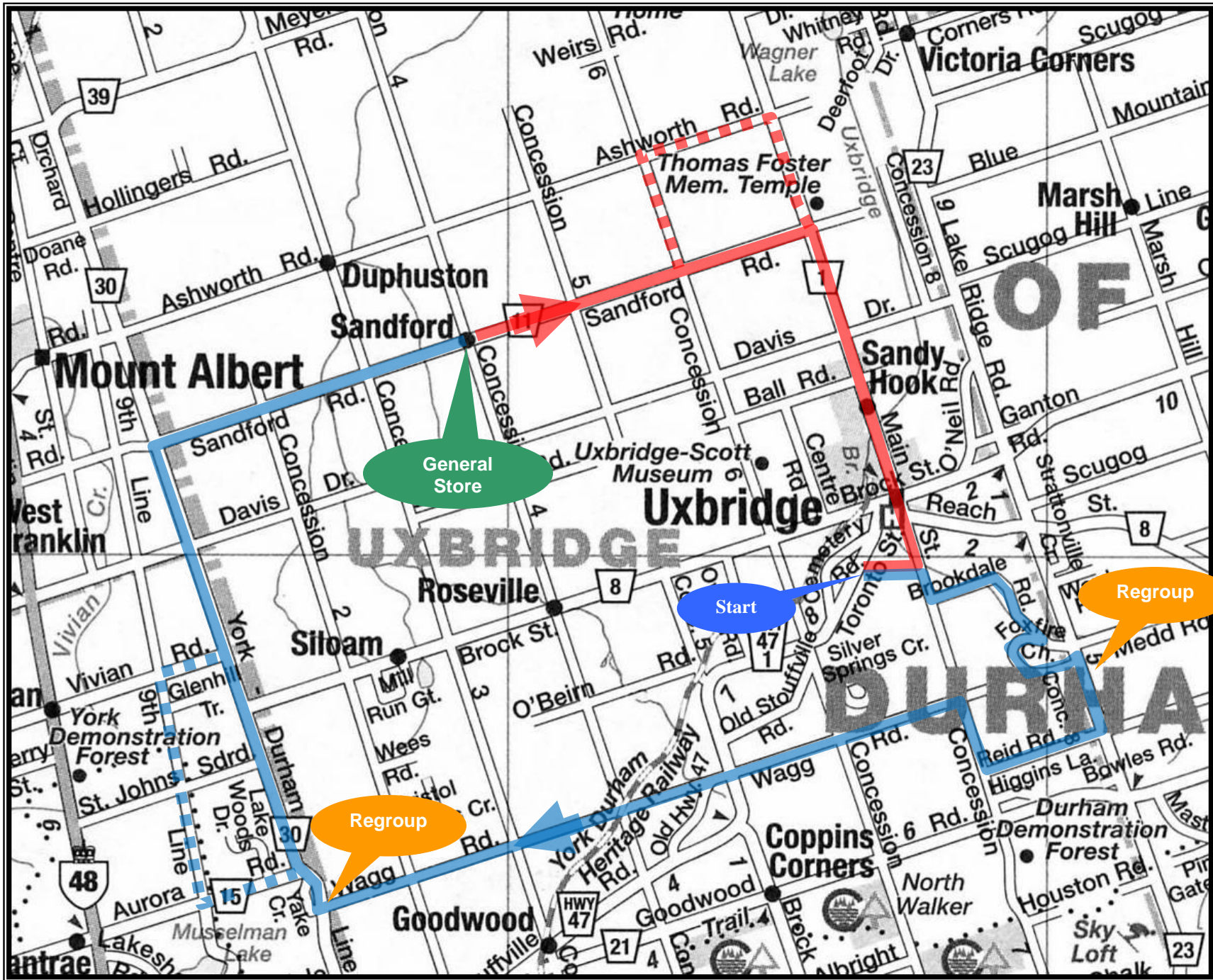


























Uxbridge Ride and Swim 53/60 km



Turn by turn, 53 and 60 km

Turn by turn, 60 km finish

Meet at Rexall Drug Store, Elgin Park Dr. in Uxbridge							
0.0	0.0		Elgin Park Dr	24.9	0.8		Aurora Rd/Regional Road 15
1.1	1.1		Concession Road 7	26.5	1.6		Ninth Line
1.8	0.7		Brookdale Rd.	30.7	4.2		Vivian Rd
5.0	3.2		Fox Fire Chase	31.7	1.0		Regional Road 30/York Durham Line
6.5	3.3		Wagg Rd.	35.8	4.1		Regional Road 11/Sandford Rd
7.1	0.6		Wagg Rd (Regroup)	<b>41.9 6.1 Regroup (General Store)</b>			
7.4	0.3		Lakeridge Rd.	45.9	4.0		Concession Road 6
8.6	1.2		Reid Rd.	48.0	2.1		Ashworth Rd.
10.9	2.3		7 <sup>th</sup> Concession	50.0	2.0		Concession 7/Regional Road 1
12.1	1.2		Wagg Rd.	58.4	8.4		Elgin Park Dr
14.2	2.1		Wagg Rd.	<b>59.4 1.0 Back at Parking Lot</b>			
4.3	8.1		Durham Rd. 30 (Regroup)				
<b>LONG RIDE FOLLOWS INSTUCTIONS ON RIGHT SIDE OF PAGE, REGULAR RIDE FOLLOWS INSTRUCTIONS BELOW</b>							
33.3	9.0		Sandford Rd.				
39.4	6.1	<i>Regroup (General Store)</i>					
45.4	6.0		Durham Rd. 1				
51.7	6.3		Elgin				
52.8	1.1	<b>Back at Parking Lot</b>					