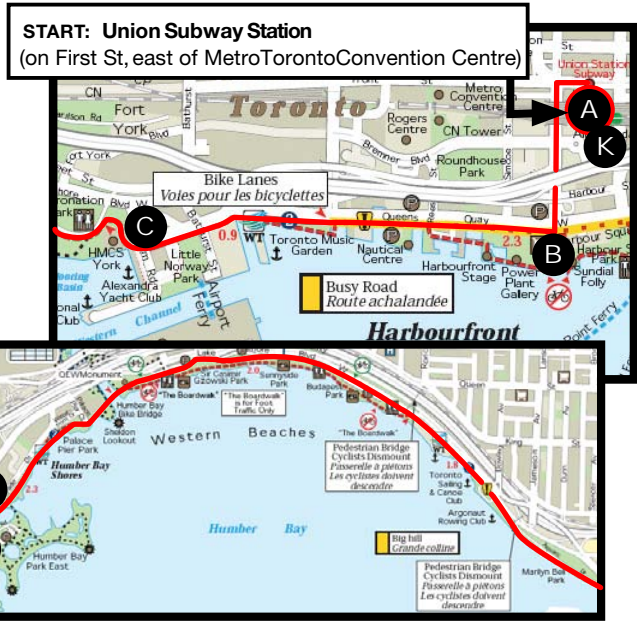


UNION-OAKVILLE – 80KM

L=Left R=Right F=Forward S=Stop VL=Veer Left VR=Veer Right QL=Quick Left QR=Quick Right X=Cross

REVISED MAY 26/09

Report road closures or changes to bikerally@pwatoronto.org



| AT | GO* | TOTAL* | TURN | LOCATION |
|----|-------|--------|------|--|
| A | 0 km | 0 km | | From Union Subway Station, turn right on Bay St |
| B | 0.4 | 0.4 | R | Queens Quay |
| C | 2.0 | 2.4 | X | Proceed to end and enter Bike Path |
| D | 10.5 | 12.9 | X | Follow to 2nd Bridge at Humber Bay Park |
| E | 0.1 | 13.0 | R | Proceed on driveway to Lakeshore Blvd |
| F | 15.3 | 28.3 | L | Lakeshore Blvd |
| G | 1.30 | 29.6 | L | Meadow Wood Rd NOTE: easily missed - it's the intersection just past the Dairy Queen in Clarkson, only runs south of Lakeshore Rd |
| H | 1.14 | 30.74 | R | Orr Rd |
| I | 1.27 | 32.01 | L | Southdown Rd. Becomes Lakeshore Rd |
| J | 8.53 | 40.54 | S | BR BREAK at Starbucks in downtown Oakville (just past George St). Reverse directions to return to Union Subway |
| K | 40.54 | 81.08 | S | FINISH at Union Subway. Feel free to hang out and welcome other riders in! |

Fuel up during the ride

During long periods of cycling, muscle and liver glycogen stores may become depleted, leading to a drop in blood sugar. This drop could result in headaches, dizziness, muscle weakness, fatigue and reduced performance (otherwise known as “bonking”).

To prevent this, consume high-carbohydrate foods, energy bars, gels, and/or liquids such as fluid replacement drinks during cycling. Fig Newtons are a low-cost alternative to energy bars and, like their pricier counterparts, also have lots of sodium and potassium to replenish your stores and keep you going. Avoid snacks that contain a lot of sugar – they may give you an initial burst of energy but will eventually set you up for a sugar crash.

If you have difficulty stomaching solid food during exercise, try energy gels, which are easier to digest. Gels are great at the end of a long ride when you feel your energy flagging, but you don't necessarily want to crack open a bar wrapper.

Always carry extra food even if you think you won't need it. As the rides get longer, there will be long stretches where you will not be near any convenience stores, so be safe rather than sorry.

* Distances are approximate