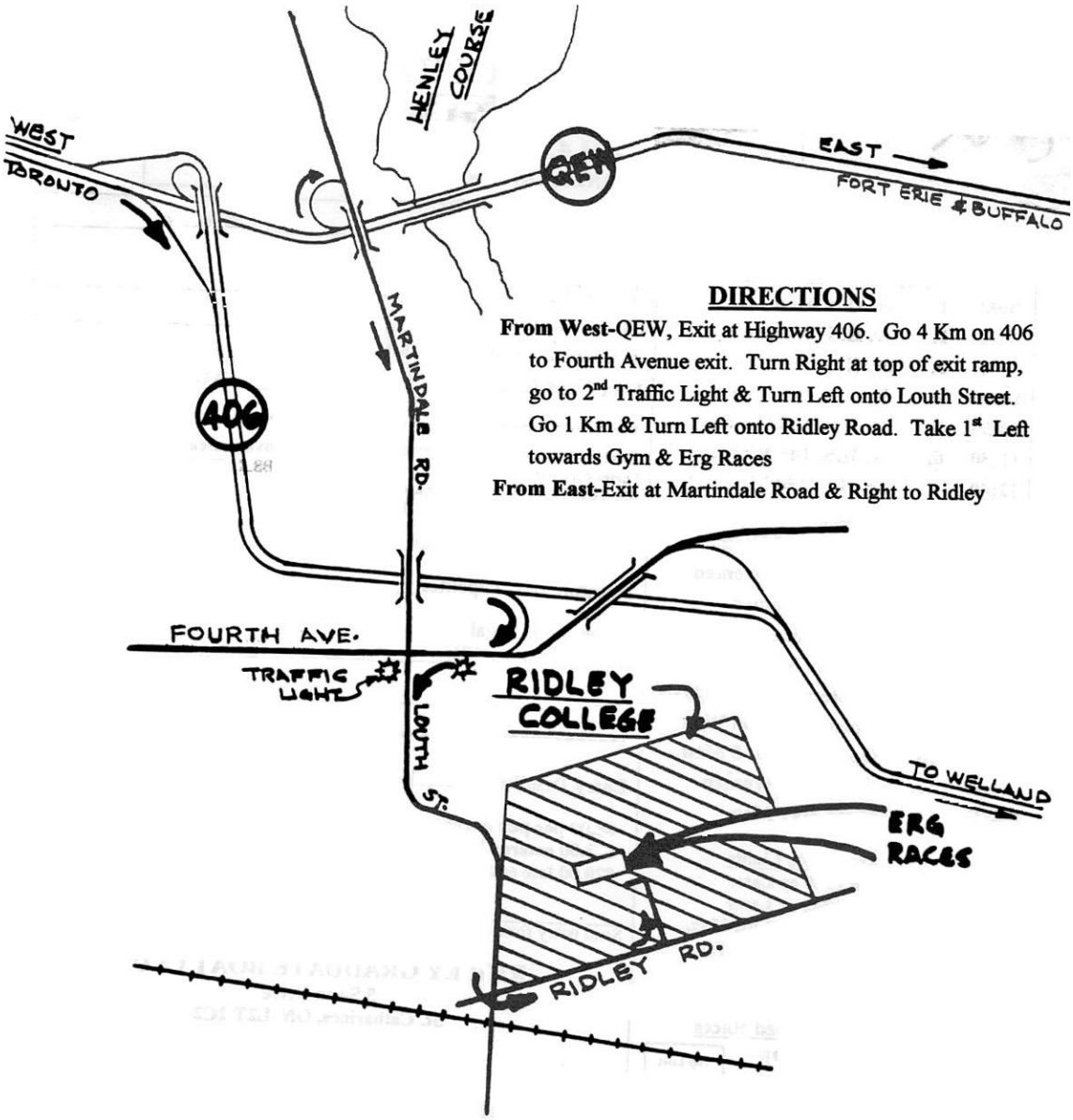
Directions to Ontario Ergometer Championships



DIRECTIONS

From West-QEW, Exit at Highway 406. Go 4 Km on 406 to Fourth Avenue exit. Turn Right at top of exit ramp, go to 2nd Traffic Light & Turn Left onto Louth Street. Go 1 Km & Turn Left onto Ridley Road. Take 1st Left towards Gym & Erg Races

From East-Exit at Martindale Road & Right to Ridley

Food & Refreshments Available

Upstairs in the Gym, in the Lounge, will be Food Sales, with Coffee, Bagels, Donuts, Sandwiches, Fruit, Juice, Spring Water, Hot Dogs & MORE