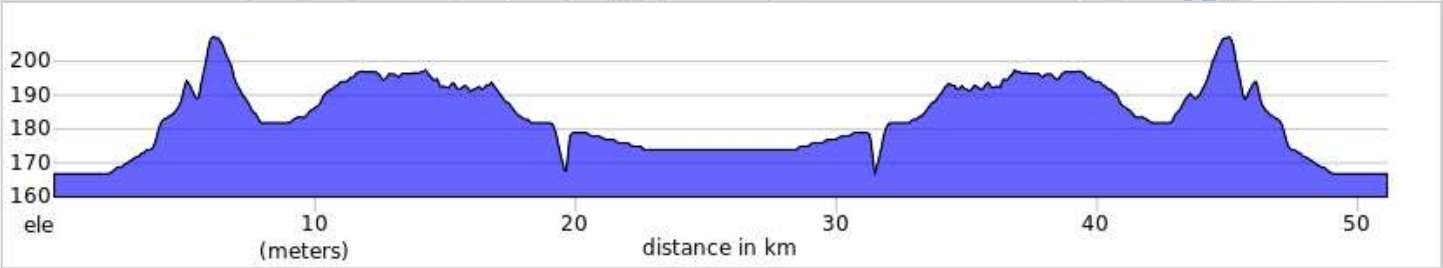
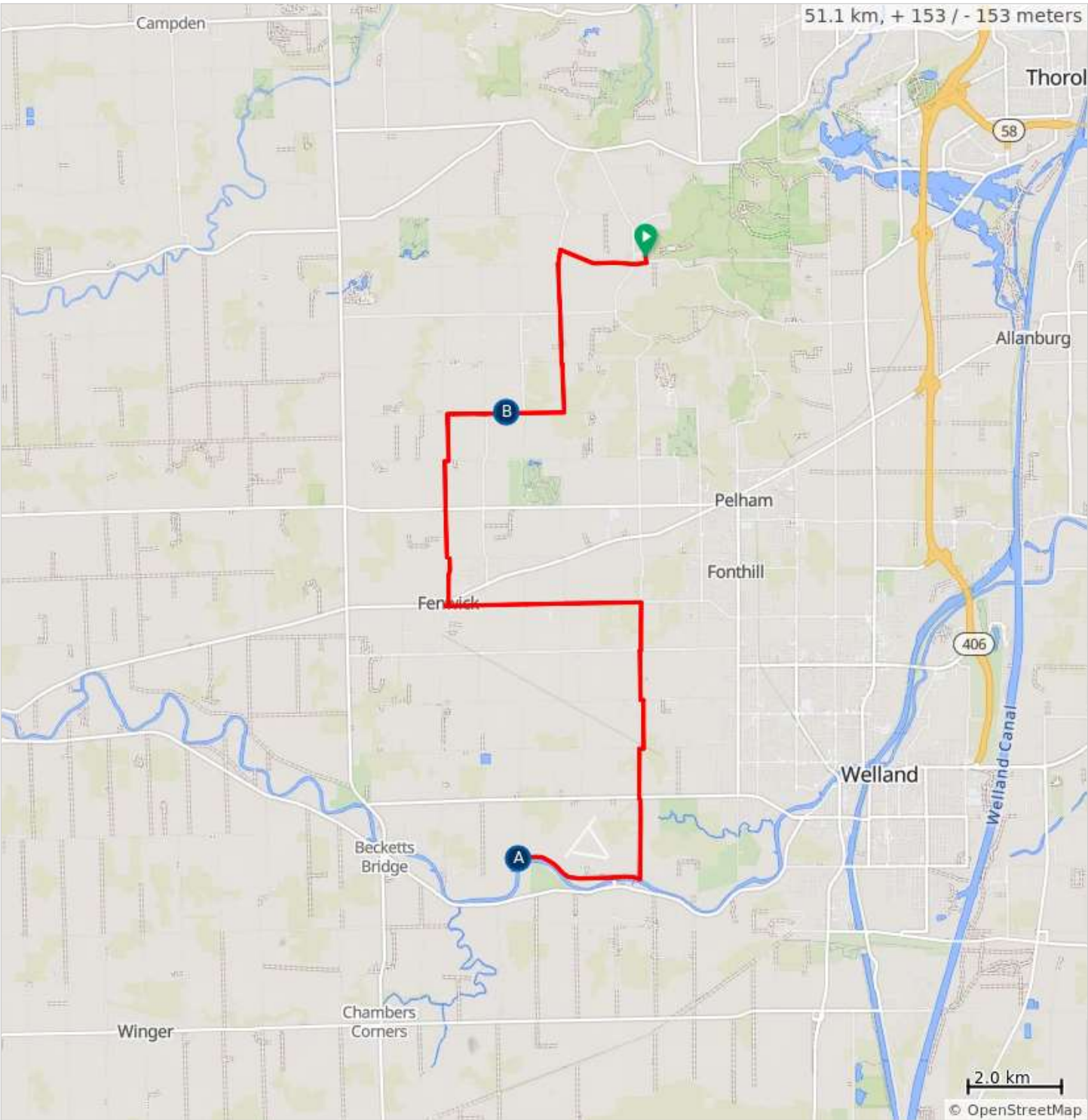


2025 BMCR 50K



- A. 606 River Road Rest Stop
- B. Comfort Maple Rest Stop



2025 BMCR 50K

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.2
2.	0.2	0.2	➡	Right onto Roland Road	1.9
3.	2.0	1.9	⬅	Sharp left onto Centre Street	3.5
4.	5.5	3.5	➡	Right onto Metler Road	2.5
5.	8.0	2.5	⬅	Left onto Maple Street	1.3
6.	9.4	1.3	➡	Right onto Tice Road	0.1
7.	9.4	0.1	⬅	Left onto Maple Street	2.1
8.	11.5	2.1	➡	Right onto Maple Street	1.0
9.	12.5	1.0	➡	Right onto Canboro Road	0.1
10.	12.6	0.1	⬅	Sharp left onto Welland Road	4.2
11.	16.8	4.2	➡	Right onto Effingham Street	1.0
12.	17.8	1.0	⬅	Left onto Effingham Street	1.0
13.	18.9	1.0	⬅	Left onto Sumbler Road	0.1
14.	18.9	0.1	➡	Right onto Effingham Street	1.0
15.	19.9	1.0	➡	Right onto Chantler Road	0.1
16.	20.0	0.1	⬅	Left onto Effingham Street	2.8

20.0 kilometers. +78/-66 meters

Num	Dist	Prev	Type	Note	Next
17.	22.8	2.8	↗	Sharp right onto River Road	2.7
18.	25.5	2.7	🛑	Stop at 606 River Road Rest Stop - Then U-turn back onto River Road	5.6
19.	31.2	5.6	⬅	Left onto Effingham Street	1.0
20.	32.2	1.0	⬅	Left onto Sumbler Road	0.1
21.	32.2	0.1	➡	Right onto Effingham Street	1.0
22.	33.3	1.0	➡	Right onto Foss Road	0.0
23.	33.3	0.0	⬅	Left onto Effingham Street	1.0
24.	34.3	1.0	⬅	Left onto Welland Road	4.2
25.	38.5	4.2	➡	Right onto Canboro Road	0.1
26.	38.6	0.1	⬅	Left onto Maple Street	0.0
27.	38.6	0.0	↗	Slight right onto Maple Street	1.0
28.	39.6	1.0	⬅	Left onto Maple Street	2.1
29.	41.7	2.1	➡	Right onto Tice Road	0.1
30.	41.8	0.1	⬅	Left onto Maple Street	1.0
31.	42.7	1.0	➡	Right onto Metler Road	2.9

22.7 kilometers. +42/-34 meters

Num	Dist	Prev	Type	Note	Next
32.	45.6	2.9	←	Left onto Centre Street	1.0
33.	46.7	1.0	←	Left onto Kilman Road	0.0
34.	46.7	0.0	→	Right onto Centre Street	2.4
35.	49.1	2.4	↻	Sharp right onto Roland Road	1.9
36.	51.0	1.9	←	Left into White Meadows Farms	0.2
37.	51.1	0.2	📍	End of route	0.0

8.4 kilometers. +4/-26 meters
