

# Ottawa to Montebello - 100 km Relay

## Saturday, October 4th, 2014

<b>*Time</b>	<b>Distance</b>	<b>*Leg Time</b>	<b>Start &amp; End Points</b>	<b>Team Morgan Runner</b>
7:00 am	5 km	30 mins	Can. Aviation Museum	<b>Geoff Wall</b>
7:30 am	11.2 km	70 mins	Can. Av. Museum - Cairine Wilson HS	<b>Martin Herde</b>
8:40 am	1.7 km	10 mins	Cairine Wilson HS - Francois Dupont Pk	<b>Tania Wall</b>
8:50 am	11.6 km	70 mins	Francois Dupont Pk - RJ Kennedy Comm Hall	<b>Trevor O'Grady</b>
10:00 am	1.4 km	15 mins	RJ Ken Com. Hall - Cumberland Museum	<b>Team Morgan Kids</b>
10:15 am	9.8 km	60 mins	Cumb. Museum - Simon Park, Rockland	<b>Stuart Ault</b>
11:15 am	4.8 km	30 mins	Simon Pk. Rockland - Landry Rd & HWY 17	<b>Bernie Venditti</b>
11:45 am	10.2 km	60 mins	Landry Rd. & HWY 17 - St. Joseph School	<b>Gary Shaver</b>
12:45 pm	5.5 km	30 mins	St. Joseph School - HWY 28 & HWY 17	<b>Martin Herde</b>
1:15 pm	6.2 km	50 mins	HWY 28 & HWY 17 - Park Old HWY 17	<b>Mekayla O'Grady</b>
1:55 pm	7 km	40 mins	Park Old HWY 17 - Treadwell Community Cen.	<b>Bob Leclair</b>
2:35 pm	7.9 km	45 mins	Treadwell Comm. Cen. - Presq'uille Island	<b>Bob Leclair</b>
3:20 pm	4.7 km	30 mins	Presq'uille Island - LeFaivre Hotel	<b>Jeff Wainwright</b>
3:50 pm	Ferry	15 mins	Cross Ottawa River into Quebec	<b>Jeff Wainwright</b>
4:05 pm	4.3 km	30 mins	Passault Ferry - Auberge Montabello	<b>Stuart Ault</b>
4:35 pm	2.5 km	15 mins	Auberge Mont. - Fairmont Golf Course	<b>Gary Shaver</b>
4:50 pm	2 km	15 mins	Fairmont Golf Course - Chateau Montebello	<b>T.B.D.</b>
5:00 pm	.8km	10 mins	Finish at Chateau Montebello	<b>Entire Team</b>

\*The anticipated start times and the time expected to complete each leg are best estimates based on previous year's results. They are subject to change pending weather, injuries, and other unforeseen circumstances.

\*The Team Morgan Runner listed on the right will be wearing the GPS unit however there will be certain legs with additional runners for members/family who want to run.