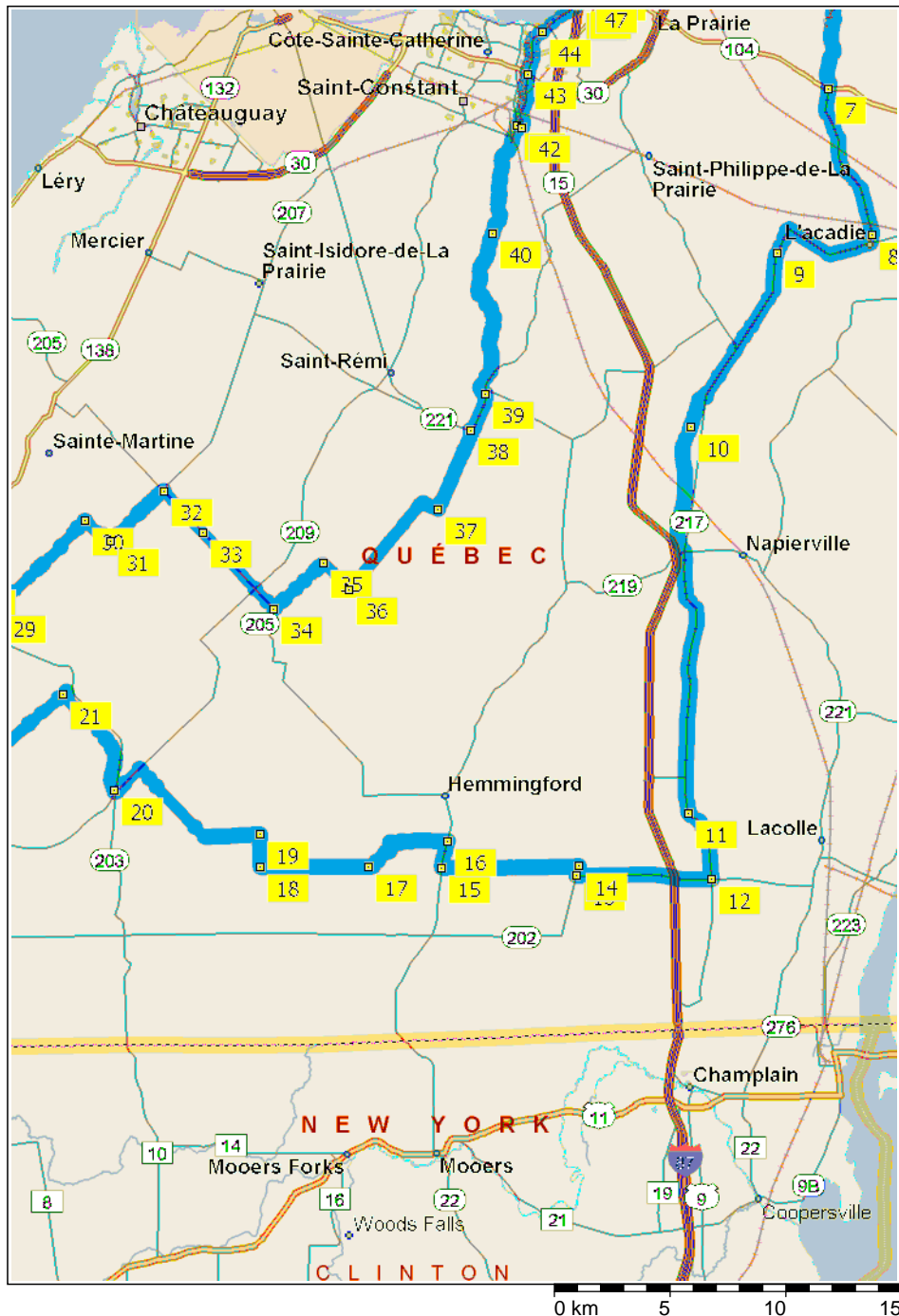


200_km_version_2009

194.3 kilometers; 3 hours, 46 minutes



09:00	0.0 km	1 Depart Blvd Rome, Brossard QC on Boulevard Milan (East) for 0.2 km
09:00	0.2 km	Turn RIGHT (East) onto Rue Meilleur for 0.2 km
09:01	0.5 km	2 At 7598 Rue Mauriac, Brossard QC, turn LEFT (North-East) onto Rue Mauriac for 0.7 km
09:02	1.1 km	Turn RIGHT (South-East) onto Avenue Malo for 0.1 km
09:02	1.3 km	3 At 4034 Avenue Malo, Brossard QC, stay on Avenue Malo (East) for 0.1 km
09:03	1.4 km	Turn RIGHT (South-East) onto Boulevard Lapinière for 1.5 km
09:05	2.9 km	4 At Blvd Lepage, Brossard QC, turn LEFT (North-East) onto Boulevard Lepage for 1.5 km
09:08	4.5 km	5 At 7047 Blvd Grande-Allée, Brossard QC, turn RIGHT (South-East) onto Boulevard Grande-Allée for 3.8 km
09:12	8.2 km	Road name changes to Chemin Grande-Allée for 2.6 km
09:15	10.8 km	6 At 6006 Chemin Salaberry, Carignan QC, turn RIGHT (South) onto Chemin Salaberry for 2.1 km
09:18	12.9 km	Road name changes to Avenue des Pins for 3.6 km
09:22	16.5 km	7 At Rte-104, St-Jean-sur-Richelieu QC, road name changes to Local road(s) for 20 m
09:23	16.6 km	Road name changes to Chemin du Grand-Pré for 6.9 km
09:28	23.4 km	8 At near L'acadie, stay on Chemin du Grand-Pré (South) for 0.4 km
09:29	23.8 km	Turn RIGHT (West) onto Chemin du Clocher for 3.9 km
09:33	27.7 km	Keep STRAIGHT onto Chemin du Ruisseau for 1.2 km
09:34	28.9 km	9 At near L'acadie, stay on Chemin du Ruisseau (South) for 3.4 km
09:37	32.3 km	Road name changes to Rue Principale for 1.2 km
09:39	33.5 km	Bear LEFT (South) onto Rte-217 [Boulevard Édouard VII] for 2.5 km
09:41	36.0 km	Turn RIGHT (West) onto Montée Langevin for 0.3 km
09:42	36.3 km	Keep LEFT onto Rang du Coteau for 1.2 km



- 09:44 37.5 km Keep LEFT to stay on Rang du Coteau for 40 m
- 09:44 37.6 km **10** At near St-Jacques-le-Mineur, stay on Rang du Coteau (South) for 5.6 km
- 09:48 43.1 km Bear RIGHT (South) onto Rte-217 [Boulevard Édouard VII] for 30 m
- 09:48 43.2 km Keep STRAIGHT onto Rte-217 [Rang St-André] for 10.0 km
- 09:56 53.2 km Keep STRAIGHT onto Rte-217 [Rang St-André N] for 1.6 km
- 09:57 54.8 km **11** At Rte-217, St-Bernard-de-Lacolle QC, stay on Rte-217 [Rang St-André N] (South-East) for 3.2 km
- 10:00 58.0 km **12** At Montée St-Louis, St-Bernard-de-Lacolle QC, turn RIGHT (West) onto Rte-202 [Montée St-Louis] for 1.5 km
- 10:01 59.4 km Bear LEFT (West) onto Rte-202 for 4.4 km
- 10:04 63.9 km **13** At 198 Rang Bogton, St-Bernard-de-Lacolle QC, turn RIGHT (North) onto Rang Bogton for 0.4 km
- 10:04 64.3 km **14** At 163 Rang Bogton, St-Bernard-de-Lacolle QC, turn LEFT (West) onto Montée Kenny for 0.7 km
- 10:05 65.0 km Road name changes to Chemin Williams for 5.3 km
- 10:09 70.3 km **15** At 736 Rte-219, Hemmingford QC, turn RIGHT (North) onto Rte-219 for 1.2 km
- 10:10 71.4 km **16** At near Hemmingford, stay on Rte-219 (North) for 10 m
- 10:10 71.4 km Turn LEFT (West) onto Chemin Moore for 4.2 km
- 10:14 75.6 km **17** At Chemin Hurley, Hemmingford QC, road name changes to Chemin Hurley for 4.7 km
- 10:17 80.3 km **18** At near Saint-Chrysostome, turn RIGHT (North) onto Montée Poupart for 1.4 km
- 10:18 81.7 km **19** At near Saint-Chrysostome, stay on Montée Poupart (North-West) for 10 m
- 10:18 81.7 km Bear LEFT (West) onto Rang St-Joseph for 6.5 km
- 10:24 88.2 km Turn LEFT (South-West) onto Rte-209 [Rang Notre-Dame] for 1.4 km
- 10:26 89.6 km Bear RIGHT (West) onto Rte-203 [Rte-209] for 10 m
- 10:27 89.6 km Keep STRAIGHT onto Rte-209 [Rang Duncan] for 90 m



10:27	89.7 km	Turn RIGHT (North) onto Rang du Moulin for 50 m
10:28	89.8 km	20 At 2 Rang du Moulin, St-Chrysostome QC, stay on Rang du Moulin (North) for 5.2 km
10:32	94.9 km	Turn LEFT (West) onto Rang St-Jean-Baptiste for 0.2 km
10:33	95.1 km	21 At near Aubrey, stay on Rang St-Jean-Baptiste (West) for 7.4 km
10:38	102.5 km	Turn RIGHT (North-West) onto Montée du Rocher for 1.5 km
10:40	104.0 km	Road name changes to Local road(s) for 0.3 km
10:41	104.3 km	22 At near St-Antoine-Abbé, stay on Local road(s) (North-West) for 2.4 km
10:42	106.7 km	Road name changes to Montée Bryson for 2.4 km
10:45	109.1 km	Turn LEFT (South-West) onto Rang de Tullochgorum for 5.5 km
10:49	114.5 km	23 At 1707 Rte-201, Ormstown QC, turn RIGHT (North-West) onto Rte-201 for 1.5 km
10:51	116.0 km	Road name changes to Rue Bridge for 0.7 km
10:52	116.7 km	24 Arrive 18 Rue Lambton, Ormstown QC
11:22	116.7 km	Depart 18 Rue Lambton, Ormstown QC on Rue Lambton (East) for 0.7 km
11:23	117.4 km	Road name changes to Chemin de la Rivière-Châteauguay for 5.4 km
11:28	122.8 km	25 At 3049 Chemin de la Rivière-Châteauguay, Très-St-Sacrement QC, stay on Chemin de la Rivière-Châteauguay (East) for 7.9 km
11:34	130.7 km	26 At Montée Turcot, Très-St-Sacrement QC, turn RIGHT (South) onto Montée Turcot for 0.2 km
11:34	130.9 km	Road name changes to Local road(s) for 20 m
11:35	130.9 km	Road name changes to Montée Turcot for 0.2 km
11:35	131.1 km	Bear LEFT (East) onto Rte-138 for 0.1 km
11:36	131.2 km	Turn RIGHT (South-East) onto Rue Mill for 0.1 km
11:37	131.4 km	27 At 87 Rue Mill, Howick QC, stay on Rue Mill (East) for 1.1 km
11:38	132.5 km	Road name changes to Rue Lambton for 0.7 km
11:40	133.1 km	Turn LEFT (East) onto Rue Bridge for 0.1 km



- 11:40 133.3 km **28** At Rue Bridge, Howick QC, bear LEFT (East) onto Montée du Irish Concession for 1.8 km
- 11:42 135.0 km **29** At 788 Rang des Irlandais, Très-St-Sacrement QC, turn LEFT (North-East) onto Rang des Irlandais for 5.4 km
- 11:46 140.4 km **30** At 252 Chemin de la Rivière-des-Fèves S, Ste-Martine QC, turn RIGHT (South-East) onto Chemin de la Rivière-des-Fèves S for 1.4 km
- 11:47 141.8 km **31** At Montée Rivière-des-Fèves, St-Urbain-Premier QC, turn LEFT (North-East) onto Montée Rivière-des-Fèves for 3.2 km
- 11:49 145.0 km **32** At 231 Rte-205, St-Urbain-Premier QC, turn RIGHT (South-East) onto Rte-205 [Rue Principale] for 2.5 km
- 11:52 147.6 km **33** At 2 Montée Gervais, St-Urbain-Premier QC, stay on Rte-205 [Rang Double] (South-East) for 3.3 km
- 11:54 150.9 km Keep STRAIGHT onto Rte-205 [Montée Hope] for 1.2 km
- 11:55 152.1 km **34** At 1774 Chemin de la Rivière, Ste-Clotilde-de-Châteauguay QC, turn LEFT (East) onto Chemin de la Rivière for 3.0 km
- 11:57 155.0 km **35** At 1 Chemin Pié, St-Rémi QC, turn RIGHT (South-East) onto Chemin Pié for 1.6 km
- 11:59 156.6 km **36** At 2599 Rang Nord, St-Michel QC, road name changes to Rang Nord for 5.7 km
- 12:03 162.3 km **37** At 2127 Rue Principale, St-Michel QC, turn LEFT (North) onto Rue Principale for 3.7 km
- 12:06 166.1 km **38** At 1553 Rte-221, St-Michel QC, turn RIGHT (East) onto Rte-221 [Rue Principale] for 1.8 km
- 12:08 167.8 km **39** At 1497 Chemin de la Petite-Côte, St-Michel QC, turn LEFT (West) onto Chemin de la Petite-Côte for 7.7 km
- 12:14 175.6 km **40** At 498 Montée de la Petite-Côte, St-Mathieu QC, stay on Chemin de la Petite-Côte (North) for 1.8 km
- 12:15 177.3 km Road name changes to Chemin Petite-Côte for 2.6 km
- 12:18 179.9 km Road name changes to Rue St-Ignace for 40 m
- 12:19 180.0 km Road name changes to Rang St-Ignace [Rue St-Ignace] for 0.6 km



- 12:20 180.6 km **41** At 4 Rue Montée Griffin, St-Constant QC, turn RIGHT (East) onto Rue Montée Griffin for 0.3 km
- 12:20 180.9 km **42** At 390 Chemin St-François-Xavier, Delson QC, turn LEFT (North) onto Chemin St-François-Xavier for 2.4 km
- 12:24 183.2 km **43** At Chemin St-François-Xavier, Candiac QC, stay on Chemin St-François-Xavier (North) for 2.1 km
- 12:27 185.3 km **44** At 5 Chemin St-François-Xavier, Candiac QC, keep STRAIGHT onto Boulevard Marie-Victorin for 2.0 km
- 12:31 187.3 km **45** At Rue Salaberry, La Prairie QC, bear RIGHT (East) onto Rue Salaberry for 0.2 km
- 12:31 187.4 km Turn LEFT (North) onto Rue Houde for 60 m
- 12:31 187.5 km **46** At 132 Rue Houde, La Prairie QC, stay on Rue Houde (North-East) for 0.2 km
- 12:32 187.7 km Turn LEFT (North) onto Rue Desjardins for 0.3 km
- 12:33 188.0 km **47** At near La Prairie, stay on Rue Desjardins (North) for 0.3 km
- 12:33 188.3 km Road name changes to Rue St-Laurent for 0.4 km
- 12:34 188.6 km **48** At 433 Rue St-Laurent, La Prairie QC, stay on Rue St-Laurent (North-East) for 0.8 km
- 12:35 189.4 km Turn RIGHT (East) onto Place du Beau-Fort, then immediately turn LEFT (North) onto Avenue Balmoral for 0.3 km
- 12:37 189.7 km **49** At 171 Avenue Balmoral, La Prairie QC, stay on Avenue Balmoral (East) for 0.9 km
- 12:38 190.6 km Turn LEFT (North) onto Rte-134 [Boulevard Taschereau] for 0.3 km
- 12:39 190.8 km **50** At 16 Blvd Taschereau, La Prairie QC, stay on Rte-134 [Boulevard Taschereau] (North) for 1.2 km
- 12:40 192.0 km Turn RIGHT (East) onto Chemin des Prairies for 0.1 km
- 12:41 192.2 km **51** At 8897 Avenue Océanie, Brossard QC, turn LEFT (North) onto Avenue Océanie for 0.9 km
- 12:43 193.1 km Road name changes to Local road(s) for 10 m
- 12:43 193.1 km Road name changes to Avenue Naples for 0.6 km
- 12:45 193.7 km **52** At 2403 Rue Neuville, Brossard QC, turn RIGHT (South-East) onto Rue Neuville for 0.6 km

