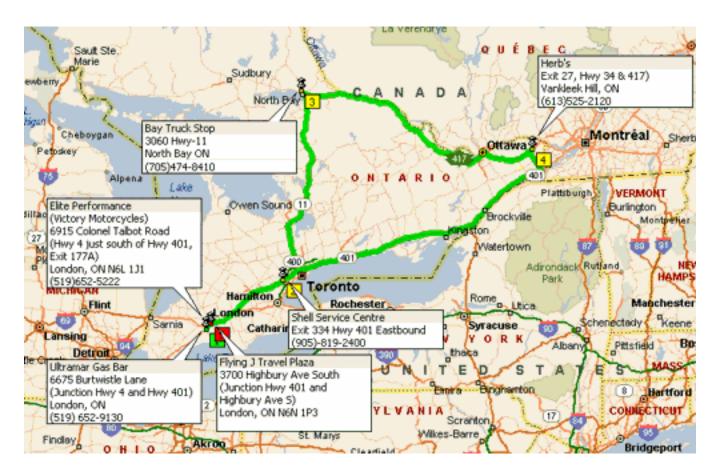


Regional SS1600K June 11-12, 2005

London, Ontario

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Mile 0.0	Instruction Depart Ultramar Gas Bar on HWY-4 [Talbot Rd] (North)	For 54 yds
0.1	Take Ramp (RIGHT) onto HWY-401 [MacDonald-Cartier Fwy]	97.6 mi
97.7 97.8 <b>97.8</b>	Keep RIGHT onto Local road(s) Keep RIGHT to stay on Local road(s) At Shell Service Centre, stay on Local road(s) (East)	0.1 mi 98 yds <b>0.2 mi</b>
98.1	Merge onto HWY-401 [MacDonald-Cartier Fwy]	5.6 mi
103.7	Keep LEFT onto HWY-401 Express [MacDonald-Cartier Fwy]	9.0 mi
112.7 165.0 181.8 183.3	Take Ramp (RIGHT) onto HWY-400 At exit HWY-93, keep LEFT onto HWY-11 Road name changes to TC-12 [HWY-11] Road name changes to HWY-11	52.2 mi 16.8 mi 1.5 mi 130.8 mi
314.1 316.5	Keep RIGHT onto TC-11 [TC-17] Turn RIGHT (North) onto TC-11 [Algonquin Ave]	2.4 mi 1.7 mi
318.2	At Bay Truck Stop [3060 Hwy-11, North Bay ON], return	1.7 mi
319.9 322.3 359.2	South on TC-11 Turn LEFT (East) onto TC-11 [TC-17] Keep LEFT onto TC-17 Turn RIGHT (East) onto TC-17 [Pembroke St]	2.4 mi 36.9 mi 101.6 mi
460.8 514.6 599.8 600.0 600.1 600.2 <b>600.3</b>	Turn RIGHT (South) onto TC-17 Bear RIGHT (East) onto TC-417 At exit 27, keep RIGHT onto Ramp Turn LEFT (North) onto HWY-34 Turn RIGHT (East) onto Local road(s) Turn LEFT (North) onto D Aoust Rd At Herb's, return South-East on D Aoust Rd	53.8 mi 85.2 mi 0.2 mi 10 yds 0.2 mi 164 yds <b>164 yds</b>
600.4 600.6 627.3	Turn RIGHT (West) onto Local road(s) Turn LEFT (South) onto HWY-34 Take Ramp (RIGHT) onto HWY-401 [MacDonald-Cartier Fwy]	0.2 mi 26.7 mi 257.0 mi
884.3	Keep LEFT onto HWY-401 Express [MacDonald-Cartier Fwy]	34.6 mi
919.0	Road name changes to HWY-401 [MacDonald-Cartier Fwy]	95.7 mi
1014.7 1014.8	At exit HWY-126, keep RIGHT onto Ramp Bear RIGHT (South) onto HWY-126 [Highbury Ave S]	0.2 mi 0.6 mi
1015.4 1015.5 <b>1015.6</b>	Keep RIGHT onto Ramp Turn LEFT (East) onto Wilton Grove Rd Arrive Flying J Travel Plaza	131 yds 0.1 mi