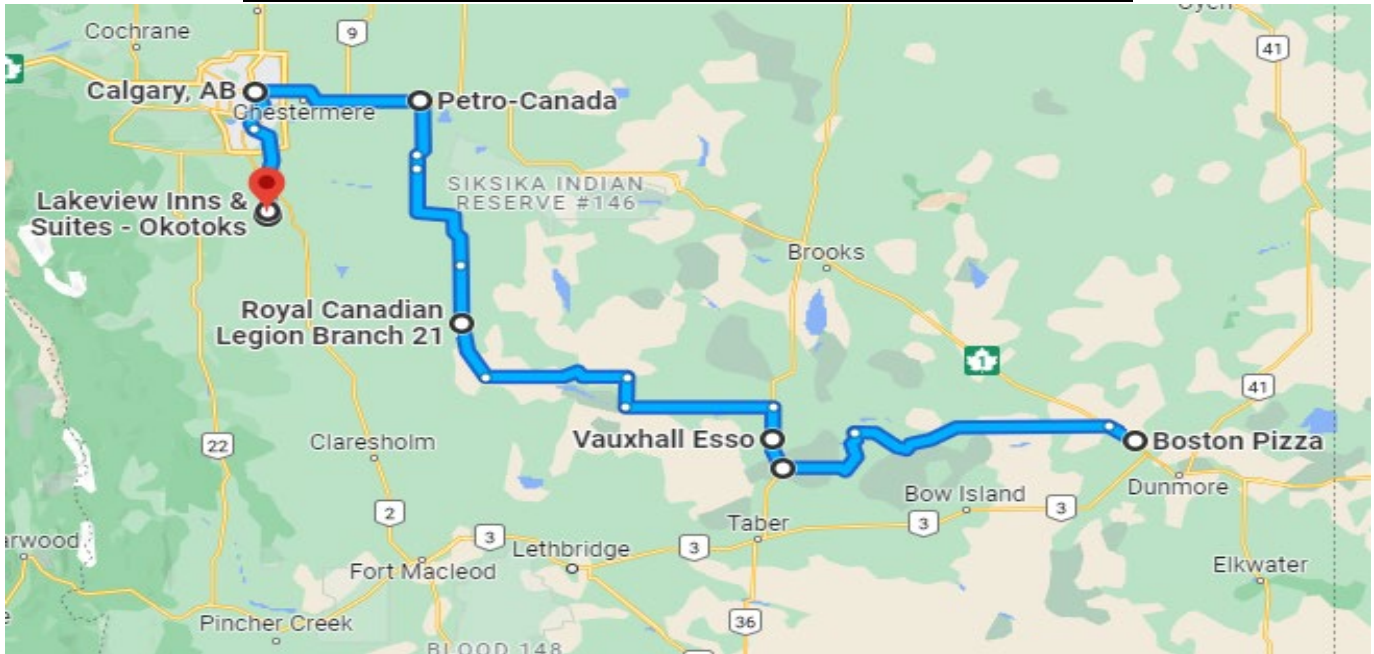




The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 16 (Wednesday, August 16, 2023) – Medicine Hat, AB to Okotoks, AB



Go to Google Maps: <https://goo.gl/maps/vwHUyUCbyH2bqSqY7>

| Daily Stops | | |
|---|--|--|
| • Check-In | Boston Pizza , Medicine Hat, AB | |
| A. Depart | Boston Pizza , Medicine Hat, AB | |
| B. REST/Fuel | Esso Vauxhall, Vauxhall, AB | |
| C. Lunch/Fuel/Check-In | Royal Canadian Legion Br 21 , Vulcan, AB | |
| Fuel During Lunch and Return to Legion | | |
| D. Fuel/Meet CPS/Check-In | Petro-Canada , Strathmore, AB | |
| • Host Hotel | Lakeview Inn and Suites , Okotoks, AB | |
| • Dinner | | |
| Contacts | | |
| Main Point of Contact | Carola Singer (AB Team Lead) | AB@therollingbarrage.com |
| Sunray | Jim Gordon | COO@therollingbarrage.com |
| Sunray Minor | Warren Cave | Riding.Groups@therollingbarrage.com |



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 16 (Wednesday, August 16, 2023) – Medicine Hat, AB to Okotoks, AB

| Detailed Itinerary – Red Denotes Check-In Points | | | | | | |
|--|--------------------------------------|--|------|--|-----------|--------|
| ENSURE FUEL IS TOPPED UP FOR NEXT MORNING | | | | | | |
| Please arrive one hour prior to departure time to Check-In | | | | | | |
| Depart | Time | Arrive | Time | Stop Type | Stop Time | KMS |
| Medicine Hat Boston Pizza , 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8 | Check-In Starts at 0800 | | | MARSHALL AREA IN FRONT PARKING LOT | | |
| Boston Pizza, 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8 | 0930 | Vauxhall Esso 409 1 St N, Vauxhall, AB TOK 2N0 | 1045 | Rest/Fuel | 45 min | 129 km |
| Vauxhall Esso 409 1 St N, Vauxhall, AB TOK 2N0 | 1130 | Vulcan Royal Canadian Legion Br 21 , 240 Sinclair Rd, Vulcan, AB T0L 2B0 | 1245 | Lunch/Fuel Check-In | 90 min | 118 km |
| Fuel During Lunch and Return to Legion | | | | | | |
| Royal Canadian Legion Br 21, 240 Sinclair Rd, Vulcan, AB T0L 2B0 | 1415 | Petro-Canada , 604 Westmount Rd, Strathmore, AB T1P 1W8 | 1500 | Fuel/Meet With CPS Check-In | 45 min | 83 km |
| Petro-Canada, 604 Westmount Rd, Strathmore, AB T1P 1W8 | 1545 | Lakeview Inn and Suites 22 Southridge Drive Okotoks, Alberta | 1700 | Final | | 91 km |
| Hotel: | | Lakeview Inn and Suites 22 Southridge Drive Okotoks, Alberta | | | | |
| Dinner: | 1830 | BBQ and Reception: | | | | |

TOTAL DAILY KM: 421
 TOTAL KM TRAVELED: 8206

Special Notes: