

## 2019 Sue Wells Ride for ALS Research - Sunday June 2nd.

### Aid stations & timing

	<i>Start - AS01</i>	<i>AS 02</i>	<i>AS 03</i>	<i>Finish</i>	<i>Speed</i>
	<i>Duncan St.</i>	<i>Shawnigan</i>	<i>The Hub</i>	<i>Red Arrow</i>	<i>kms/hr</i>
<i>Distance - kms.</i>	<i>0</i>	<i>36</i>	<i>73</i>	<i>92</i>	
<b>90 earliest</b>	<b>9:00 AM</b>	<b>9:54 AM</b>	<b>10:50 AM</b>	<b>11:18 AM</b>	<b>40.0</b>
<b>90 latest</b>	<b>9:00 AM</b>	<b>10:34 AM</b>	<b>12:10 PM</b>	<b>1:00 PM</b>	<b>23.0</b>
<i>Distance - kms.</i>	<i>0</i>		<i>26</i>	<i>46</i>	
<b>45 earliest</b>	<b>10:00 AM</b>		<b>10:52 AM</b>	<b>11:32 AM</b>	<b>30.0</b>
<b>45 latest</b>	<b>10:00 AM</b>		<b>11:44 AM</b>	<b>1:04 PM</b>	<b>15.0</b>

Food available - 12:00pm to 2:00pm.