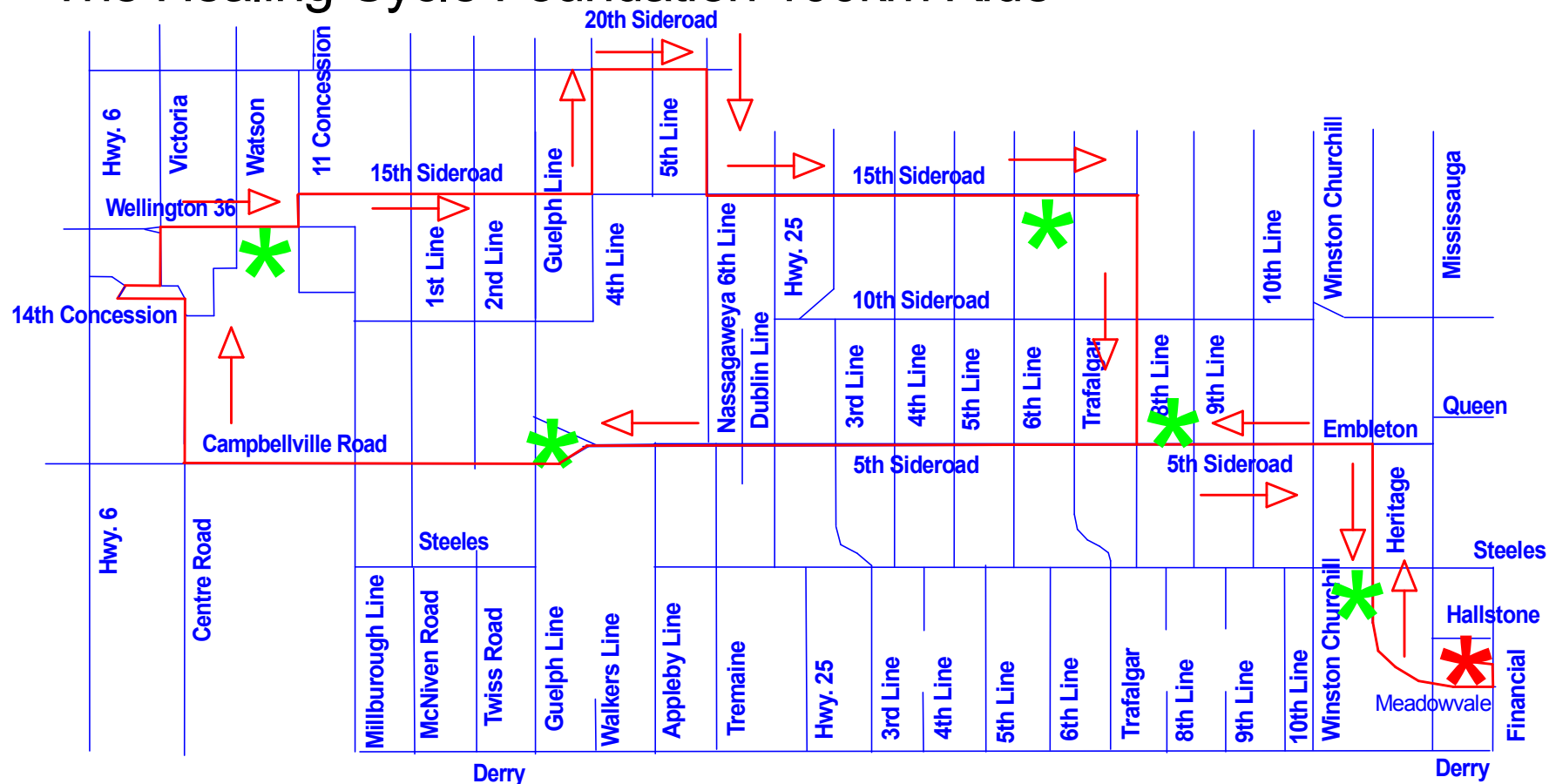


The Healing Cycle Foundation 100km Ride



Right onto Financial Dr., Right onto Meadowvale Blvd., Left onto Embleton Rd. (turns into 5th Sideroad and then Campbellville Road), Left onto Campbell Avenue East, **Rest Stop #1**, Carry on Campbell Avenue East (turns into Campbell Avenue West and then Campbellville Rd.) Right onto Centre Rd., Left onto 14th Concession, Right onto Maddaugh Road, Right onto Flamborough-Puslinch Townline, Left onto Victoria Rd., Right onto Wellington Rd. 36, **Rest Stop #2**, Left following Wellington Rd. 36 (Concession Road 11), Right onto 15th Sideroad, Left onto Nassagaweya 4th Line, Right onto 20th Sideroad, Right onto Nassagaweya 6th Line, Left onto 15th Sideroad, **Rest Stop #3**, Right onto 8th Line, Left onto 5th Sideroad (Embleton Rd.), **Rest Stop (25km ride)**, Right onto Heritage Rd., **Rest Stop (10km ride)**, Left onto Financial Dr., Left to cross finish line at GSK