

KIPLING-TERRA COTTA 102KM

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

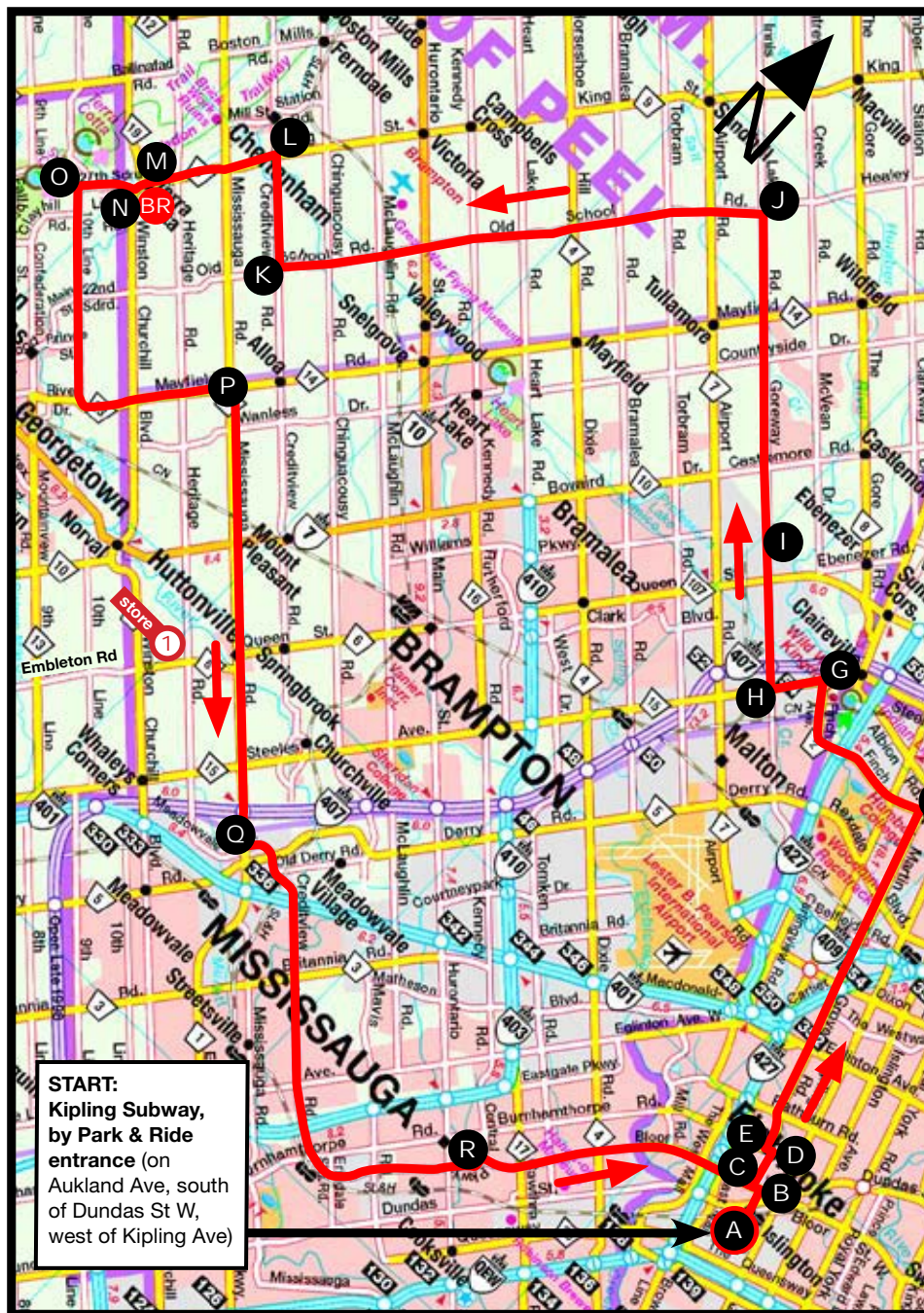
UPDATED JUL 3 /09

Report road closures or changes to bikerally@pwatorontario.org

NOTE: If you are ever involved in a motor vehicle collision, you **must** phone **911**

NOTE: There are very few variety stores on certain stretches of this route – stock up on food and fluids **BEFORE** leaving the city. Be sure to pace yourself and take breaks when needed – you do not have to wait till the designated break to stop and take a rest.

* Distances are approximate



AT	GO*	TOTAL*	TURN	LOCATION
A	0 km	0 km	L	From Kipling Subway Park & Ride, turn left on Aukland Ave to go north
B	0.45	0.45	L	Bloor St W
C	0.13	0.58	QR	Ashbourne Dr
D	1.05	1.63	L	Burnathorpe Rd
E	0.22	1.85	QR	Martin Grove Rd (it's the 2nd street - street sign is early) NOTE: few variety stores after this stretch, stock up on fluids/food if needed
F	10.40	12.25	L	Finch Ave W
G	5.00	17.25	L	Steeles Ave E
H	1.37	18.62	R	Goreway Dr
I	3.42	22.04	VR	At lights after Queen St, veer right to stay on Goreway Dr. Becomes Innis Lake Rd
J	10.6	32.64	L	Healey Rd. Becomes Old School Rd. NOTE: At Airport Rd, turn right then left to continue
K	13.88	46.52	R	Creditview Rd
L	3.08	49.60	L	King St
M	3.92	53.52	S	BREAK: Terra Cotta Country Store on left side of road
N	0.48	54.00	R	27th Sdrd/Winston Churchill Blvd
O	1.69	55.69	L	10th Line. Road bends east and becomes River Dr, then Mayfield Rd
P	8.92	64.61	R	Mississauga Rd.
Q	28.92	93.53	L	Meadowvale (will eventually turn into Creditview)
R	8.44	101.97	R	Meadowvale
B	8.44	101.97	R	Aukland Ave
A	0.45	102.42	R	FINISH at Kipling Subway Park & Ride

RETURN THE WAY YOU CAME

Speeding your recovery

Consume carbohydrate-rich foods and drinks within the first 15-30 minutes after a hard ride to help replenish depleted muscles. Include protein as well in order to stimulate the action of insulin and help repair muscle tissue. If you have a hard time tolerating food right off the bike, try a sports

recovery drink. You should also continue to hydrate after a ride by replenishing fluids with some fruit juice or sports drink, and drink lots of water throughout the rest of the day.

Be sure to stretch for 5 to 15 minutes after your ride to relax, maintain flexibility and reduce the risk of injury. Breath deeply and hold each stretch for at least 20 seconds.