

## Permanent #80

### OCEAN PARK/MISSION 200K

submitted by: Nigel Aspinall

Dist. (cum.)	Turn	Direction	Route Description	Dist. (int.)
<b>0.0</b>			<b>START - OCEAN PARK: STARBUCK'S COFFEE, 16TH AVE &amp; 128TH ST</b>	
0.0	R	N	128 St	2.3
2.3	R	E	Crescent Rd	4.1
6.3	L	NW	Hwy 99A/King George Blvd	15.7
22.0	L	W	108 Ave	0.2
22.2	R	N	City Parkway	0.3
22.5	R	N	Enter bike path	1.4
23.9	SO	N,W	Leave bike path, onto 112 Ave	0.3
24.2	R	N	111 Ave	0.1
24.3	L	W	128 St/110 Ave	0.9
25.2	SO	N	Cross Scott Rd onto 124 St/Underpass Rd	0.4
25.6	R	N	Enter bike path, N over Patullo Bridge	1.5
27.1	L	W	Loop to L, to Columbia St bike path, heading E	0.6
27.7	SO	E	Cross foot of McBride Blvd, back onto bike path down hill	1.3
29.0	SO	E	Cross Columbia St E. where Brunette takes off	1.1
30.1	R	E	Braid St	0.7
30.8	SO	E	Cross Brunette at light	0.5
31.3	BL	N	United Blvd	4.4
35.7	R	E	Mary Hill Bypass	1.8
37.5	R	S,E	Shaugnessy/Argue St (middle section closed to cars)	2.4
39.9	L	N	Pitt River Rd	0.0
39.9	L	NE	Back onto Hwy 7/Lougheed Hwy	2.9
42.8	R	E	Exit R after underpass, thru roundabout, then L under the	
			bridge, onto the N side bike path, E over the bridge	1.9
44.7	L	E	Old Dewdney Trunk Rd	2.2
46.9	R	S	Harris Rd	0.2
47.1	L	E	Dewdney Trunk Rd	3.7
50.8	R	S	210 St	0.8
51.6	L	E	128 Ave/Golden Ears Way/Abernethy Way/127 Ave	2.9
54.5	R	S	224 St	0.1
54.6	L	E	Abernethy Way	1.3
55.9	R	S	230 St	0.9

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<b>56.8</b>			<b>CONTROL #1 - MAPLE RIDGE: TIM HORTON'S COFFEE, 230TH ST &amp; DEWDNEY TRUNK RD</b>	
56.8	L	E	Dewdney Trunk Rd	13.0
69.8	SO	E	Stay on Dewdney Trunk Rd at Wilson	4.0
73.8	SO	NE	Cross Stave/Hayward Dam	10.3
84.1	L	E	Onto Dewday Trunk at Keystone	1.5
85.6	R	S	Cedar St	3.2
88.8	L	E	7 Ave	1.2
90.0	R	S	Murray St	0.7
90.7	R	W	Hwy 7/Lougheed Hwy	0.2
<b>90.9</b>			<b>CONTROL #2 - MISSION: TIM HORTON'S COFFEE, HOME ST &amp; HWY 7</b>	
90.9	L	W	Hwy 7/Lougheed Hwy	1.7
92.6	L	S	Hwy 11, to cross Mission Bridge	0.4
93.0	BR	S	Exit to London Ave	0.2
93.2	SO	S	Cross London Ave to on-ramp, back onto Hwy 11 over bridge	2.3
95.5	BR	SE	Exit bridge to Riverside St	0.4
95.9	R	S	Riverside St	1.4
97.3	R	W	Harris Rd	8.2
105.5	R	N	Ross Rd	0.4
105.9	L	W	58 Ave	1.7
107.6	L	S	Braedner Rd	10.3
117.9	L	E	Huntingdon Rd	0.1
118.0	R	S	Braedner Rd	1.6
119.6	R	W	0 Ave	4.5
124.1	SO	W	Cross Hwy 13	2.3
126.4	R	N	256 St	1.5
127.9			<b>CONTROL #3 - INFORMATION CONTROL</b>	
127.9	SO	N	256 St	9.8
137.7	R	E	56 Ave	1.8
139.5	L	N	Hwy 13/264 St/County Line Rd	3.9
143.4	L	W	72 Ave	1.6
145.0	R	N	256 St	0.2
145.2	L	W	73 Ave/252a Cres	1.0
146.2	R	w	72 Ave	0.9
147.1	R	NW	Telegraph Trail	2.0
149.1	L	W	80 Ave	0.7
149.8	R	N	240 St	0.8
150.6	R	N	240 St at Rawlinson Cres	1.3
151.9	L	W	River Rd	1.7
153.6	R	W	Mavis Ave	0.2
<b>153.8</b>			<b>CONTROL #4 - FORT LANGLEY: WENDEL'S COFFEE, MAVIS &amp; GLOVER RD</b>	
153.8	L	N	Glover Rd, across tracks	0.0
153.8	L	W	Billy Brown Rd	1.3
155.1	R	W	96 Ave	0.5
155.6	SO	NW	McKinnon Cres	0.6
156.2	R	NE	Allard Cres	0.6
156.8	L	N	Allard Cres	5.8
162.6	L	S	208 St	0.9

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163.5	R	W	102b Ave/White Rd	1.4
164.9	L	S	201 St, under bridge ramp	0.5
165.4	R	W	100a Ave	0.3
165.7	R	N	199b St	0.1
165.8	L	W	101 Ave/197 St/98b Ave	1.9
167.7	L	S	192 St/Harvie Rd	4.6
172.3	L	E	80 Ave	0.5
172.8	R	S	184 St	16.3
189.1	R	W	0 Ave	0.3
<b>189.4</b>			<b>CONTROL #5 - INFORMATION CONTROL</b>	
189.4	SO	W	0 Ave/1 Ave	1.4
190.8	R	N	Hwy 15	0.2
191.0	L	W	2 Ave	0.4
191.4	L	S	174 St	0.3
191.7	R	W	0 Ave/Peace Park Dr	1.6
193.3	BR	N	Hwy 99	0.9
194.2	BR	N	Exit Hwy to roundabout	0.3
194.5	L	W	8 Ave/Marine Dr	8.3
202.8	R	N	128 St	0.5
<b>203.3</b>			<b>FINISH CONTROL - OCEAN PARK: STARBUCK'S, 16 AVE &amp; 128 ST</b>	

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