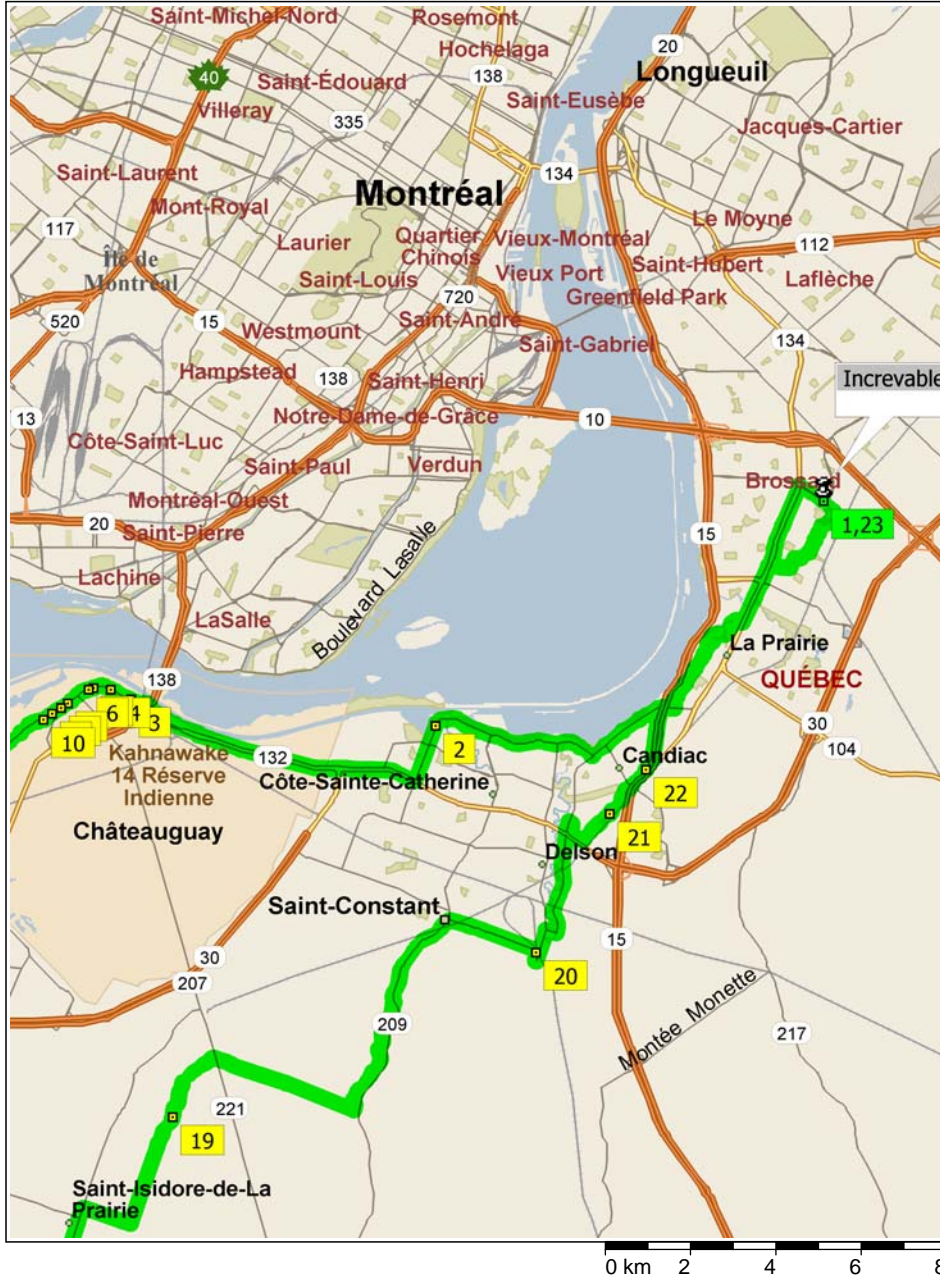


Lery-Kahnawake_100

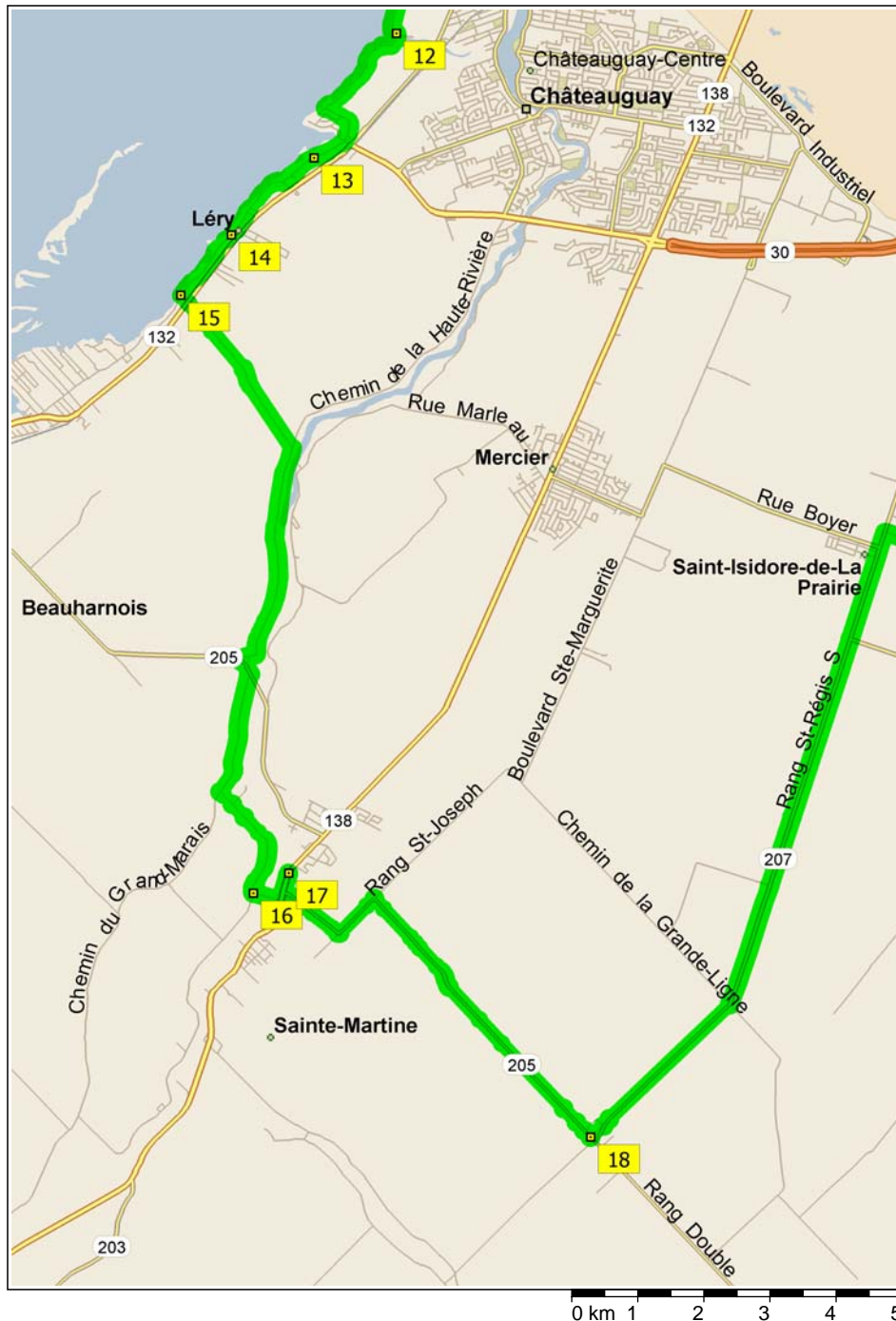
100.9 kilometers; 6 hours, 43 minutes



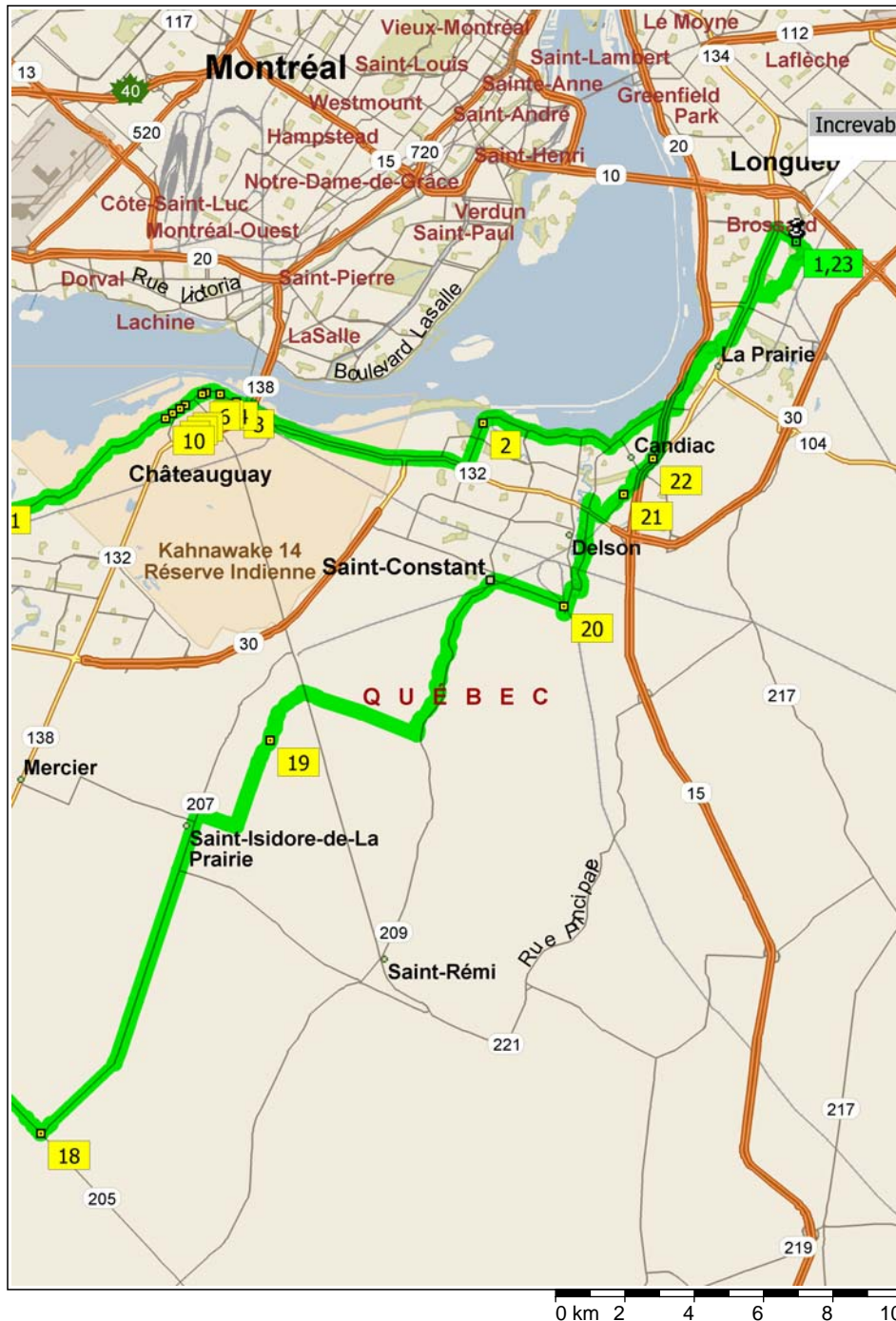
09:00	0.0 km	1 Depart near La Prairie on Boulevard Rome (East) for 0.4 km
09:03	0.4 km	Turn RIGHT (South) onto Avenue Niagara for 0.8 km
09:07	1.2 km	Road name changes to Avenue Orégon for 0.7 km
09:09	1.9 km	Turn LEFT (South-West) onto Rue Ontario for 0.3 km
09:11	2.2 km	Turn RIGHT (West) onto Chemin des Prairies for 0.5 km
09:14	2.7 km	Turn LEFT (South) onto RTE-134 [Boulevard Taschereau] for 1.5 km
09:21	4.2 km	Turn RIGHT (West) onto Avenue Balmoral for 1.1 km
09:25	5.3 km	Turn RIGHT (West) onto Place du Beau-Fort, then immediately turn LEFT (South) onto Rue St-Laurent for 1.2 km
09:30	6.5 km	Road name changes to Rue Desjardins for 0.7 km
09:33	7.1 km	Turn RIGHT (West) onto Rue Salaberry for 0.3 km
09:35	7.5 km	Bear LEFT (West) onto Boulevard Marie-Victorin for 1.9 km
09:45	9.4 km	Keep RIGHT onto Local road(s) for 60 m
09:46	9.4 km	Bear RIGHT (North-West) onto Boulevard Marie-Victorin for 0.7 km
09:51	10.2 km	Road name changes to Route Marie-Victorin for 0.4 km
09:54	10.6 km	Road name changes to Boulevard Marie-Victorin for 2.6 km
10:06	13.2 km	Road name changes to Rue Centrale for 0.2 km
10:07	13.4 km	2 At near Sainte-Catherine, stay on Rue Centrale (South) for 1.4 km
10:14	14.8 km	Turn RIGHT (West) onto RTE-132 for 5.2 km
10:36	20.0 km	Turn RIGHT (North) onto Local road(s) for 1.6 km
10:41	21.6 km	Bear RIGHT (West) onto Local road(s) for 0.3 km
10:42	21.9 km	3 At near Kahnawake, stay on Local road(s) (West) for 0.3 km
10:43	22.2 km	Bear RIGHT (North-West) onto Local road(s) for 20 m



- 10:43 22.2 km Bear LEFT (West) onto Local road(s) for 0.2 km
- 10:45 22.4 km **4** At near Kahnawake, stay on Local road(s) (West) for 0.2 km
- 10:47 22.6 km Bear LEFT (West) onto Local road(s) for 0.2 km
- 10:48 22.9 km **5** At near Kahnawake, stay on Local road(s) (West) for 0.1 km
- 10:49 23.0 km **6** At near Caughnawaga, stay on Local road(s) (West) for 0.6 km
- 10:52 23.6 km **7** At near Caughnawaga, stay on Local road(s) (West) for 0.2 km
- 10:54 23.7 km **8** At near Caughnawaga, stay on Local road(s) (West) for 0.1 km
- 10:54 23.9 km Bear LEFT (South-West) onto Local road(s) for 0.1 km
- 10:55 24.0 km **9** At near Caughnawaga, stay on Local road(s) (West) for 0.2 km
- 10:56 24.2 km **10** At near Caughnawaga, stay on Local road(s) (West) for 1.2 km
- 11:01 25.4 km Bear RIGHT (West) onto Local road(s) for 0.6 km
- 11:03 26.0 km Bear LEFT (West) onto Local road(s) for 2.3 km
- 11:11 28.3 km Road name changes to Chemin St-Bernard for 1.5 km
- 11:16 29.8 km Road name changes to Pont de la Sauvagine [Chemin St-Bernard] for 0.3 km
- 11:17 30.1 km Road name changes to Chemin St-Bernard for 0.1 km
- 11:18 30.3 km Keep RIGHT onto Ramp for 0.3 km
- 11:19 30.6 km Turn LEFT (North-West) onto Boulevard d' Youville for 0.5 km
- 11:21 31.1 km **11** At near Châteauguay Heights, stay on Boulevard d' Youville (West) for 0.7 km
- 11:23 31.7 km Turn LEFT (East) onto Chemin Vinet, then immediately turn RIGHT (South) onto Rue Edmour for 0.3 km
- 11:25 32.0 km Road name changes to Boulevard d' Youville for 1.4 km
- 11:30 33.4 km **12** At near Châteauguay-Centre, stay on Boulevard d' Youville (South) for 60 m
- 11:30 33.5 km Road name changes to Chemin du Lac-St-Louis for 1.6 km
- 11:35 35.1 km Turn LEFT to stay on Chemin du Lac-St-Louis for 1.3 km



11:41	36.4 km	13	At near Léry, stay on Chemin du Lac-St-Louis (West) for 1.8 km
11:53	38.2 km	14	At near Léry, stay on Chemin du Lac-St-Louis (West) for 1.2 km
12:00	39.4 km	15	At Rue de la Gare-SR-Bellevue, Léry QC, turn LEFT (South-East) onto Rue de la Gare-SR-Bellevue for 1.5 km
12:05	40.9 km		Road name changes to Montée Bellevue for 1.5 km
12:11	42.3 km		Turn RIGHT (South) onto Chemin de la Haute-Rivière for 3.5 km
12:18	45.9 km		Turn LEFT (South-East) onto RTE-205 [Chemin de la Beauce] for 0.3 km
12:20	46.1 km		Turn RIGHT (South-West) onto Chemin du Grand-Marais for 1.9 km
12:23	48.0 km		Turn LEFT (South-East) onto Rang Dubuc for 1.9 km
12:26	49.9 km	16	At Rue du Pont, Saint-Paul-de-Châteauguay QC, bear LEFT (East) onto Rue du Pont for 0.4 km
12:28	50.4 km		Turn LEFT (North) onto RTE-138 [Rue St-Joseph] for 0.4 km
12:30	50.8 km	17	Arrive IGA [305 Rue St-Joseph, Ste-Martine, QC, (450) 427-3614]
13:00	50.8 km		Depart IGA [305 Rue St-Joseph, Ste-Martine, QC, (450) 427-3614] on RTE-138 [RTE-205] (South) for 0.3 km
13:02	51.1 km		Turn LEFT (East) onto RTE-205 [Rue Hébert] for 1.1 km
13:06	52.1 km		Bear LEFT (East) onto RTE-205 [Rang St-Joseph] for 0.8 km
13:08	52.9 km		Turn RIGHT (South-East) onto RTE-205 for 4.8 km
13:20	57.7 km		Keep STRAIGHT onto RTE-205 [Rue Principale] for 0.1 km
13:21	57.9 km		Turn LEFT (North-East) onto Rue Beaulieu for 10 m
13:21	57.9 km	18	At near Sainte-Martine, stay on Rue Beaulieu (North-East) for 0.3 km
13:23	58.1 km		Turn RIGHT (South-East) onto Rue Ste-Marie, then immediately turn LEFT (North) onto RTE-207 [Montée Grande-Ligne] for 2.7 km



13:30	60.8 km	Keep STRAIGHT onto RTE-207 [Rang St-Régis S] for 7.6 km
13:50	68.5 km	Turn RIGHT (East) onto Rue Dupuis for 1.2 km
13:54	69.6 km	Road name changes to Rang St-Simon for 2.7 km
13:58	72.3 km	19 At near Saint-Isidore-de-La Prairie, stay on Rang St-Simon (North) for 2.2 km
14:03	74.6 km	Keep STRAIGHT onto Montée St-Christophe for 3.1 km
14:13	77.7 km	Turn LEFT (North) onto Rang St-Pierre No for 2.9 km
14:20	80.5 km	Turn LEFT (North) onto RTE-209 [Rue St-Pierre] for 2.5 km
14:26	83.0 km	Turn RIGHT (East) onto Montée de la Saline for 2.2 km
14:33	85.2 km	20 At near Saint-Constant, stay on Montée de la Saline (South) for 0.2 km
14:34	85.4 km	Turn LEFT (North) onto Chemin Petite-Côte for 0.1 km
14:35	85.5 km	Road name changes to Rue St-Ignace for 0.7 km
14:39	86.2 km	Turn RIGHT (East) onto Rue Montée Griffin for 0.3 km
14:40	86.4 km	Turn LEFT (North) onto Chemin St-François-Xavier for 2.7 km
14:53	89.1 km	Turn RIGHT (East) onto Chemin Handel for 1.5 km
14:59	90.6 km	21 At near Candiac, stay on Chemin Handel (North-East) for 0.7 km
15:03	91.3 km	Turn RIGHT (East) onto Boulevard de l' Industrie for 0.7 km
15:05	92.0 km	22 At near Candiac, stay on Boulevard de l' Industrie (North-East) for 1.5 km
15:11	93.5 km	Turn RIGHT (East) onto Rue Salaberry for 0.3 km
15:13	93.8 km	Turn LEFT (North) onto Rue Desjardins for 0.7 km
15:15	94.5 km	Road name changes to Rue St-Laurent for 1.1 km
15:19	95.6 km	Turn RIGHT (East) onto Place du Beau-Fort, then immediately turn LEFT (North) onto Avenue Balmoral for 1.2 km
15:25	96.8 km	Turn LEFT (North) onto RTE-134 [Boulevard Taschereau] for 3.5 km
15:39	100.3 km	Turn RIGHT (East) onto Boulevard Rome for 0.7 km

