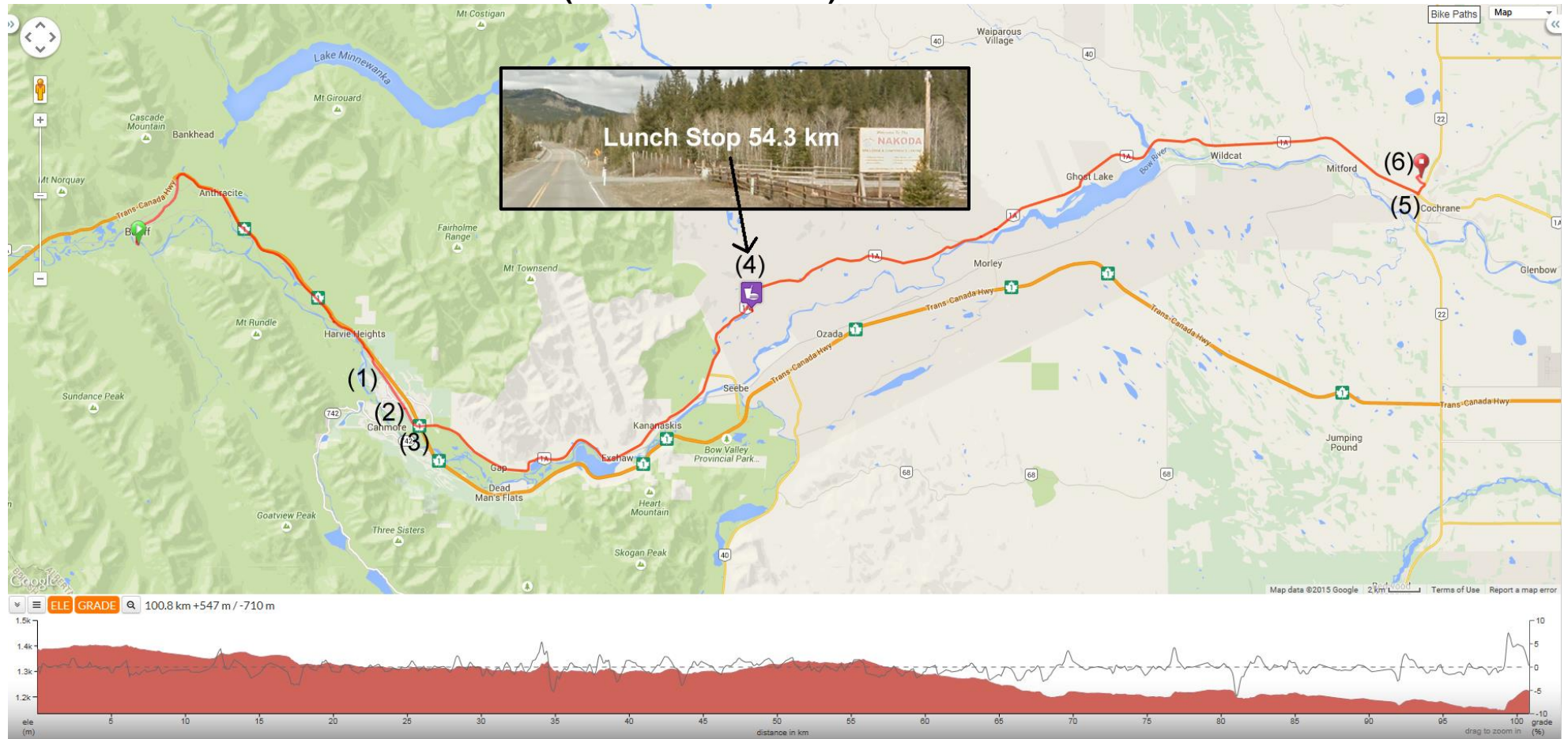
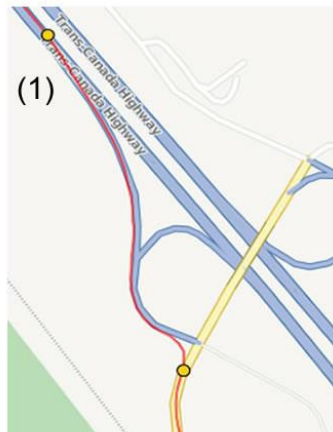


RIDE FOR A REASON 2015 – DAY ONE (Banff to Cochrane)



(1) 21.1 km

Take Rocky Mountain Legacy Trail into Canmore and proceed onto Bow Valley Trail/AB-1A East. Continue on Bow Valley Trail/AB-1A East through Canmore.



(2) 25.3 km

At the roundabout in Canmore, continue straight through

(3) Stay on 1A East

(4) 54.3 km

See lunch stop photo above. Nakoda Lodge

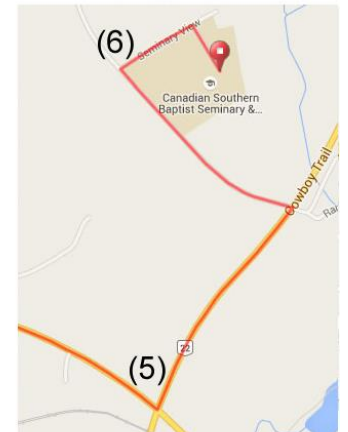


(5) 99.0 km

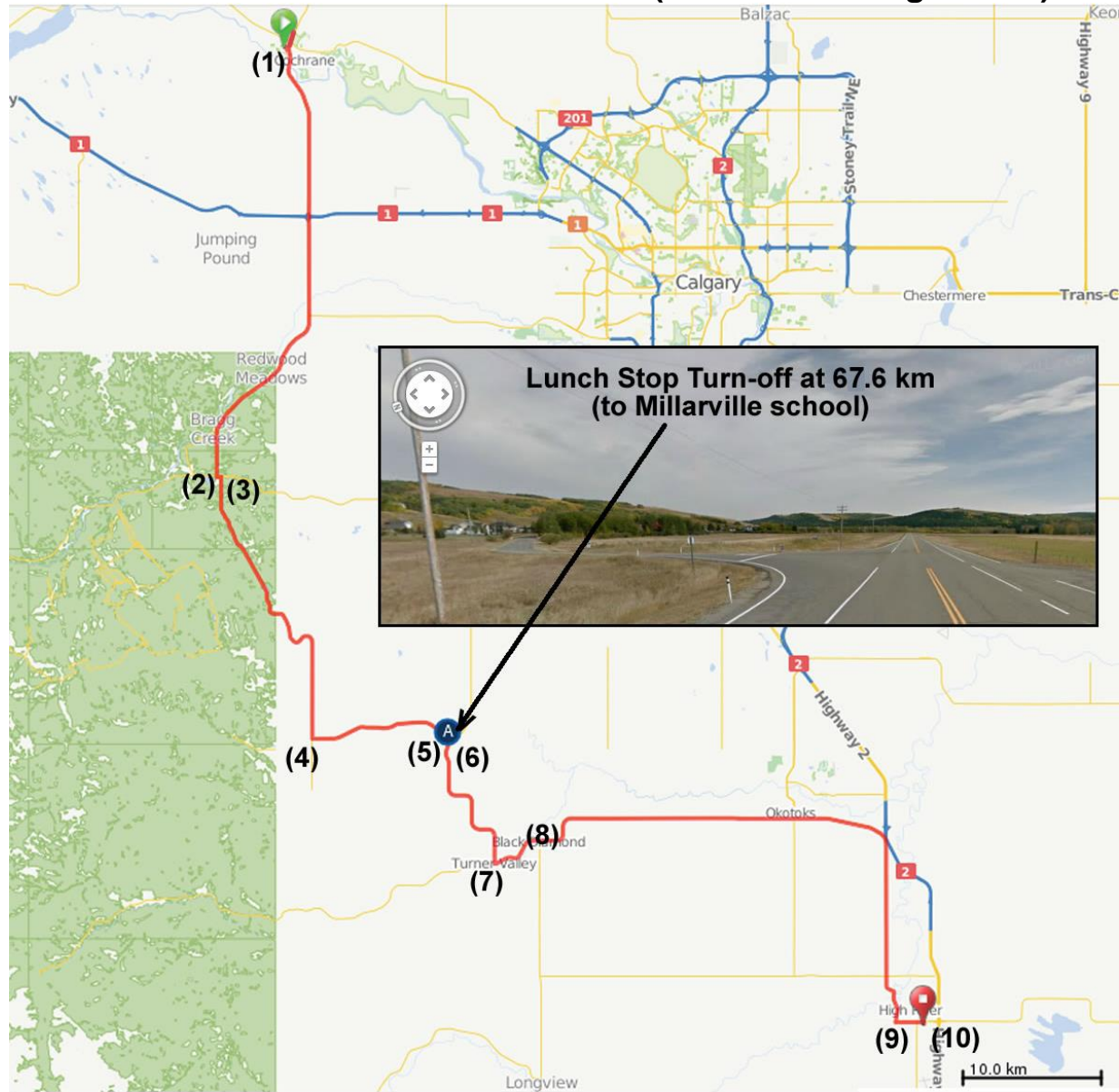
Left onto Cowboy Trail, Hwy 22

(6) 99.7 km

Left onto Range Rd 43
End of Day One
Canadian Southern Baptist Seminary



RIDE FOR A REASON 2015 – DAY TWO (Cochrane to High River)



(1) 1.1 km R onto Cowboy Trail/AB-22 S



(2) 35.7 km L to stay on AB-22

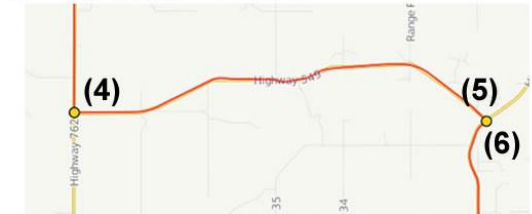
(3) 36.0 km R onto AB-762 S



(4) 58.3 km L onto AB-549 E

(5) 68.2 km Lunch Stop (see photo)

(6) 69.2 km R onto AB-22 S



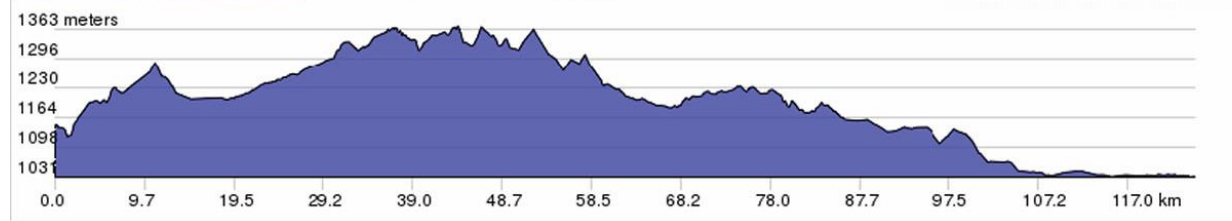
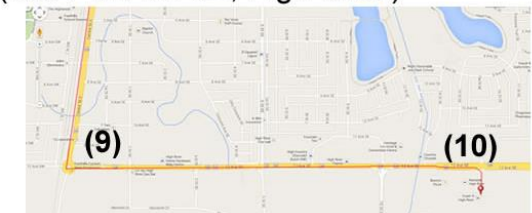
(7) 80.5 km Continue AB-22 S thru Turner Valley

(8) 84.5 km Continue E AB-7 thru Black Diamond

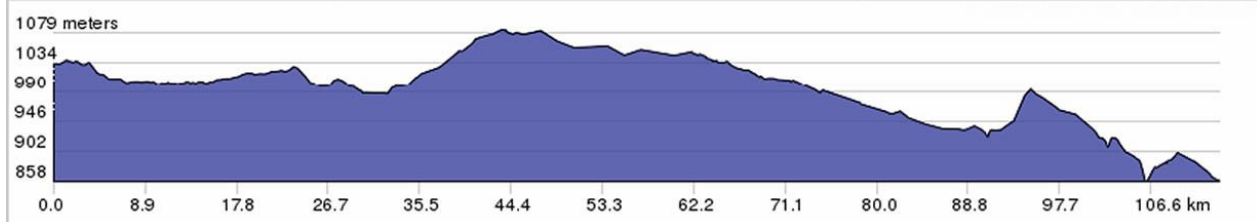


(9) 124.1 km L onto 12 St SE

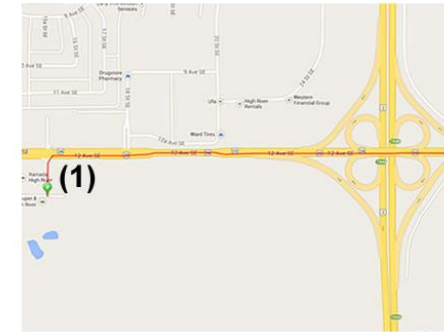
(10) 126.1 km R to Super 8 Motel (1601 13 Ave SE, High River)



RIDE FOR A REASON 2015 – DAY THREE (High River to SABC)



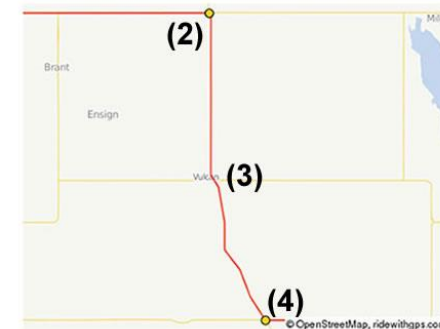
(1) .1 km R onto 12 Ave SE / AB- 23 East



(2) 44.1 km R onto AB-23 S (signs for Vulcan)

(3) 62.4 km Lunch Petro Can @ Vulcan (photo)

(4) 81.4 km L onto AB-529 E (signs Little Bow)



(5) 109.2 km End of Day Three