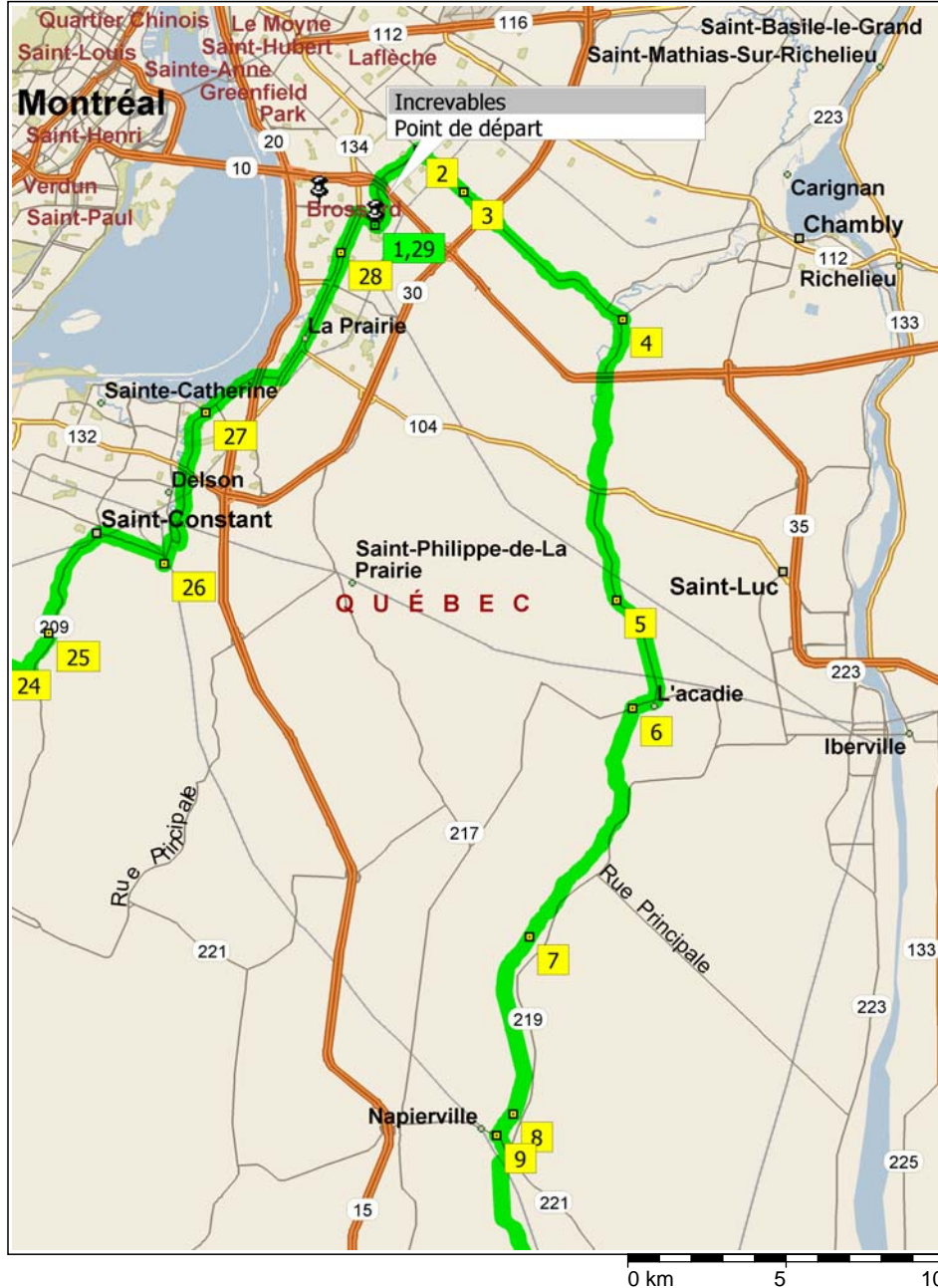


## 200 km version 2006

196.9 kilometers; 4 hours, 38 minutes

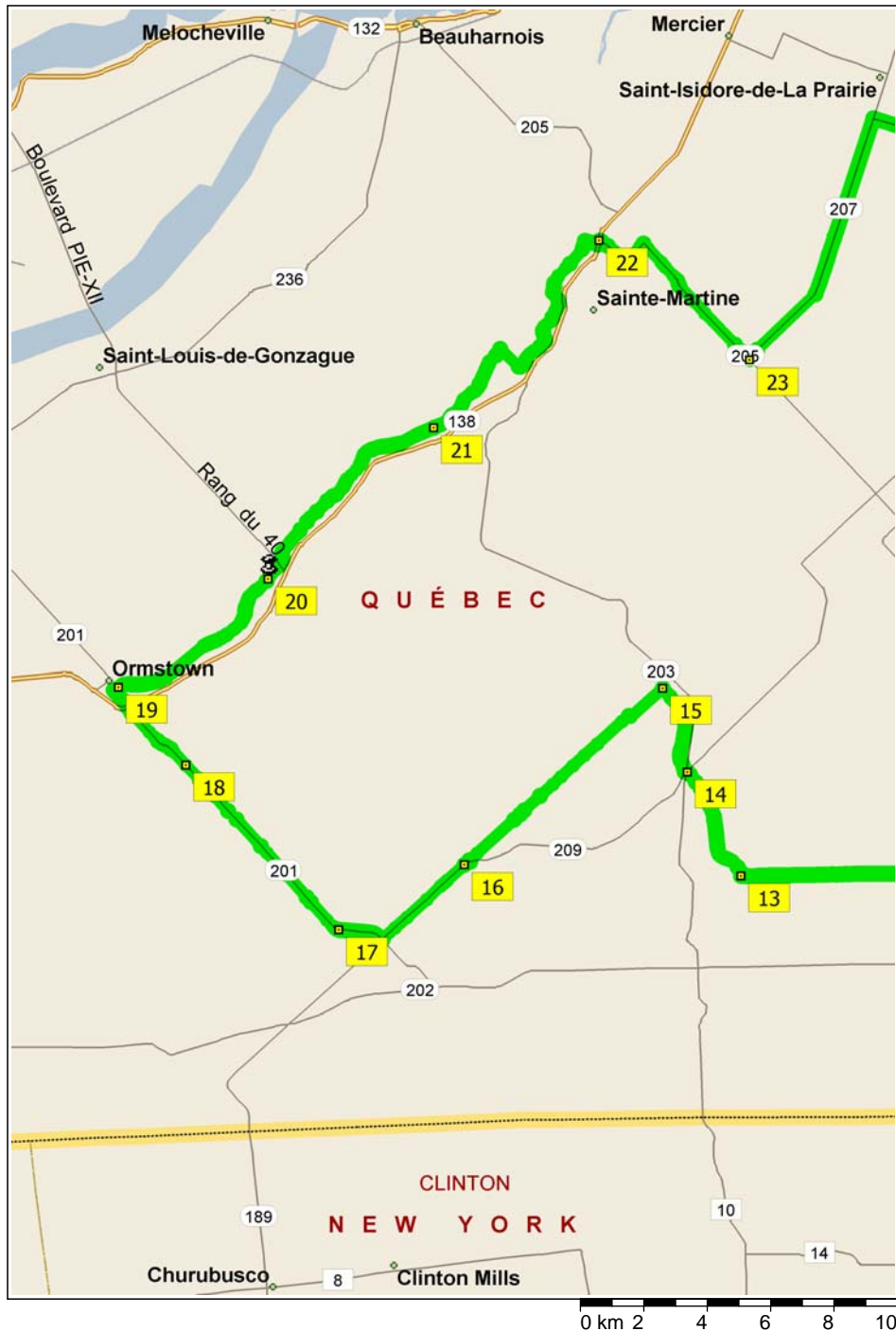


7:30 AM	0.0 km	<b>1</b> Depart Incevables on Local road(s) (North) for 50 m
7:30 AM	0.1 km	Turn RIGHT (East) onto Boulevard Rome, then immediately turn LEFT (East) onto Boulevard Milan for 3.2 km
7:37 AM	3.3 km	<b>2</b> At near La Prairie, turn RIGHT (South-East) onto Boulevard Grande-Allée for 2.0 km
7:40 AM	5.2 km	<b>3</b> At near La Prairie, stay on Boulevard Grande-Allée (South-East) for 4.1 km
7:46 AM	9.3 km	Road name changes to Chemin Grande-Allée for 2.6 km
7:50 AM	11.9 km	<b>4</b> At 6024 Chemin Salaberry, Carignan QC, turn RIGHT (South) onto Chemin Salaberry for 2.1 km
7:54 AM	14.0 km	Road name changes to Avenue des Pins for 3.6 km
7:58 AM	17.6 km	Road name changes to Chemin du Grand-Pré for 3.5 km
8:02 AM	21.2 km	<b>5</b> At near L'acadie, stay on Chemin du Grand-Pré (South-East) for 3.6 km
8:05 AM	24.8 km	Turn RIGHT (West) onto Chemin du Clocher for 0.8 km
8:07 AM	25.6 km	<b>6</b> At near L'acadie, return East on Chemin du Clocher for 10 m
8:07 AM	25.6 km	Turn RIGHT (South) onto Chemin des Patriotes for 7.1 km
8:14 AM	32.6 km	Road name changes to Rang des Patriotes No for 1.4 km
8:15 AM	34.0 km	<b>7</b> At near Napierville, stay on Rang des Patriotes No (South-West) for 1.6 km
8:17 AM	35.6 km	Road name changes to Rang des Patriotes N for 1.6 km
8:19 AM	37.2 km	Road name changes to Rang des Patriotes No for 2.0 km
8:21 AM	39.2 km	Road name changes to Rang des Patriotes N for 0.4 km



8:22 AM	39.6 km	Road name changes to Rang des Patriotes No for 0.4 km
8:22 AM	40.0 km	<b>8</b> At near Napierville, road name changes to Rang des Patriotes N for 0.2 km
8:23 AM	40.2 km	Road name changes to Rang des Patriotes No for 50 m
8:23 AM	40.2 km	Road name changes to Rue St-Nicolas for 0.6 km
8:25 AM	40.9 km	Turn RIGHT (West) onto RTE-219 [RTE-221] for 20 m
8:25 AM	40.9 km	<b>9</b> At near Napierville, return East on RTE-219 [RTE-221] for 0.7 km
8:27 AM	41.6 km	Turn RIGHT (South-West) onto Rang Double [Rue de l'Église] for 2.1 km
8:30 AM	43.7 km	Keep STRAIGHT onto Rang Double for 5.4 km
8:34 AM	49.1 km	<b>10</b> At near Lacolle, turn LEFT (East) onto Ligne Grande du Rang-Double for 1.8 km
8:36 AM	50.9 km	Road name changes to Rang du Grande-Ligne-Double for 1.1 km
8:37 AM	51.9 km	Turn RIGHT (South) onto RTE-221 [RTE-221 S] for 1.2 km
8:39 AM	53.1 km	<b>11</b> At near Lacolle, stay on RTE-221 [RTE-221 S] (South) for 2.2 km
8:41 AM	55.3 km	Turn RIGHT (West) onto Chemin de la Grande-Ligne for 5.8 km
8:46 AM	61.1 km	Turn RIGHT (North) onto RTE-217 [Rang St-André No] for 1.6 km
8:48 AM	62.7 km	Turn LEFT (West) onto Montée Henrysburg for 1.4 km
8:50 AM	64.0 km	<b>12</b> At near Lacolle, keep STRAIGHT to stay on Montée Henrysburg for 2.9 km
8:53 AM	66.9 km	Turn LEFT (South) onto Rang Bogton for 3.0 km
8:56 AM	69.9 km	Turn RIGHT (West) onto Montée Kenny for 0.7 km
8:57 AM	70.6 km	Road name changes to Chemin Williams for 5.3 km
9:02 AM	75.9 km	Turn LEFT (South) onto RTE-219 for 0.5 km
9:03 AM	76.4 km	Turn RIGHT (West) onto Chemin Lavallée for 3.9 km
9:07 AM	80.2 km	Turn LEFT (West) onto Chemin Hurley for 5.0 km
9:12 AM	85.2 km	Road name changes to Chemin Cowan for 4.3 km



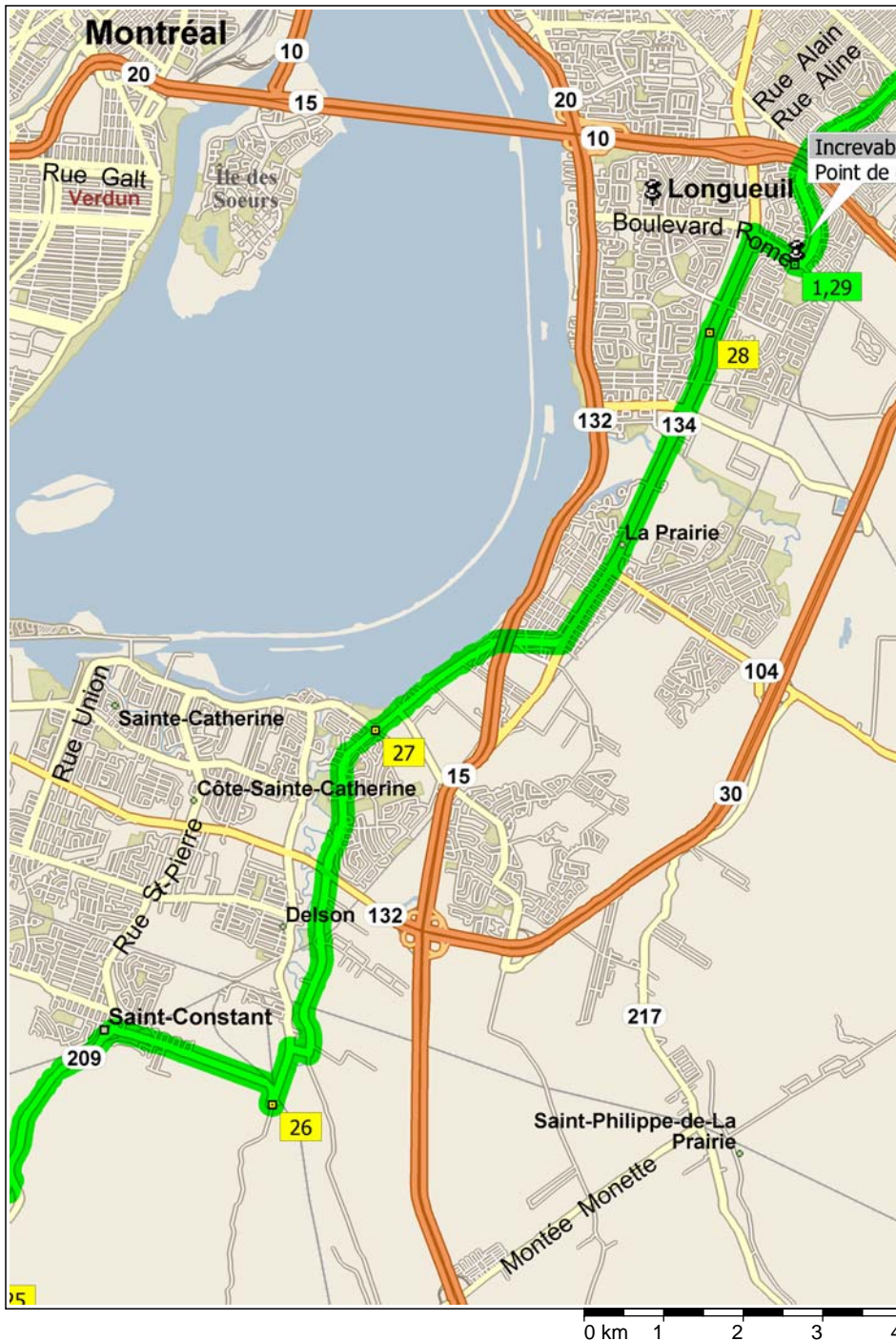


9:16 AM	89.5 km	<b>13</b> At near Saint-Chrysostome, turn RIGHT (North) onto Rang Duncan for 3.9 km
9:20 AM	93.4 km	Bear LEFT (West) onto RTE-203 [RTE-209] for 10 m
9:20 AM	93.4 km	Turn RIGHT (North) onto RTE-203 [Rang Ste-Anne] for 10 m
9:20 AM	93.4 km	<b>14</b> At near Saint-Chrysostome, return South on RTE-203 [Rang Ste-Anne] for 10 m
9:20 AM	93.4 km	Turn RIGHT (West) onto RTE-209 [Rang Duncan], then immediately turn RIGHT (North) onto Rang du Moulin for 3.0 km
9:24 AM	96.4 km	<b>15</b> At near Aubrey, turn LEFT (South-West) onto Montée Brossard for 1.4 km
9:26 AM	97.8 km	Turn RIGHT (North-West) onto Rang St-Antoine for 4.7 km
9:30 AM	102.6 km	Road name changes to Chemin de l' Artifice for 2.2 km
9:33 AM	104.8 km	Turn RIGHT (West) onto RTE-209 for 0.2 km
9:33 AM	105.0 km	<b>16</b> At near Aubrey, stay on RTE-209 (South-West) for 3.5 km
9:36 AM	108.5 km	Turn RIGHT (North-West) onto RTE-201 for 1.5 km
9:40 AM	110.0 km	<b>17</b> At near Ormstown, stay on RTE-201 (East) for 7.2 km
9:46 AM	117.1 km	<b>18</b> At near Ormstown, stay on RTE-201 (North-West) for 2.6 km
9:49 AM	119.8 km	Road name changes to Rue Bridge for 0.7 km
9:51 AM	120.5 km	Turn RIGHT (East) onto Rue Lambton for 0.2 km
9:51 AM	120.7 km	<b>19</b> Arrive near Ormstown
10:21 AM	120.7 km	Depart near Ormstown on Rue Lambton (East) for 0.5 km
10:22 AM	121.2 km	Road name changes to Chemin de la Rivière-Châteauguay for 5.7 km
10:28 AM	126.9 km	<b>20</b> At Site de la Bataille de Chateauguay, stay on Chemin de la Rivière-Châteauguay (North-East) for 7.5 km
10:34 AM	134.4 km	<b>21</b> At near North Georgetown, stay on Chemin de la Rivière-Châteauguay (East) for 2.1 km
10:36 AM	136.5 km	Road name changes to Rang Laberge for 1.1 km



10:38 AM	137.6 km	Road name changes to Chemin du Grand-Marais for 0.3 km
10:38 AM	137.8 km	Turn RIGHT (South-East) onto Rang Touchette for 5.8 km
10:44 AM	143.6 km	Turn RIGHT (East) onto Rue du Pont for 0.4 km
10:45 AM	144.0 km	Turn LEFT (North) onto RTE-138 [Rue St-Joseph] for 0.1 km
10:46 AM	144.2 km	<b>22</b> Arrive near Sainte-Martine
10:56 AM	144.2 km	Depart near Sainte-Martine on RTE-205 [Rue Hébert] (East) for 1.1 km
10:57 AM	145.2 km	Bear LEFT (East) onto RTE-205 [Rang St-Joseph] for 0.8 km
10:58 AM	146.0 km	Turn RIGHT (South-East) onto RTE-205 for 4.8 km
11:02 AM	150.8 km	Keep STRAIGHT onto RTE-205 [Rue Principale] for 0.2 km
11:03 AM	151.0 km	<b>23</b> At Boursier, JL Hotel [226 Rue Principale, St-Urbain-Premier, QC, (450) 427-2109], stay on RTE-205 [Rue Principale] (South-East) for 20 m
11:03 AM	151.1 km	Turn LEFT (North-East) onto RTE-207 [Montée Grande-Ligne] for 3.0 km
11:06 AM	154.0 km	Keep STRAIGHT onto RTE-207 [Rang St-Régis S] for 5.9 km
11:11 AM	159.9 km	Turn RIGHT (East) onto Montée Ste-Thérèse for 3.5 km
11:15 AM	163.4 km	Turn LEFT (North-East) onto Rang Ste-Thérèse for 4.9 km
11:20 AM	168.3 km	Road name changes to Rang St-Christophe for 2.4 km
11:23 AM	170.7 km	Turn RIGHT (East) onto Montée St-Christophe for 0.7 km
11:25 AM	171.4 km	<b>24</b> At near Saint-Constant, stay on Montée St-Christophe (East) for 1.0 km
11:26 AM	172.4 km	Turn LEFT (North) onto Rang St-Pierre No for 1.5 km
11:29 AM	173.9 km	<b>25</b> At near Saint-Constant, stay on Rang St-Pierre No (North) for 1.3 km
11:30 AM	175.3 km	Turn LEFT (North) onto RTE-209 [Rue St-Pierre] for 2.5 km





- 11:33 AM 177.7 km Turn RIGHT (East) onto Montée de la Saline for 2.4 km
- 11:36 AM 180.1 km **26** At near Saint-Constant, turn LEFT (North) onto Chemin Petite-Côte for 0.1 km
- 11:37 AM 180.3 km Road name changes to Rue St-Ignace for 0.7 km
- 11:38 AM 180.9 km Turn RIGHT (East) onto Rue Montée Griffin for 0.3 km
- 11:39 AM 181.2 km Turn LEFT (North) onto Chemin St-François-Xavier for 4.4 km
- 11:47 AM 185.6 km **27** At near Candiac, keep STRAIGHT onto Boulevard Marie-Victorin for 2.0 km
- 11:51 AM 187.6 km Bear RIGHT (East) onto Rue Salaberry for 0.8 km
- 11:53 AM 188.4 km Road name changes to Local road(s) for 20 m
- 11:54 AM 188.4 km Turn LEFT (North) onto RTE-134 [Boulevard Taschereau] for 4.8 km
- 12:01 PM 193.2 km Turn LEFT (North-West) onto Local road(s) for 30 m
- 12:01 PM 193.2 km Turn LEFT (South) onto RTE-134 [Boulevard Taschereau] for 0.4 km
- 12:02 PM 193.6 km **28** At Motel l'Oiseau Bleu [8550 Boulevard Taschereau, Brossard, QC, (450) 466-1565], stay on RTE-134 [Boulevard Taschereau] (South) for 0.6 km
- 12:03 PM 194.2 km Turn LEFT (South-East) onto Local road(s) for 30 m
- 12:03 PM 194.2 km Turn LEFT (North) onto RTE-134 [Boulevard Taschereau] for 2.0 km
- 12:06 PM 196.2 km Turn RIGHT (East) onto Boulevard Rome for 0.6 km
- 12:08 PM 196.8 km Turn RIGHT (South) onto Local road(s) for 50 m
- 12:08 PM 196.9 km **29** Arrive Incevables