



## Day One - Trenton to Bowanville Ride Timelines

Distance      121.9 km  
Start            9:30 AM

	Fastest	Middle	Slowest
Speed (km/hr)	29	25	19
Time (h:mm)	4:12	4:52	6:24
Rest Stop (h:mm)	Fixed	Fixed	0:10
Lunch Stop (h:mm)	Fixed	Fixed	0:30

	Distance	Leg	Fastest	Middle	Slowest
<b>Start</b>			9:30 AM	9:30 AM	9:30 AM
Leaving CFB Trenton	2.3	2.3	9:34 AM	9:35 AM	9:37 AM
RCAF & Curtis	4.2	1.9	9:38 AM	9:40 AM	9:43 AM
Telephone Rd & Rd 40	10.5	6.3	9:51 AM	9:55 AM	10:03 AM
Telephone Rd & Christian	15.6	5.1	10:02 AM	10:07 AM	10:19 AM
Telephone Rd & Rd 30	21	5.4	10:13 AM	10:20 AM	10:36 AM
<b>Rest Stop In - Brighton Car Park</b>	23	2	10:17 AM	10:25 AM	10:42 AM
<b>Rest Stop Out - Brighton Car Park</b>	23	0	10:30 AM	10:35 AM	10:52 AM
Alexander Rd & Little Lake Rd	25.2	2.2	10:34 AM	10:40 AM	10:57 AM
Orchard Rd & Big Apple Dr	37.3	12.1	10:59 AM	11:09 AM	11:26 AM
Dudley Rd & Veronville Rd	42.7	5.4	11:10 AM	11:22 AM	11:39 AM
Telephone Rd & Shelter Valley Rd	45.4	2.7	11:16 AM	11:28 AM	11:46 AM
<b>Rest Stop In - Grafton Legion</b>	51.1	5.7	11:28 AM	11:42 AM	12:00 PM
<b>Rest Stop Out - Grafton Legion</b>	51.1	0	11:45 AM	11:52 AM	12:10 PM
County Rd 2 & Workman	59	7.9	12:01 PM	12:11 PM	12:29 PM
Elgin St & Ontario St	65.2	65.2	12:14 PM	12:26 PM	12:43 PM
Danforth & Dale	70.8	5.6	12:25 PM	12:39 PM	12:57 PM
Dale & Cranberry	78.8	8	12:42 PM	12:59 PM	1:16 PM
<b>Lunch Stop In - Port Hope Police</b>	82.3	3.5	12:49 PM	1:07 PM	1:27 PM
<b>Lunch Stop Out - Port Hope Police</b>	82.3	0	2:00 PM	2:00 PM	1:57 PM
Lakeshore & Baulch	85.5	3.2	2:06 PM	2:07 PM	2:07 PM
Lakeshore & Wesleyville	90.9	5.4	2:17 PM	2:20 PM	2:24 PM
Lakeshore & Newtonville	99.2	8.3	2:34 PM	2:40 PM	2:50 PM
Lakeshore & Stephenson	106	6.8	2:49 PM	2:56 PM	3:12 PM
Metclaf & Mill St	109.1	3.1	2:55 PM	3:04 PM	3:22 PM
<b>Rest Stop In - Newcastle Town Hall</b>	110.9	1.8	2:59 PM	3:08 PM	3:27 PM
<b>Rest Stop Out - Newcastle Town Hall</b>	110.9	0	3:20 PM	3:30 PM	3:37 PM
Rd 2 & Hwy 115/35	113.1	2.2	3:24 PM	3:35 PM	3:44 PM
King & Liberty	118.8	5.7	3:36 PM	3:48 PM	4:02 PM
Liberty & Baseline	119.5	0.7	3:37 PM	3:50 PM	4:05 PM
Baseline & Waverley	120.7	1.2	3:40 PM	3:53 PM	4:08 PM
<b>Finish</b>	121.9	1.2	3:42 PM	3:56 PM	4:12 PM



## Day One - Trenton to Bowanville Ride Timelines

**Distance**      82.3 km

**Start**        9:30 AM

	Fastest	Middle	Slowest
<b>Speed (km/hr)</b>	28	24	18
<b>Time (h:mm)</b>	2:56	3:25	4:34
<b>Rest Stop (h:mm)</b>	Fixed	Fixed	0:10
<b>Lunch Stop (h:mm)</b>	Fixed	Fixed	0:20

	Distance	Leg	Fastest	Middle	Slowest
<b>Start</b>			9:30 AM	9:30 AM	9:30 AM
<b>Leaving CFB Trenton</b>	2.3	2.3	9:34 AM	9:35 AM	9:37 AM
<b>RCAF &amp; Curtis</b>	4.2	4.2	9:39 AM	9:40 AM	9:44 AM
<b>Telephone Rd &amp; Rd 40</b>	10.5	8.2	9:52 AM	9:56 AM	10:05 AM
<b>Telephone Rd &amp; Christian</b>	15.6	11.4	10:03 AM	10:09 AM	10:22 AM
<b>Telephone Rd &amp; Rd 30</b>	21	10.5	10:15 AM	10:22 AM	10:40 AM
<b>Rest Stop In - Brighton Car Park</b>	23	2	10:19 AM	10:27 AM	10:46 AM
<b>Rest Stop Out - Brighton Car Park</b>	23	0	10:30 AM	10:37 AM	10:56 AM
<b>Alexander Rd &amp; Little Lake Rd</b>	25.2	2.2	10:34 AM	10:35 AM	11:04 AM
<b>Orchard Rd &amp; Big Apple Dr</b>	37.3	12.1	11:00 AM	11:05 AM	11:44 AM
<b>Dudley Rd &amp; Veronville Rd</b>	42.7	5.4	11:12 AM	11:19 AM	12:02 PM
<b>Telephone Rd &amp; Shelter Valley Rd</b>	45.4	2.7	11:18 AM	11:26 AM	12:11 PM
<b>Rest Stop In - Grafton Legion</b>	51.1	5.7	11:30 AM	11:47 AM	12:30 PM
<b>Rest Stop Out - Grafton Legion</b>	51.1	0	11:45 AM	11:57 AM	12:40 PM
<b>County Rd 2 &amp; Workman</b>	59	7.9	12:01 PM	12:17 PM	1:06 PM
<b>Elgin St &amp; Ontario St</b>	65.2	65.2	12:15 PM	12:33 PM	1:27 PM
<b>Danforth &amp; Dale</b>	70.8	5.6	12:27 PM	12:47 PM	1:46 PM
<b>Dale &amp; Cranberry</b>	78.8	8	12:44 PM	1:07 PM	2:12 PM
<b>Lunch Stop In - Port Hope Police</b>	82.3	3.5	12:51 PM	1:12 PM	2:20 PM



## Day Two - Bowmanville to Toronto Ride Timelines

Distance      115.4 km  
Start          9:15 AM

	Fastest	Middle	Slowest
Speed (km/hr)	28	24	19
Time (h:mm)	4:07	4:48	6:04
Rest Stop (h:mm)	Fixed	Fixed	0:10
Lunch Stop (h:mm)	Fixed	Fixed	0:30

	Distance	Leg	Fastest	Middle	Slowest
<b>Start</b>			9:15 AM	9:15 AM	9:15 AM
<b>Brawley Rd. W &amp; Duffs Rd.</b>	13.9	13.9	9:44 AM	9:49 AM	9:58 AM
<b>Myrtle Rd W. &amp; Thornburn Rd. N</b>	18.5	4.6	9:54 AM	10:01 AM	10:13 AM
<b>Thornton &amp; Hwy 7</b>	24.5	6	10:07 AM	10:16 AM	10:32 AM
<b>Thornton &amp; Conlin</b>	26.7	2.2	10:12 AM	10:21 AM	10:39 AM
<b>Garrard &amp; Taunton</b>	29.5	2.8	10:18 AM	10:28 AM	10:48 AM
<b>Rest Stop In - Ontario Regiment Museum</b>	34	4.5	10:27 AM	10:40 AM	11:02 AM
<b>Rest Stop Out - Ontario Regiment Museum</b>	34	0	10:45 AM	10:50 AM	11:12 AM
<b>Rosland Rd E. &amp; Gerrard Rd.</b>	36.5	2.5	10:50 AM	10:56 AM	11:20 AM
<b>Nichol &amp; Hopkins</b>	40.7	4.2	10:59 AM	11:06 AM	11:33 AM
<b>Peel Park</b>	43	2.3	11:04 AM	11:12 AM	11:40 AM
<b>Brock Street Bridge</b>	44	1	11:06 AM	11:15 AM	11:43 AM
<b>Victoria &amp; Waterfront Trail</b>	48.5	4.5	11:16 AM	11:26 AM	11:58 AM
<b>Ajax Waterfront Park</b>	57.6	9.1	11:35 AM	11:49 AM	12:26 PM
<b>Rest Stop In - Beachfront Park</b>	64.2	6.6	11:49 AM	12:05 PM	12:47 PM
<b>Rest Stop Out - Beachfront Park</b>	64.2	0	12:15 PM	12:15 PM	12:57 PM
<b>Bayly &amp; Whites Rd</b>	69	4.8	12:25 PM	12:27 PM	1:12 PM
<b>Woodview &amp; Finch</b>	70	1	12:02 PM	12:20 PM	1:16 PM
<b>Meadowvale &amp; Old Finch</b>	79.4	9.4	12:22 PM	12:43 PM	1:45 PM
<b>Sheppard &amp; Conlins Rd.</b>	83.3	3.9	12:30 PM	12:53 PM	1:58 PM
<b>Lunch Stop In - Lawson Legion</b>	87	3.7	12:38 PM	1:02 PM	2:09 PM
<b>Lunch Stop Out - Lawson Legion</b>	87	0	2:15 PM	2:30 PM	2:39 PM
<b>Kingston &amp; Old Kingston Rd</b>	90	3	2:21 PM	2:37 PM	2:47 PM
<b>Kingston &amp; Markham</b>	94.7	4.7	2:31 PM	2:49 PM	2:58 PM
<b>Kingston &amp; Birchmount</b>	101	6.3	2:45 PM	3:05 PM	3:14 PM
<b>Kingston &amp; Dundas</b>	106	5	2:55 PM	3:17 PM	3:27 PM
<b>Dundas &amp; Broadview</b>	109.3	3.3	3:02 PM	3:25 PM	3:35 PM
<b>Rest Stop In - Moss Park Armoury</b>	111.3	2	3:07 PM	3:30 PM	3:41 PM
<b>Rest Stop Out - Moss Park Armoury</b>	111.3	0	3:45 PM	3:45 PM	3:45 PM
<b>Yonge &amp; Front</b>	113	1.7	3:48 PM	3:49 PM	4:01 PM
<b>Queen &amp; University</b>	114	1	3:50 PM	3:51 PM	4:05 PM
<b>Finish</b>	115.4	1.4	3:53 PM	3:55 PM	3:57 PM



## Day Two - Bowmanville to Toronto Ride Timelines

Distance      89.9 km  
Start          9:30 AM

	Fastest	Middle	Slowest
Speed (km/hr)	27	24	18
Time (h:mm)	3:19	3:44	4:59
Rest Stop (h:mm)	Fixed	Fixed	0:10
Lunch Stop (h:mm)	Fixed	Fixed	0:30

	Distance	Leg	Fastest	Middle	Slowest
<b>Start</b>			9:30 AM	9:30 AM	9:30 AM
Cochrane & Rossland Rd. E.	2.2	2.2	9:34 AM	9:35 AM	9:37 AM
Rossland Rd. E. & Brock St	3	0.8	9:36 AM	9:37 AM	9:40 AM
Rossland Rd. E. & Thickson	5.5	2.5	9:42 AM	9:43 AM	9:48 AM
Rossland Rd. E. & Garrard Rd.	6.3	0.8	9:44 AM	9:45 AM	9:51 AM
Rossland Rd. E. & Thornton Rd. N.	7.2	0.9	9:46 AM	9:48 AM	9:54 AM
<b>Rest Stop In - Ontario Regiment Museum</b>	8.8	1.6	9:49 AM	9:52 AM	9:59 AM
<b>Rest Stop Out - Ontario Regiment Museum</b>	8.8	0	10:30 AM	10:30 AM	10:30 AM
Rossland Rd E. & Gerrard Rd.	11.4	2.6	10:35 AM	10:36 AM	10:38 AM
Nichol & Hopkins	13.3	1.9	10:40 AM	10:41 AM	10:45 AM
Peel Park	17.5	4.2	10:49 AM	10:51 AM	10:59 AM
Brock Street Bridge	18.5	1	10:51 AM	10:54 AM	11:02 AM
Victoria & Waterfront Trail	23.4	4.9	11:02 AM	11:06 AM	11:18 AM
Ajax Waterfront Park	32.1	8.7	11:21 AM	11:28 AM	11:47 AM
<b>Rest Stop In - Beachfront Park</b>	38.6	6.5	11:36 AM	11:44 AM	12:09 PM
<b>Rest Stop Out - Beachfront Park</b>	38.6	0	12:15 PM	12:15 PM	12:19 PM
Bayly & Whites Rd	43.4	4.8	12:25 PM	12:27 PM	12:35 PM
Woodview & Finch	49.6	6.2	12:39 PM	12:42 PM	12:46 PM
Meadowvale & Old Finch	54	4.4	12:49 PM	12:53 PM	12:57 PM
Sheppard & Conlins Rd.	57.9	3.9	12:57 PM	1:03 PM	1:07 PM
<b>Lunch Stop In - Lawson Legion</b>	61.8	3.9	1:06 PM	1:13 PM	1:20 PM
<b>Lunch Stop Out - Lawson Legion</b>	61.8	0	2:15 PM	2:30 PM	2:30 PM
Kingston & Old Kingston Rd	64.4	2.6	2:20 PM	2:36 PM	2:38 PM
Kingston & Markham	69.2	4.8	2:31 PM	2:48 PM	2:54 PM
Kingston & Birchmount	75.5	6.3	2:45 PM	3:04 PM	3:15 PM
Kingston & Dundas	80.5	5	2:56 PM	3:16 PM	3:32 PM
Dundas & Broadview	83.8	3.3	3:03 PM	3:25 PM	3:43 PM
<b>Rest Stop In - Moss Park Armoury</b>	85.9	2.1	3:08 PM	3:30 PM	3:50 PM
<b>Rest Stop Out - Moss Park Armoury</b>	85.9	0	3:45 PM	3:45 PM	3:45 PM
Yonge & Front	87.3	1.4	3:48 PM	3:48 PM	3:49 PM
Queen & University	88.5	1.2	3:50 PM	3:51 PM	3:53 PM
<b>Finish</b>	89.9	1.4	3:53 PM	3:55 PM	3:58 PM