

# The Rolling Barrage VIII – Route Information Guide - 2024



The Rolling Barrage VIII  
Route Information Guide 2024  
Version 1.0  
March 2024



National  
Défence

Défense  
nationale



CANADIAN  
ARMED FORCES



100 YEARS OF YOUR AIR FORCE  
**ROYAL CANADIAN AIR FORCE**  
**1924-2024**

VOTRE FORCE AÉRIENNE A 100 ANS  
**AVIATION ROYALE CANADIENNE**



Canada



## **The Rolling Barrage VII – Route Information Guide – 2024**

### **Welcome**

Welcome to The Rolling Barrage VIII – Route Information Guide – 2024. The Route Information Guide is in Version 1.0 for March, 2024. Likely there will be changes that will require further updates. As we have done in the past few months, we will continue to post updates on The Rolling Barrage website, create a blog that provides general information on the changes, and then post it on our Facebook page.

The end goal is to provide you, the rider, with the most up-to-date and critical information as soon as possible whether you are doing the Full Pull or riding with us for 1 day.

### **Route and Registration**

The Routes provided are based on the maximum information provided to all riders and participants when the information was published.

Updates to the information contained within the document is subject to change such as dinner arrangements for example.

Timings while on the move are based upon best estimates. However, factors such as tourist traffic, newly started construction, or an accident or emergency-based situation may alter timings.

Any changes before the commencement of The Rolling Barrage VIII – 2024 will be published on our website and notification via our Blogs and Facebook page. The documents are dated and have the Version Number.

### **Registration**

- Registration is important.
- Register Online
- It saves us time and your time.
- The process is then simply Check-In.
- Please keep all your emails regarding Registration on your mobile devices.
- It helps expedite the process.



## **First Responder – Escort Services**

The Rolling Barrage PTSD Foundation / The Rolling Barrage would like to thank all the participating First Responder Services. Without the support of police services, fire departments, and emergency medical services from coast to coast The Rolling Barrage would be very difficult to navigate.

The support you have provided is greatly appreciated. Thank you.

## **Volunteers**

In 2016, The Rolling Barrage was an idea from our Founder, Scott Casey. Our first coast-to-coast ride was in 2017. It was made possible and now going into our 8th year is still made possible by our volunteers.

All the work you see is done by volunteers.

No one is employed, and no one is on salary within the organization at all.

The routes, hotel block bookings, meal arrangements, raffles, auctions, visits to memorials, merchandise design, operation of our merchandise shop, postings on social media, the website, and more. This very document you are reading is all from Volunteers. It takes a full calendar year to plan and execute the annual coast-to-coast ride.

The Board of Directors and the Executive are all volunteers. Provincial Reps and Liaisons are all volunteers.

Many of them hold various positions or do different tasks to ensure The Rolling Barrage continues its mission.

The Provincial Representatives and Local Volunteers in the communities we pass through and stay overnight are also crucial as we proceed coast to coast.

Also very important are the rider, passengers, and participants. This is you. Without you, there is no ride,

You often step up to assume positions such as part of the Safety Group or to help set up an evening's event or pack it up.

Thank you for all you do.



## **Riders and Passengers**

We are approaching what we are positive will be another record year.

The Rolling Barrage VIII 2024 will be Kick Stands Up in Newfoundland and end at Kick Stands Down in British Columbia.

The number of Registrants for “The Full Pull”, Provincially / Inter-Provincially are trending into what we believe will be a record year in Rider / Passenger participation.

We are gaining traction in attendance not only from previous The Rolling Barrage participants but new riders are joining in on the experience.

Greatly encouraging is the continued increase in the First Responder community with riders from policing, fire departments, emergency medical, corrections, and more.

Recognition from the Commissioner of Canada’s second-largest police force, the Ontario Provincial Police is a testament to not only our organization, but the efforts of Rider and Participant Testimonies also speak volumes to The Rolling Barrage as an event and its overall mission.

You, the riders who join The Rolling Barrage from coast to coast and points in between are the “Barrage.” For we are Not Silent.

Thank you,

[The Rolling Barrage PTSD Foundation / The Rolling Barrage](#)



# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

## Sponsors

Our Sponsors are integral to the mission of The Rolling Barrage PTSD Foundation and The Rolling Barrage.

Please take the time to visit our Sponsors page on our website.

Engage them on social media and thank them for their support.





## Supporting Sponsors

In 2017, a crucial aspect of the success of The Rolling Barrage was the supporters in the various communities that we stayed in overnight and passed through as the ride moved coast to coast.

From the hotels that facilitate us with block book rooms for riders' months in advance to restaurants and Legions that host us across the country and the communities that embrace us as their own, often feeding us along the way. We thank you.

We also experienced during The Rolling Barrage VII in 2023 wonderful support from businesses and organizations that also contributed directly and financially to The Rolling Barrage PTSD Foundation.

As we approach The Rolling Barrage VIII in 2024 the community support that has been extended to us in the past has grown substantially. Communities across the country are important to our success as a coast-to-coast motorcycle ride and the overall success in our mission to raise awareness to battle the stigma associated with PTSD and other Mental and often Physical challenges that result from service to Canada and abroad by Military and First Responders.

On our website, we have a Supporting Sponsors page that contains the logo or trademark of our Supporting Sponsors. They also will have a link to their website or social media.

Most of our supporting sponsors do not ride with us but The Rolling Barrage carries the memories and spirit of your support with us, and we are forever grateful.

We sincerely thank you, all of you.

## Route / Event Changes

Changes in the Route Documents while unfortunate and The Rolling Barrage does absolutely everything within our ability to ensure our routes and timings are as accurate as possible, we do not control **Road Closures, Construction Projects** whether planned or based on **Emergencies, Weather, Natural Disasters** or **Crisis** based incidents, and **Accidents**.

Some **Events** can also change such as **Breakfast, Lunch or Dinner** locations.

We will note here on this page in updated versions as quickly as possible significant changes to the Route Guide Version. Minimally we will do our best to notify via Social Media on our Facebook page. <https://www.facebook.com/therollingbarrage>

### **Route / Event Changes – Current Status**

March 31 – 2024 – Version 1.0 – Tire Dip – location/route not added for British Columbia

- Day 7 – Levis QC – routes/activities not added. Will be added at a later date.
- Day 17 – Jasper – AB – routes/activities not added. Will be added at a later date.



The  
**Rolling Barrage**  
Coast to Coast Ride To Combat PTSD

**The Rolling Barrage VIII – 2024 Ride Poster**



The poster features a central illustration of a motorcycle rider in silhouette, wearing a helmet with a maple leaf, against a dark blue background. Above the rider are several vintage military aircraft, including a large bomber and a smaller fighter. The title 'The Rolling Barrage' is written in a large, stylized, white font across the middle. Below the title is a QR code on the left and the slogan 'COAST TO COAST RIDE TO COMBAT PTSD' in yellow, bold, capital letters. Two columns of text describe the event's purpose and goals. The bottom section, titled '2024 RIDE DATES & LOCATIONS', lists various stops across Canada from July to August. At the bottom, it mentions '100<sup>TH</sup> FINAL LEG' and provides the website 'WWW.THEROLLINGBARRAGE.COM'.

**The Rolling Barrage**

**COAST TO COAST RIDE TO COMBAT PTSD**

A ROLLING FUNDRAISER IN SUPPORT OF VETERANS, ACTIVE DUTY MILITARY AND 1ST RESPONDERS

A SHOW OF BROTHERHOOD STRENGTH, AND UNITY TO CONQUER THE STIGMA OF PTSD

**2024 RIDE DATES & LOCATIONS**

St. John's NL Nights of - July 25-26-27	Sault Ste. Marie ON Night of - August 06
Gander NL Night of - July 28	Thunder Bay ON Night of - August 07
Ferry - Last Boat, 23:45hrs July 29th	Kenora ON Night of - August 08
Aulds Cove NS Night of - July 30	Neepawa MB Night of - August 09
Dartmouth NS Night of - July 31	Saskatoon SK Night of - August 10
Oromocto NB Night of - August 01	Stony Plain AB Night of - August 11
🍁 Levis QC Nights of - August 2 & 3 🍁	🍁 Jasper AB Nights of - August 12 & 13 🍁
Kingston ON Night of - August 04	Okotoks AB Night of - August 14
Barrie ON Night of - August 05	Cranbrook BC Night of - August 15
	Princeton BC Night of - August 16
	<b>FINAL LEG</b> Aldergrove BC Night of - August 17

**100<sup>TH</sup>**

**WWW.THEROLLINGBARRAGE.COM**



## Route Sheets

The following pages are the Route Sheets which in turn is part of the entire Route Information Guide. The Route Sheets start in Newfoundland and end in British Columbia.

The information contained within the Route Sheets is as accurate as possible. Factors that can affect timings for example are **construction projects** that can start after the publishing of route sheets. This can affect travel times and potential traffic patterns.

**Weather** is and can be unpredictable. This can also influence timings within the route sheets. Depending on the weather type an effort to ride through it to get out of the weather conditions is an option based on safety first and foremost. In some cases, due to safety-related issues, the ride has to delay.

**Natural disasters** or areas currently under Emergency Management control by local municipalities or provincial authorities can also impact everything from routes to timings. When feasible we will endeavor to communicate the situation as quickly as possible on our Facebook page minimally.

**Accidents** can occur at any time. In the past, there have been unfortunate accidents that have taken place that the ride encounters. Depending on the severity of the accident it can delay the ride. This may be due to the route being a highway with limiting by-pass options or authorities, and first responders, closing the road until the matter has been investigated and the roadway re-opened. When feasible we will communicate the situation as quickly as possible. However, the safety of the active ride, riders, and participants is paramount.



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day Ride & NL Tire Dip (Sat, 27 July 2024)



Go to Google Maps: <https://maps.app.goo.gl/8RMbGqYjkenycMc4A>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• Full Pullers Must/Check-In	<a href="#">Holiday Inn St. John's Newfoundland</a> , St. John's NL	
A. Depart	<a href="#">Holiday Inn St. John's Newfoundland</a> , St. John's NL	
B. Presentation	<a href="#">Government House</a> St. John's NL	
C. Monument	<a href="#">War Memorial</a> St. John's NL	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Bellow Address Prior to TRB for Sales and Check-In</b>	
D. Lunch/Event	<a href="#">Rugged Rock Harley-Davidson</a> , Mount Pearl, NL	
E. Monument	<a href="#">War Memorial</a> , Conception Bay South, NL A1X 7B2	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Bellow Address Prior to TRB for Sales</b>	
F. Tire Dip/ Supper	<a href="#">Royal Canadian Legion Branch 32</a> , Bay Roberts, NL	
• Host Hotel	<a href="#">Holiday Inn St. John's Newfoundland</a> , St. John's, NL	
Contacts		
<b>Main Point of Contact</b>	<b>Chad Sainsbury (NL Lead)</b>	<a href="mailto:NL@therollingbarrage.com">NL@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>St. John's</b> <a href="#">Holiday Inn St. John's Newfoundland</a> , 180 Portugal Cove Rd, St. John's, NL A1B 2N2	<b>Check-In</b> Starts at 08:00	<b>All Full Pullers Must Check-In for TRB 2024 so YOU DON'T HAVE TO in the MORNING</b>					
Holiday Inn St. John's Newfoundland, 180 Portugal Cove Rd, St. John's, NL A1B 2N2	09:00	<a href="#">Government House</a> , 50 Military Rd, St. John's, NL A1C 5W4	09:10	<b>Scroll Presentation</b>	30 min	3 km	2 mi
Government House, 50 Military Rd, St. John's, NL A1C 5W4	09:40	<a href="#">War Memorial</a> , 90-94 Water St, St. John's, NL A1C 1A4	09:45	<b>Memorial/ Bike Blessing</b>	60 min	750 m	.5 mi
War Memorial, 90-94 Water St, St. John's, NL A1C 1A4	10:45	<a href="#">Rugged Rock Harley-Davidson</a> , 12 Allston St, Mount Pearl, NL A1N 0A4	11:05	<b>Lunch Event</b> 	115 min	20 km	12 mi
Rugged Rock Harley-Davidson, 12 Allston St, Mount Pearl, NL A1N 0A4	13:00	<a href="#">War Memorial</a> , 12 Remembrance Sq, Conception Bay South, NL A1X 7B2	13:15	<b>Memorial</b>	30 min	15 km	9 mi
War Memorial 12 Remembrance Sq, Conception Bay South, NL A1X 7B2	13:45	<a href="#">Royal Canadian Legion Br 32</a> , 108 Water St, Bay Roberts, NL	14:50	<b>Tire dip</b> 	100 Min	61 km	38 mi
Royal Canadian Legion Br 32 108 Water St, Bay Roberts, NL	16:30	<a href="#">Royal Canadian Legion Br 32</a> , 108 Water St, Bay Roberts, NL	16:30	<b>Supper</b>	90 Min		
Royal Canadian Legion Br 32 108 Water St, Bay Roberts, NL	18:00	<a href="#">Holiday Inn St. John's Newfoundland</a> , 180 Portugal Cove Rd, St. John's, NL A1B 2N2	19:00	<b>Final Get Ready for KSU at 0800</b>		92 km	57 mi
<b>HOST HOTEL</b>		Holiday Inn St. John's Newfoundland, 180 Portugal Cove Rd, St. John's, NL A1B 2N2					
<b>DINNER</b>		Royal Canadian Legion Br 32, 108 Water St, Bay Roberts, NL					

TOTAL DAILY KM: 191      TOTAL DAILY MILES: 119  
TOTAL RIDE KM: 191      TOTAL RIDE MILES: 119

**Special Notes:**

**Low Tide 0609, High Tide 1220, Low Tide 1856**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 01 (Sunday, 28 July 2024) St. John's NL – Gander NL**



Go to Google Maps: <https://maps.app.goo.gl/wSTfbydkvZJ6a9sEA>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Holiday Inn St. John's Newfoundland</a> , St. John's NL	
<b>A. Depart</b>	<a href="#">Holiday Inn St. John's Newfoundland</a> , St. John's NL	
<b>B. Rest</b>	<a href="#">Dildo Brewing Co. &amp; museum</a> , Dildo NL	
<b>C. Fuel</b>	<a href="#">Goobies Big Stop</a> , Come By Chance NL	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below Prior to TRB for Sales and Check-In</b>	
<b>D. Lunch/Check-In</b>	<a href="#">Jungle Jims Eatery</a> , Clarenville NL	
<b>E. Photo</b>	<a href="#">Joey's Lookout</a> , Gambo, NL AOG 2PO	
<b>F. Monument</b>	<a href="#">Town of Gander Compassion Monument</a> , Gander NL	
• <b>Host Hotel</b>	<a href="#">Comfort Inn Gander</a> , Gander NL	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Br 8</a> , Gander NL	
<b>Main Point of Contact</b>	<b>Chad Sainsbury (NL Lead)</b>	<a href="mailto:NL@therollingbarrage.com">NL@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

Detailed Itinerary – <b>Red</b> Denotes <b>Check-In</b> Points							
<b>ENSURE FUEL IS TOPPED UP FOR NEXT MORNING</b>							
Please arrive one hour prior to departure time to <b>Check-In</b>							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>St. John's</b> <a href="#">Holiday Inn St. John's</a> 180 Portugal Cove Rd, St. John's, NL A1B 2N2	<b>Check-In</b> Starts at 07:00						
Holiday Inn St. John's, 180 Portugal Cove Rd, St. John's, NL A1B 2N2	08:00	<a href="#">Dildo Brewing Co. &amp; Museum</a> , 90 Front Rd, Dildo, NL A0B 1P0	09:20	<b>Rest</b>	60 min	116 km	71 mi
Dildo Brewing Co. & Museum, 90 Front Rd, Dildo, NL A0B 1P0	10:15	<a href="#">Goobies Big Stop</a> , 162Trans-Canada Hwy, Come By Chance, NL A0B 1N0	11:15	<b>Fuel</b>	45 min	88 km	55 mi
Goobies Big Stop, 162Trans-Canada Hwy, Come By Chance, NL A0B 1N0	12:00	<b>Clareville</b> <a href="#">Jungle Jims Eatery</a> , 64 Manitoba Dr, Clareville, NL A5A 1K6	12:30	<b>Lunch/Check-In</b> 	90 min	30 km	18 mi
Jungle Jims Eatery, 64 Manitoba Dr, Clareville, NL A5A 1K6	14:00	<a href="#">Joey's Lookout</a> , Gambo, NL A0G 2P0	15:15	<b>Photo</b>	30 min	118 km	73 mi
Joey's Lookout, Gambo, NL A0G 2P0	15:45	<a href="#">Town of Gander Compassion Monument</a> , 100 Elizabeth Dr, Gander, NL A1V 1G7	16:15	<b>Monument</b>	45 min	40 km	25 mi
Town of Gander Compassion Monument, 100 Elizabeth Dr, Gander, NL A1V 1G7	17:00	<a href="#">Comfort Inn Gander</a> , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	17:05	<b>Final</b>		2 km	1 mi
<b>HOST HOTEL</b>		Comfort Inn Gander, 112 Trans-Canada Hwy, Gander, NL A1V 1P8					
<b>DINNER</b>	18:00	<a href="#">Royal Canadian Legion Br 8</a> , Gander NL					

TOTAL DAILY KM: 392      TOTAL DAILY MILES: 244  
TOTAL RIDE KM: 583      TOTAL RIDE MILES: 362

**Special Notes:**

Lunch Menu Jungle Jim's Set Menu; Included are a pop or coffee:

-2pc Fish & Chips      -Safari Club & Fries    BBQ Bacon Cheddar Burger & Fries

-Jungle Chicken Salad    -Honey Garlic Chicken Bowl (Gluten Free)

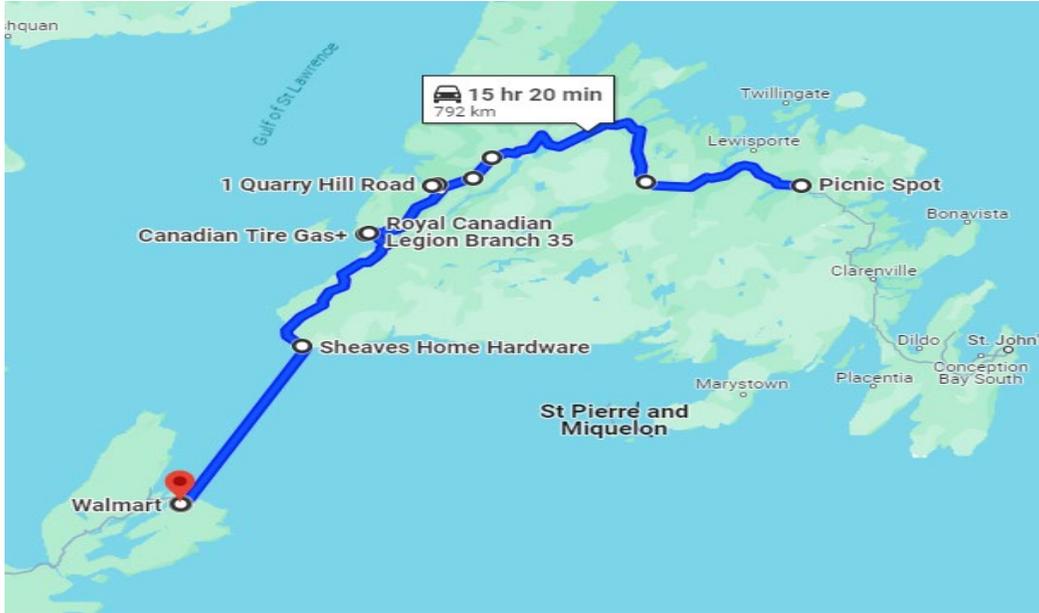
**Dinner Is Hosted by The Gander Military Family Resource Centre at The Royal Canadian Legion Br 8 (Use Link in Detailed Itinerary)**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 02 (Mon, 29 July 2024) – Gander NL – North Sydney NS



Go to Google Maps: <https://maps.app.goo.gl/s9HxYpfDosBFnfui9>

Daily Stops	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
• <b>Check In</b>	<b>Marshall Area Across from Hotel <a href="#">Picnic Spot TCH Gander</a>,</b>
<b>A. Depart</b>	<b>Marshall Area Across from Hotel <a href="#">Picnic Spot TCH Gander</a>,</b>
<b>B. Fuel small Tanks</b>	<b><a href="#">Irving Oil</a>, Badger NL</b>
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below Prior to TRB for Sales</b>
<b>C. Fuel</b>	<b><a href="#">Deer Lake Big Stop</a>, Deer Lake NL</b>
<b>Merch Truck</b>	<b>Merch Truck Will Be at Below Address Prior to TRB for Sales and Check-In</b>
<b>D. Lunch/Check-In</b>	<b><a href="#">Royal Canadian Legion</a>, Pasadena, NL</b>
<b>E. Fuel small Tanks</b>	<b><a href="#">Canadian Tire gas bar</a>, Stephenville NL</b>
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below Prior to TRB for Sales</b>
<b>F. Dinner</b>	<b><a href="#">Royal Canadian Legion Branch 35</a>, Stephenville NL</b>
<b>ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT</b>	
<b>G. Marshall After Fueling</b>	<b><a href="#">Sheaves Home Hardware</a>, Grand Bay East NL</b>
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below Prior to TRB for Sales</b>
<b>H. Boat Check-In</b>	<b><a href="#">Marine Atlantic Vehicle Check-in</a>, Channel-Port aux Basques NL</b>
<b>Time Change While on Boat ½ Hour Back</b>	
<b>I. Tuesday, 30 July 2024</b>	<b><a href="#">Walmart</a>, 116 King St, North Sydney, NS B2A 3R7</b>
Contacts	
<b>Main Point of Contact</b>	<b><a href="#">Chad Sainsbury (NL Lead)</a> <a href="mailto:NL@therollingbarrage.com">NL@therollingbarrage.com</a></b>
<b>Sunray</b>	<b><a href="#">Jim Gordon</a> <a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a></b>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Gander</b> <b>MARSHALL AREA</b> Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	<b>Check-In</b> Starts at 06:30	<b>MARSHALL AREA ACROSS FROM HOTEL</b> <b>CHECK-IN TRAILER CLOSSES AT 07:30</b>					
MARSHALL AREA Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	08:00	<b>Irving Oil,</b> 2 Badger Rd, Badger, NL A0H 1A0	09:30	<b>Fuel small Tanks Rest</b>	30 min	123 km	76 mi
Irving Oil, 2 Badger Rd, Badger, NL A0H 1A0	10:00	<b>Deer Lake Big Stop,</b> 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	11:45	<b>Fuel</b>	30 min	181 km	112 mi
Deer Lake Big Stop, 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	12:15	<b>Pasadena</b> <b>Royal Canadian Legion,</b> 91 Main St, Pasadena, NL A0L 1K0	12:30	<b>Lunch/Check-In</b> 	90 min	24 km	15 mi
Royal Canadian Legion, 91 Main St, Pasadena, NL A0L 1K0	14:00	<b>Canadian Tire gas bar,</b> Stephenville NL	15:15	<b>Fuel/Make Your Own Way to Legion</b>	30 min	120 km	75 mi
Canadian Tire Gas+ 15-17 Main St, Stephenville, NL A2N 1H3	15:45	<b>Royal Canadian Legion Branch 35,</b> 45 Oregon Dr, Stephenville, NL A2N 2X7	15:50	<b>Dinner</b> 	90 Min	3 Km	2 mi
<b>ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT</b>							
<b>YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING TIME NOT SAILING TIME</b>							
<b>WARNING</b>							
<b>IN THE WRECKHOUSE AREA, IT IS KNOWN TO HAVE HIGH WINDS STRONG ENOUGH TO BLOW TRACTOR TRAILERS OVER, BE PREPARED FOR IT.</b>							
Royal Canadian Legion Branch 35, 45 Oregon Dr, Stephenville, NL A2N 2X7	17:30	<b>Sheaves Home Hardware,</b> 10 High St, Grand Bay East, NL A0N 1K0	19:15	<b>Marshall Point</b>	<b>30 min</b>	161 Km	100 mi
Sheaves Home Hardware, 10 High St, Grand Bay East, NL A0N 1K0	19:45	<b>Marine Atlantic Vehicle Check-in,</b> 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	20:00	<b>Must Check In At Least 2 Hours Prior To Boarding</b> 		4 km	2 mi
<b>Time Change While on Boat ½ Hour Back</b>							
Marine Atlantic Vehicle Check-in, 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	23:45	<b>Walmart,</b> 116 King St, North Sydney, NS B2A 3R7	07:00 to 08:00	<b>Rest 60 min</b>	<b>Meet Up with Mainland Crew</b>		

**TOTAL DAILY KM: 616    TOTAL DAILY MILES: 382**  
**TOTAL RIDE KM: 1199    TOTAL RIDE MILES: 744**

**Special Notes:**





# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02 (Mon, 29 July 2024) – Gander NL – North Sydney NS

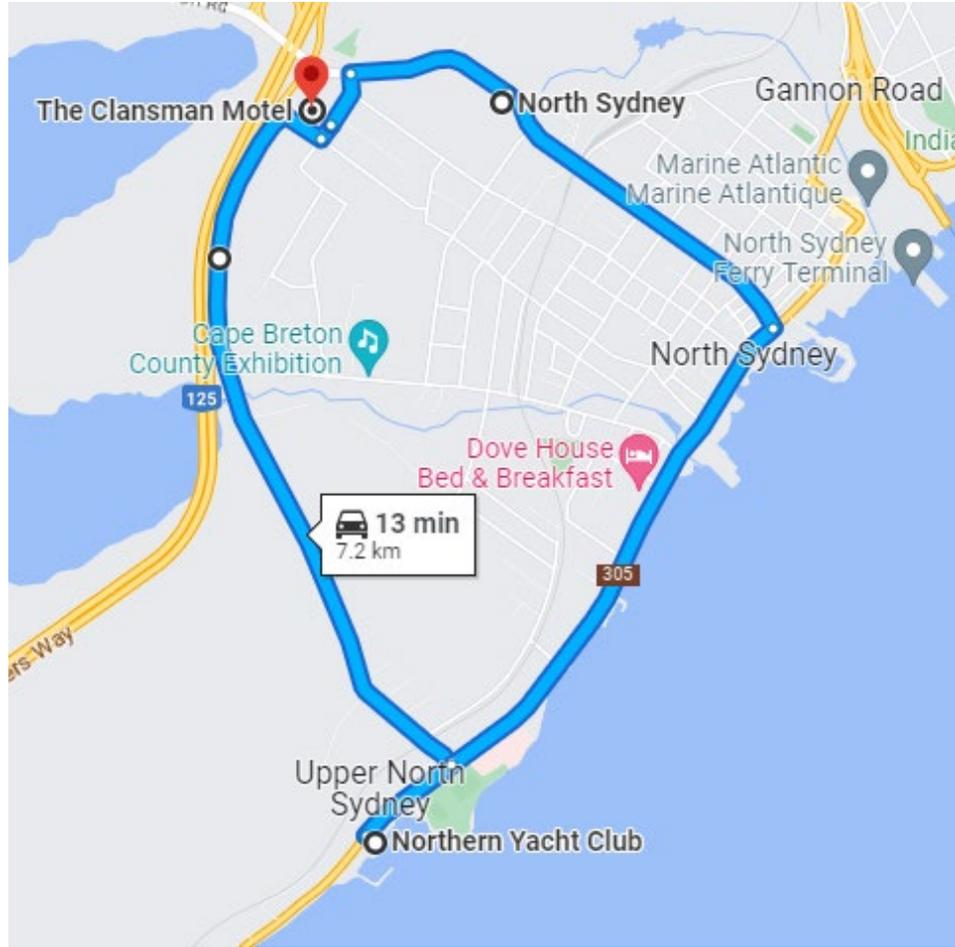
**TRB will catch the last boat of the day/night on the 29th.**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 02.2 NS Tire Dip (Mon. 29 July 2024)**



Go to Google Maps: <https://goo.gl/maps/TCRqfSaE6GJvpNzm6>

Daily Stops		
• <b>Full Pullers Check-In</b>	<a href="#">The Clansman Motel</a> , North Sydney, NS	
A. <b>Depart</b>	<a href="#">The Clansman Motel</a> , North Sydney, NS	
B. <b>Tire Dip/Dinner</b>	<a href="#">Northern Yacht Club</a> , North Sydney, NS	
C. <b>Morning Plan</b>	<a href="#">Walmart Parking Lot</a>	
D. <b>Hotel</b>	<a href="#">The Clansman Motel</a> , North Sydney, NS	
Contacts		
<b>Main Point of Contact</b>	<b>Ian Hutchings (NS Lead)</b>	<a href="mailto:NS@therollingbarrage.com">NS@therollingbarrage.com</a>



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 02.2 NS Tire Dip (Mon. 29 July 2024)

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
<a href="#">The Clansman Motel</a> , 9 Baird St, North Sydney, NS B2A 0A9	<b>Check-In</b> Starts at 17:00	<b>ALL FULL PULLERS MUST CHECK-IN for TRB 2024 At This Point so They DON'T HAVE to IN THE MORNING</b>				
The Clansman Motel, 9 Baird St, North Sydney, NS B2A 0A9	17:45	<a href="#">Northern Yacht Club</a> , 27 Seaview Dr, North Sydney, NS B2A 3N5	18:00	Tire Dip (for Full Pullers Starting in NS)/Dinner		3 km
Northern Yacht Club, 27 Seaview Dr, North Sydney, NS B2A 3N5	19:30	<a href="#">Walmart Parking Lot</a>	19:45	<b>Explain Plan for Morning</b>		4 km
Walmart Parking Lot	20:00	<a href="#">The Clansman Motel</a> , 9 Baird St, North Sydney, NS B2A 0A9	20:15	<b>GET READY for KSU at 0645</b>		1 km

**TOTAL DAILY KM: 8**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 03 (TUES July 30, 2024) North Sydney NS – Frankville NS



Go to Google Maps: <https://maps.app.goo.gl/agFxHSzR5R3F6wWJ7>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">North Sydney</a> , Nova Scotia, Walmart Parking Lot, Northeast Corner	
<b>A. Depart</b>	<a href="#">North Sydney</a> , Nova Scotia, Walmart Parking Lot, Northeast Corner	
<b>B. Rest/Fuel Small Tanks</b>	<a href="#">Wreck Cove General Store</a> , Birch Plain, NS	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>C. Lunch &amp; Check-In</b>	<a href="#">Royal Canadian Legion Branch 105</a> , Cabot Trail, Ingonish, Nova Scotia	
<b>D. Rest/Photos</b>	<a href="#">MacKenzie Mountain look-off</a> - The Highland Plateau, Pleasant Bay, NS	
<b>E. Marshall for Fuel</b>	<a href="#">Harbour Authority of Cheticamp</a> , Chéticamp, NS. <b>Riders Will be Dispatched to Fuel by Lead Tail Gunner</b>	
<b>F. Fuel</b>	<a href="#">Petro-Canada</a> , Chéticamp, NS <b>After Fueling Make Your Own Way to Cheticamp Fire Hall</b>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>G. Rest/Check-In</b>	<a href="#">Cheticamp Fire Hall</a> , Chéticamp, NS	
• <b>Host Hotel</b>	<a href="#">The Cove Motel</a> & Restaurant, Frankville, NS B0H 1K0	
• <b>Dinner</b>	<a href="#">The Cove Motel</a> & Restaurant, Frankville, NS B0H 1K0	
Contacts		
<b>Main Point of Contact</b>	<a href="#">Ian Hutchings</a>	<a href="mailto:NS@therollingbarrage.com">NS@therollingbarrage.com</a>
<b>Sunray</b>	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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**

**Location of TRB Merch Truck for Sales and Registration Look for this Symbol**



Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>North Sydney</b> <a href="#">North Sydney</a> , Nova Scotia, Walmart Parking Lot, Northeast Corner	<b>Check-In</b> Starts at 07:00	<b>Newfoundland Crew arrives between 0700 &amp; 0800 Marshall Area NE Corner of Walmart Parking Lot Beside Tim Hortons</b>					
<b>All Small Tanks Fuel at Wreck Cove General Store, Last Premium till Cheticamp</b>							
North Sydney, Nova Scotia, Walmart Parking Lot, Northeast Corner	08:45	<a href="#">Wreck Cove General Store</a> , 42470 Cabot Trail, Birch Plain, NS BOC 1H0	10:00	<b>Rest/Fuel Small Tanks</b>	45 min	89 km	55 mi
Wreck Cove General Store, 42470 Cabot Trail, Birch Plain, NS BOC 1H0	10:45	<b>Ingonish</b> <a href="#">Royal Canadian Legion Branch 105</a> , 35969 Cabot Trail, Ingonish, NS BOC 1K0	11:15	<b>Lunch and Check-In</b>	60 mins	34 km	21 mi
Royal Canadian Legion Branch 105, 35969 Cabot Trail, Ingonish, NS BOC 1K0	12:15	<a href="#">MacKenzie Mountain look- off</a> - The Highland Plateau, 23305-23083, NS-30, Pleasant Bay, NS BOE 2P0	13:15	<b>Rest/Photos</b>	30 min	68 km	42 mi
MacKenzie Mountain look-off - The Highland Plateau, 23305- 23083, NS-30, Pleasant Bay, NS BOE 2P0	13:45	<a href="#">Harbour Authority of Cheticamp</a> , 15461 Cabot Trail, Chéticamp, NS BOE 1H0	14:15	<b>Riders Will be Dispatched to Fuel by Safety Crew</b>		37 km	23 mi
Harbour Authority of Cheticamp, 15461 Cabot Trail, Chéticamp, NS BOE 1H0		<a href="#">Petro-Canada</a> , 15437 Cabot Trail, Chéticamp, NS BOE 1H0		<b>All bikes Fuel</b>		110 m	
<b>After Fueling Marshall in Parking Lot Behind Cheticamp Fire Hall</b>							
Petro-Canada, 15437 Cabot Trail, Chéticamp, NS BOE 1H0		<b>Chéticamp</b> <a href="#">Cheticamp Fire Hall</a> , 15 Barren Rd, Chéticamp, NS BOE 1H0		<b>Rest Check-In</b>	90 min	950 m	.5 mi
Cheticamp Fire Hall, 15 Barren Rd, Chéticamp, NS BOE 1H0	15:45	<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	17:45	<b>Final</b>		143 km	89 mi
<b>HOST HOTEL</b>	<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0			<b>The Cove Motel Has Live Music Days Ride Ends at The Cove Motel</b>			
<b>DINNER</b>	<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0						

**TOTAL DAILY KM: 372    TOTAL DAILY MILES: 231  
TOTAL RIDE KM: 1571    TOTAL RIDE MILES: 975**

**Special Notes:**

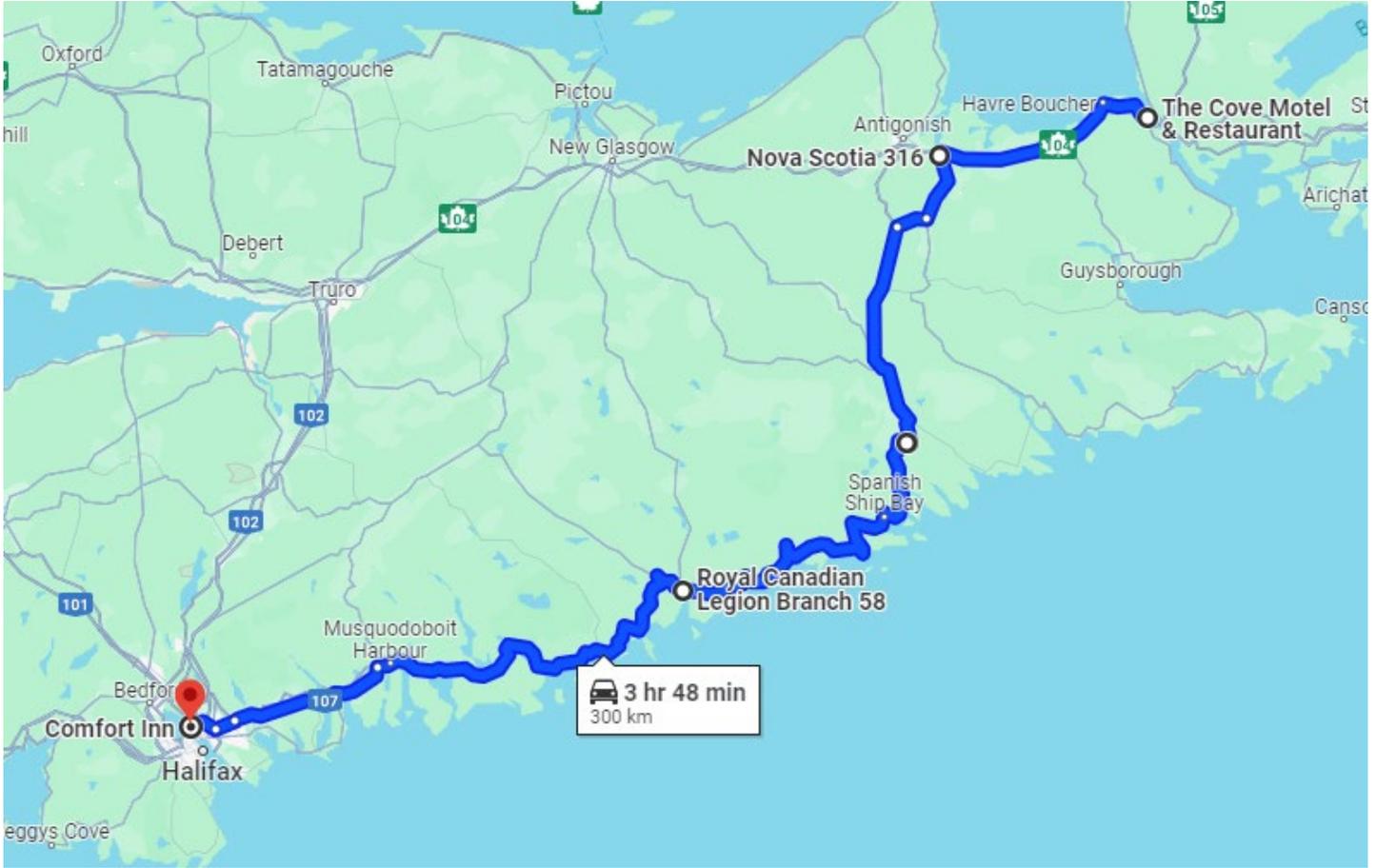
**After fueling in Chéticamp All bikes Rally to Chéticamp Fire Hall**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 04 (WED July 31, 2024) Frankville NS – Dartmouth NS**



Go to Google Maps: <https://maps.app.goo.gl/j7iZjoigxFVHcVGX9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Cove Motel</a> , Frankville, NS B0H 1K0	
<b>A. Depart</b>	<a href="#">Cove Motel</a> , Frankville, NS B0H 1K0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>B. Historical/Check-In</b>	<a href="#">Sherbrooke Village</a> , Sherbrooke, NS	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>C. Lunch/Fuel on Own/Check-In</b>	<a href="#">Royal Canadian Legion Branch 58</a> , Watt Section, NS	
• <b>Host Hotel</b>	<a href="#">Comfort Inn</a> , Dartmouth, NS B3A 1J7	
• <b>Dinner</b>	<a href="#">Ship Victory Restaurant &amp; Lounge</a> , Dartmouth, NS B3A 1J7	
Contacts		
<b>Main Point of Contact</b>	<b>Ian Hutchings (NS Lead)</b>	<a href="mailto:NS@therollingbarrage.com">NS@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Frankville</b> <a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	<b>Check-In</b> Starts at 08:00						
The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	09:00	<b>Sherbrooke</b> <a href="#">Sherbrooke Village</a> , 42 Main St, Sherbrooke, NS B0J 3C0	10:15	<b>Historical Check-In</b> 	90 mins	104 km	65 mi
Sherbrooke Village, 42 Main St, Sherbrooke, NS B0J 3C0	11:45	<b>Watt Section</b> <a href="#">Royal Canadian Legion Branch 58</a> , Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	12:45	<b>Lunch/Fuel on Own Check-In</b> 	120 mins	77 km	48 mi
<b>ALL Bikes Fuel on Own and Return to Legion (Links Below)</b> <a href="#">Church Point Variety</a> , <a href="#">Wilsons Gas</a> , <a href="#">Irving Oil</a>							
Royal Canadian Legion Branch 58, Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	14:45	<a href="#">Comfort Inn</a> , 456 Windmill Rd, Dartmouth, NS B3A 1J7	16:30	<b>Final</b>		119 km	74 mi
<b>HOST HOTEL</b>		Comfort Inn, 456 Windmill Rd, Dartmouth, NS B3A 1J7					
<b>DINNER</b>		<a href="#">Ship Victory Restaurant &amp; Lounge</a> , 400 Windmill Rd, Dartmouth, NS B3A 1J7		<b>280 m walk from hotel</b>			

TOTAL DAILY KM: 300    TOTAL DAILY MILES: 187  
TOTAL RIDE KM: 1871    TOTAL RIDE MILES: 1162

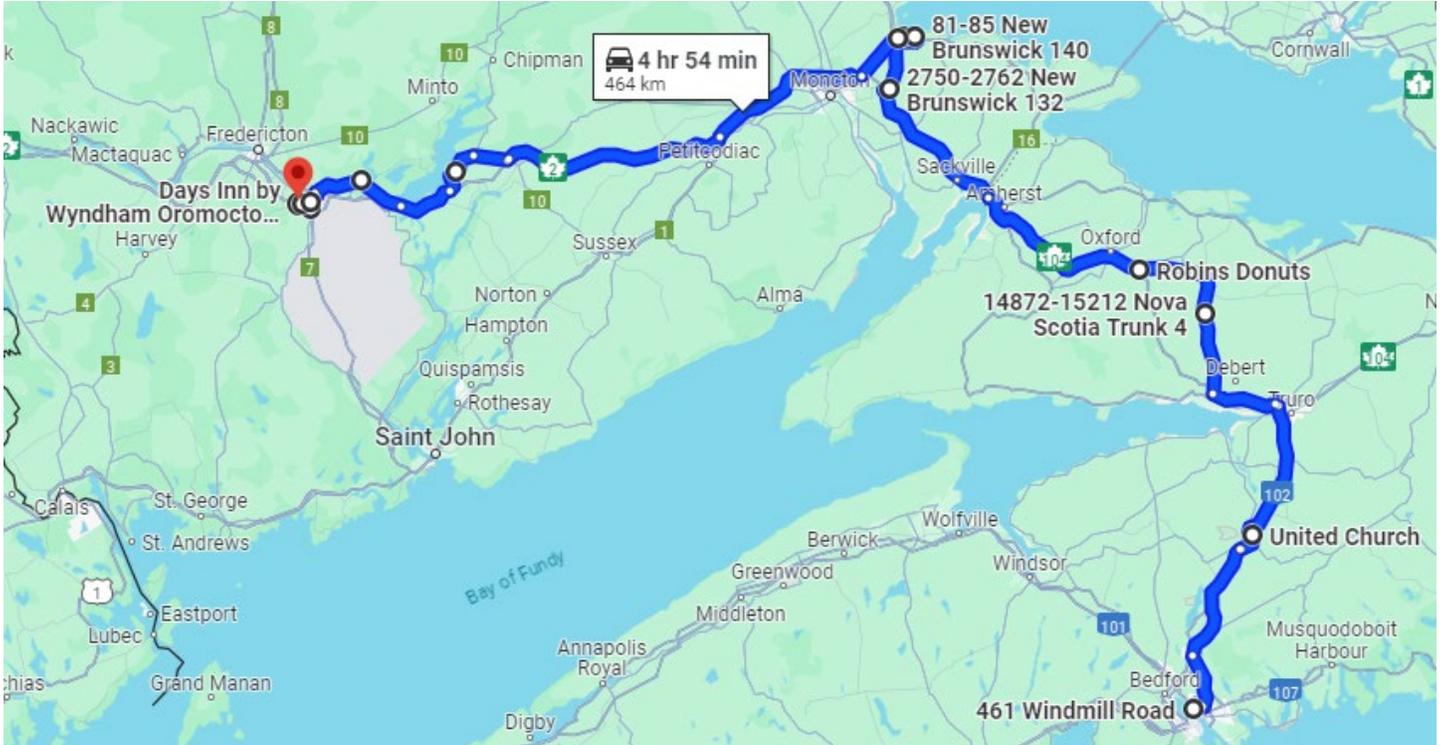
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 05 (Thurs 01 Aug 2024) Dartmouth NS - Oromocto NB



Go to Google Maps: <https://maps.app.goo.gl/DPEsm5icBJWkiWxY9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In (North Lot)</b>	<a href="#">Glow The Event Store</a> , Dartmouth, NS B3A 1J9	
<b>A. Depart (North Lot)</b>	<a href="#">Glow The Event Store</a> , Dartmouth, NS B3A 1J9	
<b>B. Memorial</b>	<a href="#">United Church</a> , Shubenacadie, NS	
<b>C. Fuel</b>	<a href="#">Ultramar</a> , Oxford, NS	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Lunch/Fuel on own/ Check In</b>	<a href="#">Shediac Legion Branch 33</a> , Shediac, NB E4P 2G1	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
<b>E. Photo</b>	<a href="#">Shediac Big Lobster</a> , Shediac NB, E4P 2A5	
• <b>Host Hotel</b>	<a href="#">Days Inn</a> , Oromocto, NB E2V 4T9	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">Geary Lion's Club</a> , Geary, NB E2V 3W6	
Contacts		
<b>Main Point of Contact</b>	<a href="#">Ian Hutchings (NS Lead)</a>	<a href="mailto:NS@therollingbarrage.com">NS@therollingbarrage.com</a>
<b>Sunray</b>	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>



Detailed Itinerary – <b>Red</b> Denotes <b>Check-In</b> Points							
<b>ENSURE FUEL IS TOPPED UP FOR NEXT MORNING</b>							
Please arrive one hour prior to departure time to <b>Check-In</b>							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Dartmouth</b> <a href="#">Glow The Event Store</a> , 461 Windmill Rd, Dartmouth, NS B3A 1J9	<b>Check In</b> Starts at 06:00	<b>Marshall in large North parking lot</b>					
Glow The Event Store, 461 Windmill Rd, Dartmouth, NS B3A 1J9	07:00	<a href="#">United Church</a> , 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	07:35	<b>Memorial</b>	45 Mins	57 km	35 mi
<b>Park in Church parking lot, walk to neighboring park, Respects to RCMP Const. Stevenson</b>							
United Church, 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	08:30	<a href="#">Ultramar-Gas Station</a> 9768 NS-4, Oxford, NS B0M 1P0	09:45	<b>Fuel</b>	45 Mins	104 km	65 mi
Ultramar-Gas Station 9768 NS-4, Oxford, NS B0M 1P0	10:30	<b>Shediac</b> <a href="#">Shediac Legion Br 33</a> 386 Main St, Shediac, NB E4P 2G1	11:45	<b>Lunch Fuel on Own Check In</b> 	90 min	115 km	71 mi
Shediac Legion Br 33 386 Main St, Shediac, NB E4P 2G1	13:15	<a href="#">Big Lobster</a> 229 Main St, Shediac, NB E4P 2A5	13:20	<b>Photo</b> 	70 Mins	2 km	1 mi
Big Lobster 229 Main St, Shediac, NB E4P 2A5	14:30	<a href="#">Days Inn</a> , 60 Brayson Blvd, Oromocto, NB E2V 4T9	16:30	<b>Final</b>		187 km	116 mi
<b>HOST HOTEL</b>		Days Inn, 60 Brayson Blvd, Oromocto, NB E2V 4T9					
<b>DINNER</b>	18:30	<a href="#">Geary Lion's Club</a> 712 Broad Rd, Geary, NB E2V 3W6		<b>Shuttle Starts At 17:45</b> 			

TOTAL DAILY KM: 465 TOTAL DAILY MILES: 288  
TOTAL RIDE KM: 2336 TOTAL RIDE MILES: 1450

**Special Notes:**

**There will be a shuttle bus to take us to supper.**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 06 (Fri 02 Aug 2024) Oromocto NB – Lévis QC



Go to Google Maps: <https://maps.app.goo.gl/i687ZJgCVNq5edMT7>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Oromocto Baptist Church</a> , 10 Doyle Dr E2V 0B4	
<b>A. Depart</b>	<a href="#">Oromocto Baptist Church</a> , 10 Doyle Dr E2V 0B4	
<b>B. Rest</b>	<a href="#">Irving Oil</a> , Nackawic, NB E6G 2N1	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>C. Photo</b>	<a href="#">Twelve82</a> , Hartland, NB E7P 2N1	
<b>D. Fuel Stop</b>	<a href="#">Esso</a> , Florenceville, NB E7L 3P8	
<b>E. Lunch</b>	<a href="#">Edmundston Truck Stop</a> , Edmundston, NB E3V 4E8	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>F. Marshall/Check-In</b>	<a href="#">The Steeler's Pub</a> , Parking Lot	
<b>TIME ZONE CHANGE AFTER Edmonston Truck Stop 1 HR BACK</b>		
<b>G. Fuel/Rest</b>	<a href="#">Shell</a> , Saint-Roch-des-Aulnaies, Quebec G0R 4E0	
<b>H. Rest/Meet local police</b>	<a href="#">Parc de la Paix</a> , Rue du Mémorial, Lévis, Québec, G6V 8Y1	
• <b>Host Hotel</b>	<a href="#">Comfort Inn &amp; Suites</a> Lévis, (Saint-Nicolas), Quebec G7A 2N9	
• <b>Dinner</b>	<a href="#">La Boite à Malt - Microbrasserie/Resto-Pub</a> , Lévis (St-Nicolas), QC, G7A2P6	
Contacts		
<b>Main Point of Contact</b>	<a href="#">Linda Griffin</a>	<a href="mailto:NB@therollingbarrage.com">NB@therollingbarrage.com</a>
<b>Sunray</b>	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Oromocto</b> <a href="#">Baptist Church</a> , 10 Doyle Dr, Oromocto, NB E2V 0B4	<b>Check-In</b> Starts at 06:00	<b>Marshall Point</b>					
Baptist Church, 10 Doyle Dr, Oromocto, NB E2V 0B4	07:00	<a href="#">Irving Oil</a> , 467 Route 105, Nackawic, NB E6G 2N1	08:10	<b>Rest</b>	50 Min	84 km	52 mi
Irving Oil, 467 Route 105, Nackawic, NB E6G 2N1	09:00	<a href="#">Twelve82</a> , 365 Main St, Hartland, NB E7P 2N1	09:45	<b>Photo</b> 	30 Mins	69 km	43 mi
Twelve82, 365 Main St, Hartland, NB E7P 2N1	10:15	<a href="#">Esso</a> , 305 Route 110, Florenceville NB, E7L 3P8	10:35	<b>Fuel</b>	40 Min	23 km	14 mi
Esso, 305 Route 110, Florenceville NB, E7L 3P8	11:15	<a href="#">Edmundston</a> Truck Stop, 100 Grey Rock Rd, Edmundston, NB E3V 4E8	12:30	<b>Lunch Fuel</b>	90 min	134 km	83 mi
Edmundston Truck Stop, 100 Grey Rock Rd, Edmundston, NB E3V 4E8		<b>Edmundston</b> <a href="#">The Steeler's Pub</a> Parking Lot <b>MARSHALL AREA</b>		<b>Check-In Marshalled by 13:45</b> 		550 m	601 yd
TIME ZONE CHANGE AFTER Edmonston Truck Stop 1 HR BACK							
The Steeler's Pub Parking Lot <b>MARSHALL AREA</b>	14:00	<b>Saint-Roch-des-Aulnaies</b> <a href="#">Shell</a> , 483 Rte de la Seigneurie, Saint-Roch-des- Aulnaies, Quebec G0R 4E0	13:45	<b>Fuel Check-In</b> 	60 min	189 km	117 mi
Shell, 483 Rte de la Seigneurie, Saint-Roch-des-Aulnaies, Quebec G0R 4E0	14:45	<a href="#">Parc de la Paix</a> , Rue du Mémorial, Lévis, Québec, G6V 8Y1	15:45	<b>Memorial/ Meet Police</b>	30 min	105 km	65 mi
Parc de la Paix, Rue du Mémorial, Lévis, Québec, G6V 8Y1	16:15	<a href="#">Comfort Inn &amp; Suites</a> Lévis, (Saint-Nicolas), Quebec G7A 2N9	16:45	<b>Final</b>		20 km	12 mi
<b>HOST HOTEL</b>		Comfort Inn & Suites, 1394 Rte des Rivières Lévis, (Saint- Nicolas), Quebec G7A 2N9					
<b>DINNER</b>	18:30	<a href="#">La Boite à Malt - Microbrasserie/Resto-Pub</a> , 1810 Rte des Rivières #402, Lévis (St-Nicolas), QC, G7A 2P6		Walking distance 1 km (15 min)			

TOTAL DAILY KM: 624 TOTAL DAILY MILES: 386  
TOTAL RIDE KM: 2960 TOTAL RIDE MILES: 1836

**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 08 (Sun 04 Aug 2024) Levis QC – Kingston ON



Go to Google Maps: <https://maps.app.goo.gl/C6jKMDkSEdDjQpf96>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Canac</a> , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	
<b>A. Depart</b>	<a href="#">Canac</a> , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	
<b>B. Fuel/Rest</b>	<a href="#">Ultramar - Gas Station</a> , Sainte-Eulalie, Quebec G0Z 1E0	
<b>C. Marshall Point</b>	<a href="#">Petro-Pass</a> , 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Monument/Check-In</b>	<a href="#">École nationale de police du Québec</a> , Nicolet, QC J3T 1X4	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>E. Lunch/Fuel on Own/Check-In</b>	<a href="#">Chateauguay Community Church</a> , Châteauguay, QC J6K 1C7	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>F. Fuel/Check-In</b>	<a href="#">ONroute</a> , Bainsville, Bainsville, ON K0C 1E0	
<b>G. Fuel</b>	<a href="#">Canadian Tire Gas+</a> , Gananoque, ON K7G 1H4	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>H. Marshall after Fuel/Check-In</b>	<a href="#">550 Talbot Pl</a> , Gananoque, ON K7G 3C6	
• <b>Host Hotel</b>	<a href="#">Days Inn by Wyndham Kingston</a> , Kingston, ON K7K 6W2	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 560</a> , Kingston, ON K7K 3J4	
Contacts		
<b>Main Point of Contact</b>	<b>François Couture/Michelle Croteau (QC Leads)</b>	<a href="mailto:QC@therollingbarrage.com">QC@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Saint-Nicolas, Lévis</b> <b>Canac</b> , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	<b>Check-In</b> Starts at 06:00	<b>Marshall Area Parking Lot</b>					
Canac, 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	07:00	<b>Ultramar - Gas Station</b> , 320 Rue Aubry, Sainte-Eulalie, Quebec G0Z 1E0	08:00	<b>Fuel Rest</b>	45 min	102 km	63 mi
Ultramar - Gas Station, 320 Rue Aubry, Sainte-Eulalie, Quebec G0Z 1E0		<b>Petro-Pass</b> , 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0		<b>Marshall</b>		150 m	164 yd
Petro-Pass, 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0	08:45	<b>Nicolet</b> <b>École nationale de police du Québec</b> , 350 Rue Marguerite d'Youville, Nicolet, QC J3T 1X4	09:30	<b>Memorial Check-In</b> 	45 min	42 km	26 mi
École nationale de police du Québec, 350 Rue Marguerite d'Youville, Nicolet, QC J3T 1X4	10:15	<b>Châteauguay</b> <b>Chateauguay Community Church</b> , 111 Rue Lauzon, Châteauguay, QC J6K 1C7	12:30	<b>Lunch/Fuel on Own/ Check-In</b> 	90 min	167 km	104 mi
Chateauguay Community Church, 111 Rue Lauzon, Châteauguay, QC J6K 1C7	14:00	<b>Bainsville</b> <b>OnRoute</b> , 22064 N Service Rd, Bainsville, ON K0C 1E0	14:45	<b>Small Tanks Fuel Check-In</b> 	30 min	64 km	40 min
OnRoute, 22064 N Service Rd, Bainsville, ON K0C 1E0	15:15	<b>Canadian Tire Gas+</b> , 703 King St E, Gananoque, ON K7G 1H4	17:00	<b>Fuel</b>	60 min	180 km	112 mi
Canadian Tire Gas+, 703 King St E, Gananoque, ON K7G 1H4		<b>550 Talbot Pl</b> , Gananoque, ON K7G 3C6		<b>Marshall Check-In</b> 		400 m	437 yd
550 Talbot Pl, Gananoque, ON K7G 3C6	18:00	<b>Days Inn by Wyndham Kingston</b> , 1 First Canada Ave, Kingston, ON K7K 6W2	18:30	<b>Final</b>		34 km	21 mi
<b>HOST HOTEL</b>		Days Inn by Wyndham Kingston, 1 First Canada Ave, Kingston, ON K7K 6W2					
<b>DINNER</b>		<b>Royal Canadian Legion Branch 560</b> , 734 Montreal St, Kingston, ON K7K 3J4					

TOTAL DAILY KM: 586    TOTAL DAILY MILES: 364  
TOTAL RIDE KM: 3546    TOTAL RIDE MILES: 2200

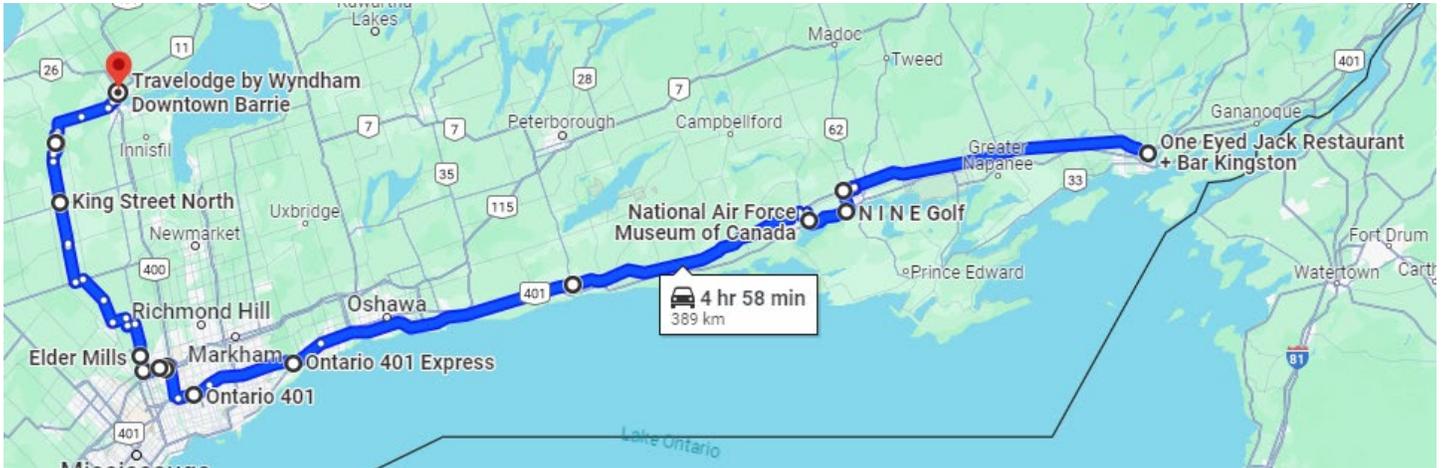
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 09 (Mon, 05 Aug 2024) Kingston ON – Barrie ON**



Go to Google Maps: <https://maps.app.goo.gl/ut9faKMmmm4vFQf79>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Days Inn by Wyndham Kingston, Kingston, ON K7K 6W2</a>	
<b>A. Depart</b>	<a href="#">Days Inn by Wyndham Kingston, Kingston, ON K7K 6W2</a>	
<b>B. Rest</b>	<a href="#">Ultramar - Gas Station, Belleville, ON K8N 4Z5</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>C. Museum/Check In</b>	<a href="#">National Air Force Museum of Canada, Astra, ON K0K 3W0</a>	
<b>D. Fuel</b>	<a href="#">Ultramar, Port Hope, ON L1A 3V6</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>E. Lunch/Check in/Fuel on Own</b>	<a href="#">Carpenters Local 27, Woodbridge, ON L4L 9T2</a>	
<b>F. Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
<b>G. Museum</b>	<a href="#">CFB Borden, Borden, ON L0M 1C0</a>	
• <b>Host Hotel</b>	<a href="#">Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9</a>	
• <b>Dinner</b>	<a href="#">Applebee's, Barrie, ON L4M 3B9</a>	
Contacts		
<b>Main Point of Contact</b>		
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

**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**

**Location of TRB Merch Truck for Sales and Registration Look for this Symbol **

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Kingston</b> <a href="#">One Eyed Jack Restaurant + Bar Kingston</a> , 417 Weller Ave, Kingston, ON K7K 6K3	<b>Check-In</b> Starts at 06:30						
One Eyed Jack Restaurant + Bar Kingston, 417 Weller Ave, Kingston, ON K7K 6K3	08:00	<a href="#">Ultramar</a> - Gas Station, 25 Bellevue Dr, Belleville, ON K8N 4Z5	08:50	<b>Rest</b>	40 min	79.8 km	49.6 mi
Ultramar - Gas Station, 25 Bellevue Dr, Belleville, ON K8N 4Z5	09:30	<b>Trenton</b> <a href="#">National Air Force Museum of Canada</a> , 220 RCAF Rd, Astra, ON K0K 3W0	09:50	<b>Museum Check In</b> 	60 min	17.6 km	10.9 mi
National Air Force Museum of Canada, 220 RCAF Rd, Astra, ON K0K 3W0	11:00	<a href="#">Ultramar</a> , 2211 Northumberland County Rd 28, Port Hope, ON L1A 3V6	11:45	<b>Fuel</b>	30 min	66.7 km	41.4 mi
Ultramar, 2211 Northumberland County Rd 28, Port Hope, ON L1A 3V6	12:15	<b>Woodbridge</b> <a href="#">Carpenters Local 27</a> , 222 Rowntree Dairy Rd, Woodbridge, ON L4L 9T2	13:30	<b>Lunch/ Fuel on Own/ Check In</b> 	90 min	122 km	75.8 mi
Carpenters Local 27, 222 Rowntree Dairy Rd, Woodbridge, ON L4L 9T2	15:00	<a href="#">CFB Borden</a> , 620 Ortona Rd, Borden, ON L0M 1C0	16:00	<b>Museum</b> 	90 min	73.2 km	45.5 mi
CFB Borden, 620 Ortona Rd, Borden, ON L0M 1C0	17:30	<a href="#">Travelodge by Wyndham Downtown Barrie</a> , 300 Bayfield St, Barrie, ON L4M 3B9	18:00	<b>Final</b>		26.7 km	16.6 mi
<b>HOST HOTEL</b>		Travelodge by Wyndham Downtown Barrie, 300 Bayfield St, Barrie, ON L4M 3B9					
<b>DINNER</b>		<a href="#">Applebee's</a> 326 Bayfield St, Barrie, ON L4M 3B9					450m 6 min walk

**TOTAL DAILY KM: 386      TOTAL DAILY MILES: 239.8**  
**TOTAL RIDE KM: 3932      TOTAL RIDE MILES: 2440**

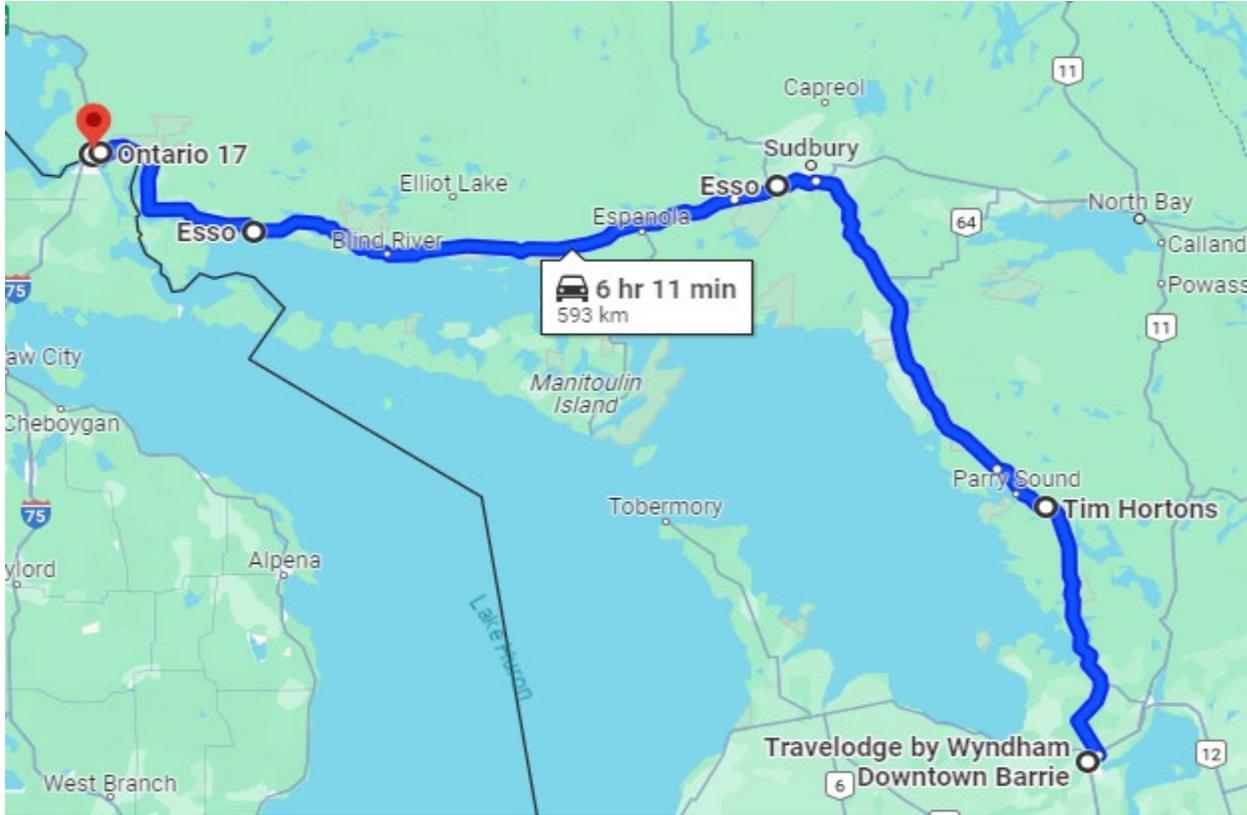
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 10 (Tues 06 Aug 2024) Barrie ON – Sault St. Marie ON



Go to Google Maps: <https://maps.app.goo.gl/haCT834vQUWjGXDp6>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9</a>	
<b>A. Depart</b>	<a href="#">Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
<b>B. Breakfast</b>	<a href="#">Currie Truck Centre</a> , 2 Currie Dr, Midhurst, ON L9X 0N3	
<b>C. Rest/Fuel</b>	<a href="#">Tim Hortons, Parry Sound, ON P2A 2W8</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Fuel/Lunch/Check In</b>	<a href="#">Esso, Lively, ON P3Y 1C3</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>E. Fuel/Check In</b>	<a href="#">Esso, Thessalon, ON P0R 1K0</a>	
• <b>Host Hotel</b>	<a href="#">Super 8 by Wyndham Sault Ste Marie On, Sault Ste. Marie, ON P6B 4Z3</a>	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 25</a> , Sault Ste. Marie, ON P6B 4Y5	
Contacts		
<b>Main Point of Contact</b>		
Sunray	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>



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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Barrie</b> <a href="#">Travelodge by Wyndham Downtown Barrie</a> , 300 Bayfield St, Barrie, ON L4M 3B9	<b>Check-In</b> Starts at 06:45						
Travelodge by Wyndham Downtown Barrie, 300 Bayfield St, Barrie, ON L4M 3B9	08:00	<a href="#">Currie Truck Centre</a> , 2 Currie Dr, Midhurst, ON L9X 0N3	08:15	<b>Breakfast</b> 	60 min	5 km	3 mi
Currie Truck Centre, 2 Currie Dr, Midhurst, ON L9X 0N3	09:30	<a href="#">Tim Hortons</a> , 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8	10:30	<b>Rest/Fuel</b>	45 min	114 km	71 mi
Tim Hortons, 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8	11:15	<b>Lively</b> <a href="#">Esso</a> , 105 Regional Rd 24, Lively, ON P3Y 1C3	13:00	<b>Fuel/Lunch on Own/Check In</b> 	90 min	182 km	113 mi
Esso, 105 Regional Rd 24, Lively, ON P3Y 1C3	14:30	<b>Thessalon</b> <a href="#">Esso</a> , 10 Lakeside Dr, Thessalon, ON POR 1K0	16:45	<b>Fuel/Check In</b> 	60 min	204 km	127 mi
Esso, 10 Lakeside Dr, Thessalon, ON POR 1K0	17:45	<a href="#">Super 8 by Wyndham Sault Ste Marie On</a> , 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3	18:45	<b>Final</b>		89 km	55 mi
<b>HOST HOTEL</b>		Super 8 by Wyndham Sault Ste Marie On, 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3					
<b>DINNER</b>		<a href="#">Royal Canadian Legion Branch 25</a> , 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5					

TOTAL DAILY KM: 594    TOTAL DAILY MILES: 369  
TOTAL RIDE KM: 4526    TOTAL RIDE MILES: 2809

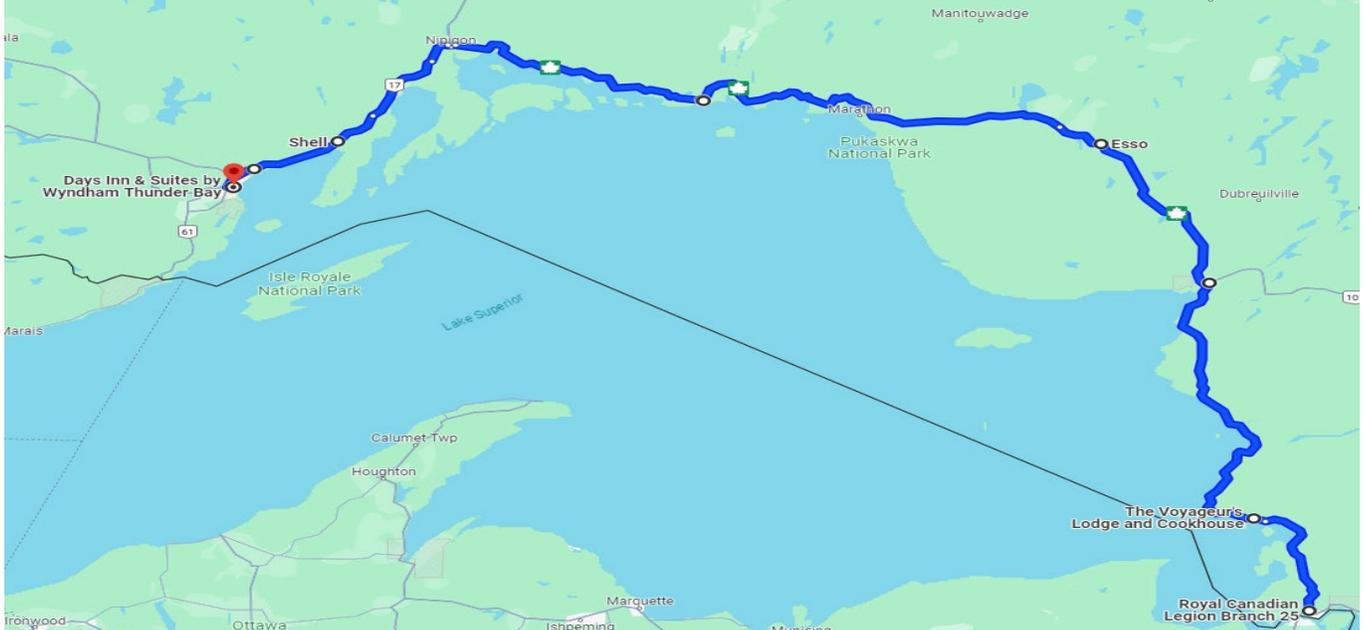
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 11 (Wed 07 Aug 2024) Sault Ste. Marie ON – Thunder Bay ON**



Go to Google Maps: <https://maps.app.goo.gl/gzpAvhYAedHYRCUN9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Royal Canadian Legion Branch 25, Sault Ste. Marie, ON P6B 4Y5</a>	
<b>A. Depart</b>	<a href="#">Royal Canadian Legion Branch 25, Sault Ste. Marie, ON P6B 4Y5</a>	
<b>B. Rest/Small Tanks Fuel</b>	<a href="#">The Voyageur's Lodge and Cookhouse, Batchawana Bay, ON P0S 1A0</a>	
<b>C. Fuel</b>	<a href="#">Petro-Canada Charging Station, Wawa, ON P0S 1K0</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Depart Wawa/ Check In</b>	<a href="#">Michipicoten Memorial Community Centre, Wawa, ON P0S 1K0</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>E. Fuel/Lunch/Check In</b>	<a href="#">Esso, 201 ON-17, White River, ON P0M 3G0</a>	
<b>F. Stage For Fuel</b>	<a href="#">Sun Country Highway Charging Station, Terrace Bay, ON P0T 2W0</a>	
<b>G. Marshal After Fuel</b>	<a href="#">Terrace Bay Tourist Information Centre, 1008 ON-17, Terrace Bay, ON P0T 2W0</a>	
<b>H. Fuel</b>	<a href="#">Shell, Shuniah, ON P0T 2M0</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>I. Monument/Check-In</b>	<a href="#">Terry Fox National Historic Person Plaque, Terry Fox Scenic Lookout</a>	
• <b>Host Hotel</b>	<a href="#">Days Inn &amp; Suites by Wyndham Thunder Bay, Thunder Bay, ON P7B 6Z8</a>	
• <b>Dinner</b>	On your Own; <a href="#">Montana's</a> , <a href="#">The Keg</a> , <a href="#">Caribou</a>	
Contacts		
<b>Main Point of Contact</b>		
Sunray	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

<a href="mailto:therollingbarrage@gmail.com">therollingbarrage@gmail.com</a> <a href="http://www.therollingbarrage.com">www.therollingbarrage.com</a> <a href="https://www.facebook.com/therollingbarrage">www.facebook.com/therollingbarrage</a>	<b>End the Stigma</b> Not all wounds are visible Not all wounds are military	PTSD Support and Awareness Campaign Registered Non-Profit Organization Corporation Number 1297322-7
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**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**

**Location of TRB Merch Truck for Sales and Registration Look for this Symbol** 

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Sault Ste. Marie</b> <a href="#">Royal Canadian Legion Branch 25</a> , 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5	<b>Check-In</b> Starts at 06:00						
Royal Canadian Legion Branch 25, 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5	07:00	<a href="#">The Voyageur's Lodge and Cookhouse</a> , ON-17, Batchawana Bay, ON POS 1A0	07:45	<b>Rest/ Small Tanks Fuel</b>	60 min	65 km	40.4 mi
The Voyageur's Lodge and Cookhouse, ON-17, Batchawana Bay, ON POS 1A0	08:45	<a href="#">Petro-Canada Charging Station</a> , 137 Mission Rd, Wawa, ON POS 1K0	10:00	<b>Fuel</b>	30 min	159 km	98.8 mi
Petro-Canada Charging Station, 137 Mission Rd, Wawa, ON POS 1K0		<a href="#">Michipicoten Memorial Community Centre</a> , 3 Chris Simon Dr, Wawa, ON POS 1K0		<b>Marshal Area (across street from fuel)</b> <b>Check In</b> 		180 m	.1 mi
Michipicoten Memorial Community Centre, 3 Chris Simon Dr, Wawa, ON POS 1K0	10:45	<a href="#">Esso</a> , 201 ON-17, White River, ON P0M 3G0	11:45	<b>Fuel/ Lunch/ Check In</b> 	60 min	91.8 km	57 mi
Esso, 201 ON-17, White River, ON P0M 3G0	12:45	<a href="#">Sun Country Highway Charging Station</a> , Simcoe Plaza, Terrace Bay, ON POT 2W0	14:00	<b>Stage to Fuel/Small Groups at ESSO</b>	45 min	168 km	104 mi
Sun Country Highway Charging Station, Simcoe Plaza, Terrace Bay, ON POT 2W0		<a href="#">Terrace Bay Tourist Information Centre</a> , 1008 ON-17, Terrace Bay, ON POT 2W0		<b>Marshal After Fueling</b>		300 m	.2 mi
Terrace Bay Tourist Information Centre, 1008 ON-17, Terrace Bay, ON POT 2W0	14:45	<a href="#">Shell</a> , Shuniah, ON POT 2M0	16:45	<b>Fuel</b>	30 min	170 km	105 mi
Shell, Shuniah, ON POT 2M0	17:15	<a href="#">Terry Fox National Historic Person Plaque</a> , Terry Fox Scenic Lookout	17:40	<b>Monument Check-In</b> 	30 min	33 km	20.5 mi
Terry Fox National Historic Person Plaque, Terry Fox Scenic Lookout	18:15	<a href="#">Days Inn &amp; Suites by Wyndham Thunder Bay</a> , 645 Sibley Dr, Thunder Bay, ON P7B 6Z8	18:40	<b>Final</b>		17.9 km	11.1 mi
<b>HOST HOTEL</b>		Days Inn & Suites by Wyndham Thunder Bay, 645 Sibley Dr, Thunder Bay, ON P7B 6Z8					
<b>DINNER</b>		On your Own; <a href="#">Montana's</a> , <a href="#">The Keg</a> , <a href="#">Caribou</a>					

**TOTAL DAILY KM: 705 TOTAL DAILY MILES: 438**

**TOTAL RIDE KM: 5231 TOTAL RIDE MILES: 3247**



# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 11 (Wed 07 Aug 2024) Sault St. Marie ON – Thunder Bay ON

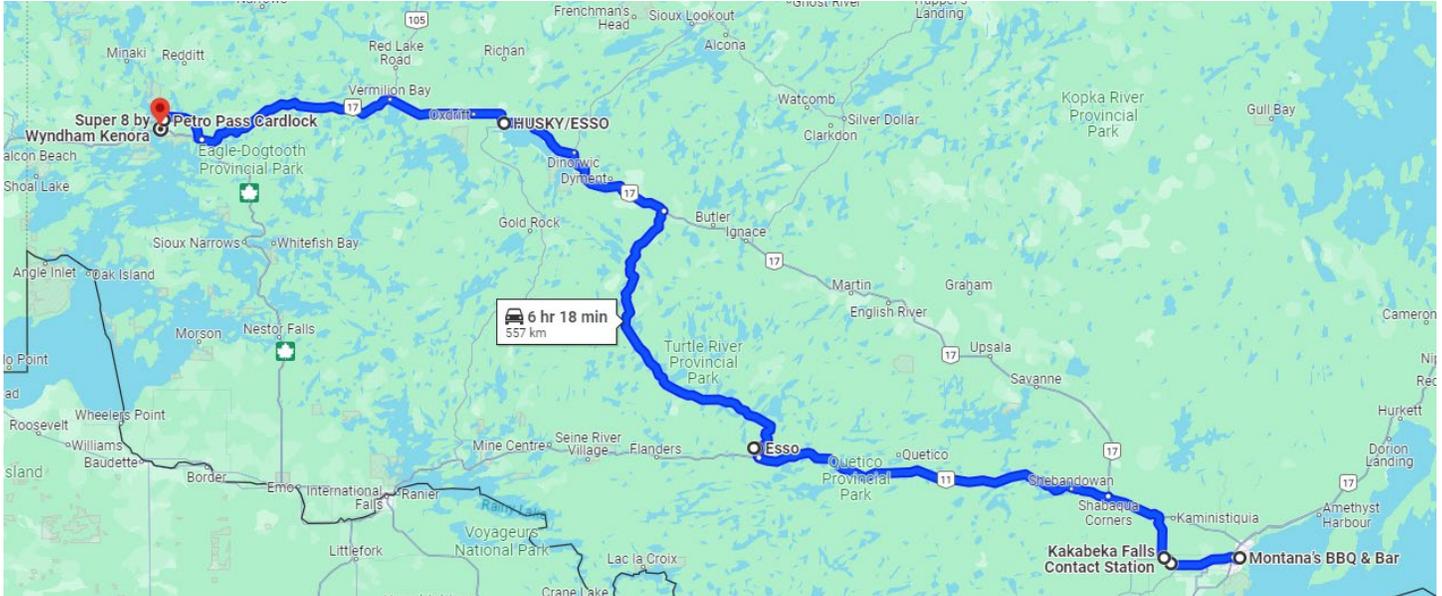
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 12 (Thurs 08 Aug 2024) Thunder Bay ON – Kenora ON**



Go to Google Maps: <https://maps.app.goo.gl/yGCmpwKghhGZrR8h8>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Montana's BBQ &amp; Bar, Thunder Bay, ON P7B 6Z8</a>	
<b>A. Depart</b>	<a href="#">Montana's BBQ &amp; Bar, Thunder Bay, ON P7B 6Z8</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>B. Breakfast??</b>	<a href="#">Royal Canadian Legion Branch 225, Kakabeka Falls, ON P0T 1W0</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
<b>C. Photo</b>	<a href="#">Kakabeka Falls Contact Station, ON P0T 1W0</a>	
<b>TIME ZONE CHANGE AFTER 1 HR BACK</b>		
<b>D. Fuel</b>	<a href="#">Esso, Atikokan, ON P0T 1C0</a>	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>E. Lunch ??/Check In</b>	<a href="#">Royal Canadian Legion Branch 145, Atikokan, ON P0T 1C0</a>	
<b>F. Fuel</b>	<a href="#">HUSKY/ESSO, Dryden, ON P8N 2P4</a>	
• <b>Host Hotel</b>	<a href="#">Super 8 by Wyndham Kenora, Kenora, ON P9N 0H2</a>	
• <b>Dinner</b>	On Your Own; <a href="#">Casey's</a>	
Contacts		
<b>Main Point of Contact</b>		
Sunray	<a href="#">Jim Gordon</a>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Thunder Bay</b> <a href="#">Montana's BBQ &amp; Bar</a> , 615 Sibley Dr, Thunder Bay, ON P7B 6Z8	<b>Check-In</b> Starts at 06:00						
Montana's BBQ & Bar, 615 Sibley Dr, Thunder Bay, ON P7B 6Z8	07:00	<b>Kakabeka Falls</b> <a href="#">Royal Canadian Legion Branch 225</a> , 4556 Trans-Canada Hwy, Kakabeka Falls, ON POT 1W0	07:20	<b>Breakfast Check In</b> 	60 min	26.8 km	16.7 mi
Royal Canadian Legion Branch 225, 4556 Trans-Canada Hwy, Kakabeka Falls, ON POT 1W0	08:30	<a href="#">Kakabeka Falls Contact Station</a> , Oliver Paipoonge, ON POT 1W0	08:35	<b>Photo</b> 	45 min	3.1 km	1.9 mi
<b>TIME ZONE CHANGE AFTER 1 HR BACK</b>							
Kakabeka Falls Contact Station, Oliver Paipoonge, ON POT 1W0	09:15	<a href="#">Esso</a> , 2 Mercury Ave, Atikokan, ON POT 1C0	10:15	<b>Fuel/Make Your Own Way to Legion</b>		176 km	109 mi
Esso, 2 Mercury Ave, Atikokan, ON POT 1C0		<b>Atikokan</b> <a href="#">Royal Canadian Legion Branch 145</a> , 115 O'Brien St, Atikokan, ON POT 1C0		<b>Lunch Check In</b> 	90 min	1.1 km	.7 mi
Royal Canadian Legion Branch 145, 115 O'Brien St, Atikokan, ON POT 1C0	11:45	<a href="#">HUSKY/ESSO</a> , 379 Government St, Dryden, ON P8N 2P4	14:15	<b>Fuel</b>	30 min	204 km	126 mi
HUSKY/ESSO, 379 Government St, Dryden, ON P8N 2P4	14:45	<a href="#">Super 8 by Wyndham Kenora</a> , 240 Lakeview Dr, Kenora, ON P9N 0H2	16:15	<b>Final</b>		139 km	86.4 mi
<b>HOST HOTEL</b>		Super 8 by Wyndham Kenora, 240 Lakeview Dr, Kenora, ON P9N 0H2					
<b>DINNER</b>		On Your Own; <a href="#">Casey's</a>					

**TOTAL DAILY KM: 550    TOTAL DAILY MILES: 341**  
**TOTAL RIDE KM: 5781    TOTAL RIDE MILES: 3588**

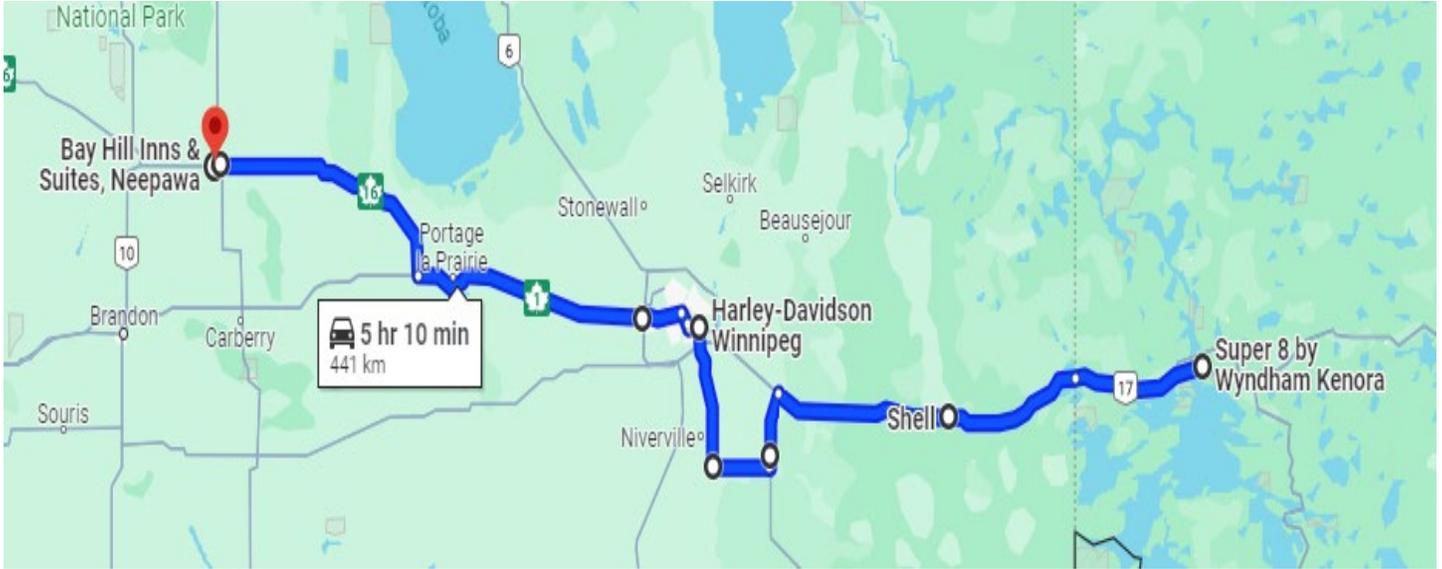
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 13 (Fri, 09 Aug 2024) Kenora ON - Neepawa MB



Go to Google Maps: <https://maps.app.goo.gl/961HzgNZbPzb4nRc8>

Daily Stops	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
• <b>Check In</b>	<a href="#">Super 8 by Wyndham Kenora</a> , Kenora, ON P9N 0H2
<b>A. Depart</b>	<a href="#">Super 8 by Wyndham Kenora</a> , Kenora, ON P9N 0H2
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
<b>B. Fuel/Check-In</b>	<a href="#">Prawda Shell</a> , Trans-Canada Hwy, Prawda, MB R0E 0X0
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
<b>C. Fuel/Lunch/Check-In</b>	<a href="#">Big Freight Systems Inc.</a> , Steinbach, MB R5G 1A6
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
<b>D. Break/Check-In</b>	<a href="#">Winnipeg Harley Davidson</a> , Winnipeg, MB R2J 3T3
<b>E. Fuel</b>	<a href="#">Flying J Travel Center</a> , Headingley, MB R4H 1C5
• <b>Host Hotel</b>	<a href="#">Bay Hill Inns &amp; Suites</a> Neepawa, Neepawa, MB R0J 1H0
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>
• <b>Dinner</b>	<a href="#">Royal Canadian Legion #23</a> , 425 Brown Ave, Neepawa, MB R0J 1H0
Contacts	
<b>Main Point of Contact</b>	<b>Michael Kirk (MB Team Lead)</b> <a href="mailto:MB@therollingbarrage.com">MB@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b> <a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Kenora</b> <a href="#">Super 8 by Wyndham Kenora</a> , 240 Lakeview Dr, Kenora, ON P9N 0H2	<b>Check-In</b> Starts at 07:00						
Super 8 by Wyndham Kenora, 240 Lakeview Dr, Kenora, ON P9N 0H2	08:00	<b>Prawda</b> <a href="#">Prawda Shell</a> Trans-Canada Hwy, Prawda, MB R0E 0X0	09:15	<b>Rest/Check-In</b> 	45 min	100 km	62 mi
Prawda Shell Trans-Canada Hwy, Prawda, MB R0E 0X0	10:00	<b>Steinbach</b> <a href="#">Big Freight Systems Inc.</a> , 360 MB-12, Steinbach, MB R5G 1A6	10:55	<b>Lunch Check-In</b> 	90 min	81 km	50 mi
Big Freight Systems Inc., 360 MB-12, Steinbach, MB R5G 1A6	12:30	<b>Winnipeg</b> <a href="#">Winnipeg Harley Davidson</a> 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	13:10	<b>Break Check-In Meet Escorts</b> 	90 min	62 km	39 mi
Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	14:45	<a href="#">Flying J Travel Center</a> 4100 Portage Ave, Headingley, MB R4H 1C5	15:30	<b>Fuel</b>	45 min	24 km	15 mi
Flying J Travel Center 4100 Portage Ave, Headingley, MB R4H 1C5	16:15	<a href="#">Royal Canadian Legion #23</a> 425 Brown Ave, Neepawa, MB R0J 1H0	18:15	<b>Dinner (Please Stay for Presentations)</b> 		173 km	108 mi
Royal Canadian Legion #23 425 Brown Ave, Neepawa, MB R0J 1H0		<a href="#">Bay Hill Inns &amp; Suites</a> Neepawa, 160 Main St W, Neepawa, MB R0J 1H0		<b>Final</b>		2 km	
<b>HOST HOTEL</b>		Bay Hill Inns & Suites Neepawa, 160 Main St W, Neepawa, MB R0J 1H0					
<b>DINNER</b>		<a href="#">Royal Canadian Legion #23</a> 425 Brown Ave, Neepawa, MB R0J 1H0					

**TOTAL DAILY KM: 441    TOTAL DAILY MILES: 274**  
**TOTAL RIDE KM: 6222    TOTAL RIDE MILES: 3862**

**Special Notes:**

- Winnipeg Police Service will be escorting us through the city from Winnipeg Harley Davidson again this year!
- Town of Neepawa was a huge supporter since 2021. We expect a huge turnout again this year.
- Royal Canadian Legion #23 will be hosting supper. As per previous years with great success.
- Expect to have lots of people out with their families to see the bikes and show support.





# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 14 (Sat, 10 Aug 2024) Neepawa MB to Saskatoon SK



Go to Google Maps: <https://maps.app.goo.gl/AtW5HgJPCnL9uQuH6>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Bay Hill Inns &amp; Suites</a> , Neepawa MB R0J 1H0	
<b>A. Depart</b>	<a href="#">Bay Hill Inns &amp; Suites</a> , Neepawa MB R0J 1H0	
<b>B. Rest</b>	<a href="#">S Railway Ave</a> , Shoal Lake, MB R0J 1Z0	
<b>C. Fuel</b>	<a href="#">Russell Co-op Gas Bar</a> , Russell, MB R0J 1W0	
<b>Time Change 1 Hour Back</b>		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Fuel/Lunch/Check-In</b>	<a href="#">Yorkton Fire Protective Services</a> , Yorkton, SK S3N 0H2	
<b>E. Fuel</b>	<a href="#">Co-op Gas Bar</a> , Wynyard, SK S0A 4T0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
<b>F. Presentation/Photo</b>	<a href="#">STARS</a> , Nutrien Hangar, Saskatoon, SK S7L 1M4	
• <b>Host Hotel</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK S7L 6H6	
• <b>Dinner</b>	<a href="#">Lynx Wing</a> , Saskatoon, SK S7L 6T1	
Contacts		
<b>Main Point of Contact</b>	<b>Michael Kirk (MB Lead)</b>	<a href="mailto:MB@therollingbarrage.com">MB@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

**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**

**Location of TRB Merch Truck for Sales and Registration Look for this Symbol** 

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<a href="#">Bay Hill Inns &amp; Suites</a> 160 Main St W, Neepawa, MB R0J 1H0	<b>Check-In</b> Starts at 06:00	<b>Marshall in East Side Parking Lot</b> <b>Check-In Closes at 07:00</b> 					
Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	07:30	<a href="#">S Railway Ave</a> , Shoal Lake, MB R0J 1Z0	08:30	<b>Rest</b>	45 min	88 km	55 mi
				<b>Park on S Railway Ave Behind Shell</b>			
S Railway Ave, Shoal Lake, MB R0J 1Z0	09:15	<a href="#">Russell Co-op Gas Bar</a> 206 Main St, Russell, MB R0J 1W0	10:00	<b>Fuel</b>	30 min	76 km	47 mi
<b>Time Change 1 Hour Back</b>							
Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	10:30	<b>Yorkton</b> <a href="#">Yorkton Fire Protective Services</a> , 9 Smith St E, Yorkton, SK S3N 0H2 <b>Rear Parking Lot</b>	10:30	<b>Lunch/ Check-In/ Small Tanks Fuel on Own</b> 	90 min	103 km	64 mi
Yorkton Fire Protective Services, 9 Smith St E, Yorkton, SK S3N 0H2	12:00	<a href="#">Co-op Gas Bar</a> , 581 South Service Road, Wynyard, SK S0A 4T0	13:30	<b>Fuel</b>	45 min	142 km	88 mi
Co-op Gas Bar, 581 South Service Road, Wynyard, SK S0A 4T0	14:15	<a href="#">STARS</a> , Nutrien Hangar, 2475 Airport Dr, Saskatoon, SK S7L 1M4	16:15	<b>Presentation Photo</b> 	45 min	193 km	120 mi
STARS, Nutrien Hangar, 2475 Airport Dr, Saskatoon, SK S7L 1M4	17:00	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	17:05	<b>Final</b>		1 km	.5 mi
<b>HOST HOTEL</b>		Heritage Inn Hotel & Convention Centre, 102 Cardinal Crescent, Saskatoon, SK S7L 6H6					
<b>DINNER</b>		<a href="#">Lynx Wing</a> , 2407 Ave C North, Saskatoon, SK S7L 6T1					

**TOTAL DAILY KM: 603      TOTAL DAILY MILES: 375**  
**TOTAL RIDE KM: 6825      TOTAL RIDE MILES: 4237**

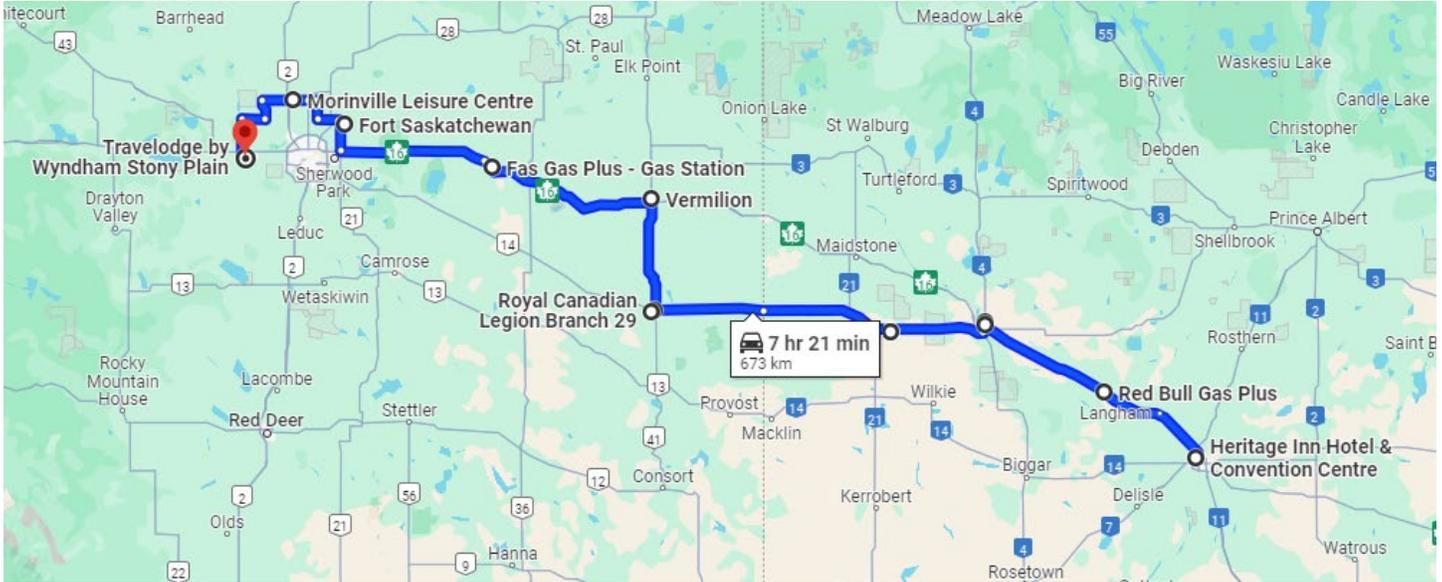
Special Notes:



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 15 (Sun 11 Aug 2024) Saskatoon SK – Stony Plain AB



Go to Google Maps: <https://maps.app.goo.gl/3pt8n9cb7mumx6mc9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK S7L 6H6	
<b>A. Depart</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK S7L 6H6	
<b>B. Rest</b>	<a href="#">Red Bull Gas Plus</a> , Radisson, SK S0K 3L0	
<b>C. Fuel</b>	<a href="#">Co-op Gas Bar</a> , North Battleford, SK S9A 3W6	
<b>D. Photo</b>	<a href="#">World's Largest Tomahawk</a> , Cut Knife, SK SOM ON0	
<b>E. Fuel</b>	<a href="#">Cornerstone Co-op Gas Bar</a> , Wainwright, T9W 1L5	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>F. Lunch/Check-in</b>	<a href="#">Royal Canadian Legion Branch 29</a> , Wainwright, T9W 1K7	
<b>G. Fuel</b>	<a href="#">Fas Gas Plus</a> , Vegreville, AB T9C 0A3	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>H. Dinner/Check-In</b>	<a href="#">Morinville Leisure Center</a> , Morinville, T8R 2P9	
• <b>Host Hotel</b>	<a href="#">Travelodge by Wyndham Stony Plain</a> , Stony Plain, AB T7Z 1V7	
• <b>Dinner</b>	<a href="#">Morinville</a> Leisure Centre, Morinville, AB T8R 2P9	
Contacts		
<b>Main Point of Contact</b>	<b>George Shupe (SK Lead)</b>	<a href="mailto:SK@therollingbarrage.com">SK@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Check-In</b> <a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	<b>Check-In</b> Starts at 06:00						
Heritage Inn Hotel & Convention Centre, 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	07:00	<a href="#">Red Bull Gas Plus</a> , Highway 16 & 340 Radisson, SK S0K 3L0	07:45	<b>Rest</b>	45 min	65 km	40 mi
Red Bull Gas Plus, Highway 16 & 340 Radisson, SK S0K 3L0	08:30	<a href="#">Co-op Gas Bar</a> , 9800 Territorial Dr, North Battleford, SK S9A 3W6	09:30	<b>Parade up Main/Fuel</b>	45 min	75 km	47 mi
Co-op Gas Bar, 9800 Territorial Dr, North Battleford, SK S9A 3W6	10:15	<a href="#">World's Largest Tomahawk</a> , Hwy 674, Cut Knife, SK S0M 0N0	11:00	<b>Photo</b>	30 min	59 km	37 mi
World's Largest Tomahawk, Hwy 674, Cut Knife, SK S0M 0N0	11:30	<a href="#">Cornerstone Co-op Gas Bar</a> Wainwright, 2315 15 Ave, Wainwright, AB T9W 1L5	12:45	<b>Fuel/ Make Own Way to Legion</b>		127 km	79 mi
Cornerstone Co-op Gas Bar Wainwright, 2315 15 Ave, Wainwright, AB T9W 1L5		<b>Wainwright</b> <a href="#">Royal Canadian Legion Branch 29</a> , 1030 2 Ave, Wainwright, AB T9W 1K7		<b>Lunch Check-In</b> 	60 min	3 km	2 mi
Royal Canadian Legion Branch 29, 1030 2 Ave, Wainwright, AB T9W 1K7	14:00	<a href="#">Fas Gas Plus</a> - Gas Station, 6813 AB-16A, Vegreville, AB T9C 0A3	15:30	<b>Fuel</b>	45 min	152 km	94 mi
Fas Gas Plus - Gas Station, 6813 AB-16A, Vegreville, AB T9C 0A3	16:15	<b>Morinville</b> <a href="#">Morinville Leisure Centre</a> , 25126 SH 642, AB T8R 2P9	17:45	<b>Dinner Check-In</b> 	60 min	132 min	82 mi
Morinville Leisure Centre, 25126 SH 642, AB T8R 2P9	18:45	<a href="#">Travelodge by Wyndham Stony Plain</a> , 74 Boulder Blvd, Stony Plain, AB T7Z 1V7	19:30	<b>Final</b>		60 km	37 mi
<b>HOST HOTEL</b>		Travelodge by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7					
<b>DINNER</b>		Morinville Leisure Centre, 25126 SH 642, AB T8R 2P9					

TOTAL DAILY KM: 673 TOTAL DAILY MILES: 418  
TOTAL RIDE KM: 4798 TOTAL RIDE MILES: 4655

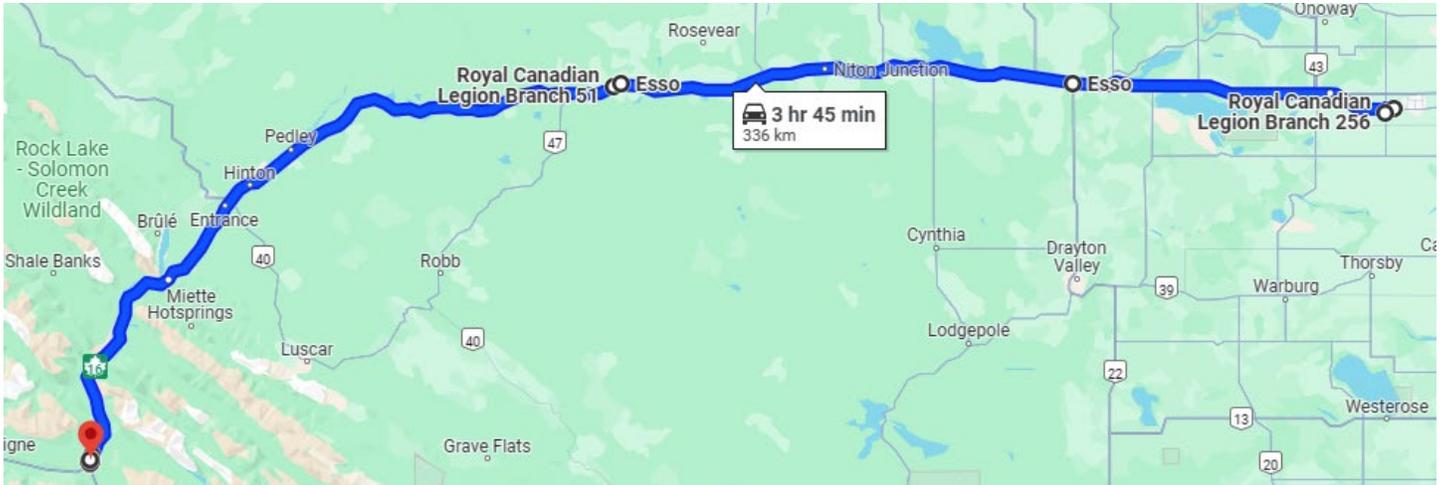
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 16 (Mon 12 Aug 2024) Stony Plain AB – Jasper AB



Go to Google Maps: <https://maps.app.goo.gl/TvaubLgY9m7ktuc69>

Daily Stops	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
• <b>Check In</b>	<a href="#">Travelodge by Wyndham Stony Plain</a> , Stony Plain, AB T7Z 1V7
<b>A. Depart</b>	<a href="#">Travelodge by Wyndham Stony Plain</a> , Stony Plain, AB T7Z 1V7
<b>B. Breakfast</b>	<a href="#">Royal Canadian Legion Branch 256</a> , Stony Plain, AB T7Z 1V5
<b>C. Rest</b>	<a href="#">Esso</a> , 49th St & Service Rd, Entwistle, AB T0E 0S0
<b>D. Fuel</b>	<a href="#">Esso</a> , Edson, AB T7E 1B8
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>
<b>E. Lunch/Check-In</b>	<a href="#">Royal Canadian Legion Branch 51</a> , Edson, AB T7E 1T4
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>
<b>F. Final</b>	<a href="#">The STAND EASY</a> , Jasper Royal Canadian Legion, Jasper, AB T0E 1E0
• <b>Host Hotel</b>	<a href="#">Jasper Downtown Hostel</a> , Jasper, AB T0E 1E0
• <b>Dinner</b>	<a href="#">The STAND EASY</a> , Jasper Royal Canadian Legion, Jasper, AB T0E 1E0
Contacts	
<b>Main Point of Contact</b>	<b>Keith Campeau (AB Lead)</b> <a href="mailto:Ab@therollingbarrage.com">Ab@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b> <a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

<b>Detailed Itinerary – Red Denotes Check-In Points</b>	
<b>ENSURE FUEL IS TOPPED UP FOR NEXT MORNING</b>	
Please arrive one hour prior to departure time to <b>Check-In</b>	
<b>Location of TRB Merch Truck for Sales and Registration Look for this Symbol</b>	

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<a href="#">Travelodge</a> by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7		<b>Check-In will be at Stony Plain Legion</b> <b>Make your own way to the Legion</b>					
Travelodge by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7		<b>Stony Plain</b> <a href="#">Royal Canadian Legion</a> <b>Branch 256</b> , 4902 44 Ave, Stony Plain, AB T7Z 1V5	08:30	<b>Check-In</b> <b>Breakfast</b> 	90 min	3 km	2 mi
Royal Canadian Legion Branch 256, 4902 44 Ave, Stony Plain, AB T7Z 1V5	10:00	<a href="#">Esso</a> , 49th St & Service Rd, Entwistle, AB T0E 0S0	10:45	<b>Rest</b>	45 min	69 km	43 mi
Esso, 49th St & Service Rd, Entwistle, AB T0E 0S0	11:30	<a href="#">Esso</a> , 4202 2 Ave, Edson, AB T7E 1B8	12:30	<b>Fuel</b>		98 km	61 mi
<b>After Fueling Make Your own way to The Legion</b>							
Esso, 4202 2 Ave, Edson, AB T7E 1B8		<b>Edson</b> <a href="#">Royal Canadian Legion</a> <b>Branch 51</b> , 5016 5 Ave, Edson, AB T7E 1T4	12:45	<b>Lunch</b> <b>Check-In</b> 	90 min	2 km	1 mi
Royal Canadian Legion Branch 51, 5016 5 Ave, Edson, AB T7E 1T4	14:15	<a href="#">The STAND EASY</a> , Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0	16:15	<b>Final</b>		163 km	101 mi
The STAND EASY, Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0		<a href="#">Jasper Downtown Hostel</a> , 400 Patricia St, Jasper, AB T0E 1E0	<b>Leave Bikes Parked at Legion</b> <b>Check in at Your Leisure</b> 			50 m walk	54 yd
<b>HOST HOTEL</b>		Jasper Downtown Hostel, 400 Patricia St, Jasper, AB T0E 1E0	<b>Parking While in Jasper Will be</b> <b>on Pyramid Lake Road in</b> <b>Parking Lane Beside</b> <b>Commemoration Park</b>				
<b>DINNER</b>		The STAND EASY, Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0					

**TOTAL DAILY KM: 335    TOTAL DAILY MILES: 208**  
**TOTAL RIDE KM: 7833    TOTAL RIDE MILES: 4863**

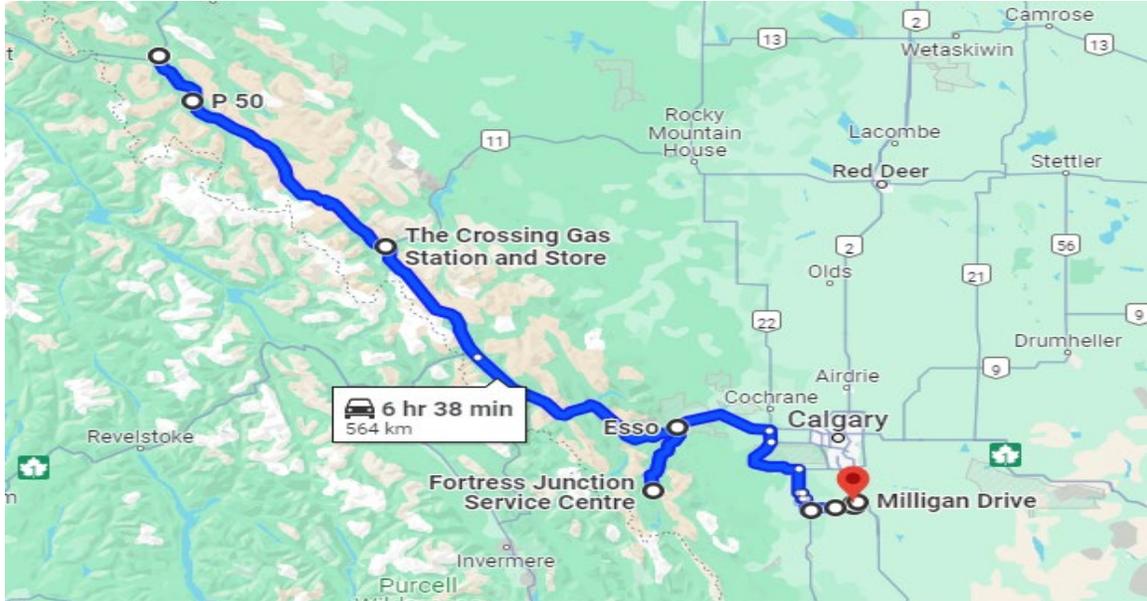
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 18 (Wed 14 Aug 2024) Jasper AB – Okotoks AB



Go to Google Maps: <https://maps.app.goo.gl/4oJwgg3QbbMq2Zo78>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In/Breakfast</b>	<a href="#">The STAND EASY</a> , RCL, 400 Geikie St, Jasper, AB T0E 1E0	
<b>A. Marshall/Depart</b>	Pyramid Lake Rd, Jasper, AB T0E 1E0	
<b>B. Rest</b>	<a href="#">Athabasca Falls</a> , Alberta 93A, Jasper, AB T0E 1E0	
<b>C. Fuel</b>	<a href="#">The Crossing Gas Station</a> and Store, AB TOL 1E0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Lunch/Check-In</b>	<a href="#">Parkway Pub</a> , X7F3+M3, Saskatchewan River Crossing, AB TOM 2H0	
<b>E. Fuel</b>	<a href="#">Esso</a> , HWY 1 &, AB-40, Morley, AB TOL 1N0	
• <b>Host Hotel</b>	<a href="#">Lakeview Inns &amp; Suites</a> - Okotoks, Okotoks, AB T1S 1N1	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">The George</a> Traditional House- Okotoks, Okotoks, AB T1S 2N3	
Contacts		
<b>Main Point of Contact</b>	<b>Keith Campeau (AB Lead)</b>	<a href="mailto:AB@therollingbarrage.com">AB@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Jasper</b> <a href="#">The STAND EASY</a> , RCL, 400 Geikie St, Jasper, AB T0E 1E0	<b>Check-In</b> Starts at 07:30	<b>Breakfast at Stand Easy</b> <b>07:00-09:00</b>					
Pyramid Lake Rd, Jasper, AB T0E 1E0		<b>Marshall on Pyramid Lake Road Beside Commemoration Park</b>		<b>Marshall</b>			
Pyramid Lake Rd, Jasper, AB T0E 1E0	09:00	<a href="#">Athabasca Falls</a> , Alberta 93A, Jasper, AB T0E 1E0	09:30	<b>Rest</b>	45 min	33 km	21 mi
Athabasca Falls, Alberta 93A, Jasper, AB T0E 1E0	10:15	<a href="#">The Crossing Gas Station</a> and Store, Highway 93 and, AB-11, Improvement District No. 9, AB T0L 1E0	11:45	<b>Fuel</b>		122 km	76 mi
The Crossing Gas Station and Store, Highway 93 and, AB- 11, Improvement District No. 9, AB T0L 1E0		<b>Saskatchewan River Crossing</b> <a href="#">Parkway Pub</a> , X7F3+M3, Saskatchewan River Crossing, AB T0M 2H0		<b>Lunch Check-In</b> 	105 min	400 m	437 yd
Parkway Pub, X7F3+M3, Saskatchewan River Crossing, AB T0M 2H0	13:30	<a href="#">Esso</a> , HWY 1 &, AB-40, Morley, AB T0L 1N0	15:30	<b>Fuel</b>	45 min	188 km	117 mi
Esso, HWY 1 &, AB-40, Morley, AB T0L 1N0	16:15	<a href="#">Lakeview Inns &amp; Suites</a> - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	18:00	<b>Final</b>		140 km	87 mi
<b>HOST HOTEL</b>		Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1					
<b>DINNER</b>		<a href="#">The George</a> Traditional House- Okotoks, 31 Southridge Dr #101, Okotoks, AB T1S 2N3		<b>In Parking Lot</b> 			

**TOTAL DAILY KM: 483    TOTAL DAILY MILES: 301**  
**TOTAL RIDE KM: 8316    TOTAL RIDE MILES: 5164**

**Special Notes:**

**Route will be updated along with timings when highway 40 reopens in the spring.**

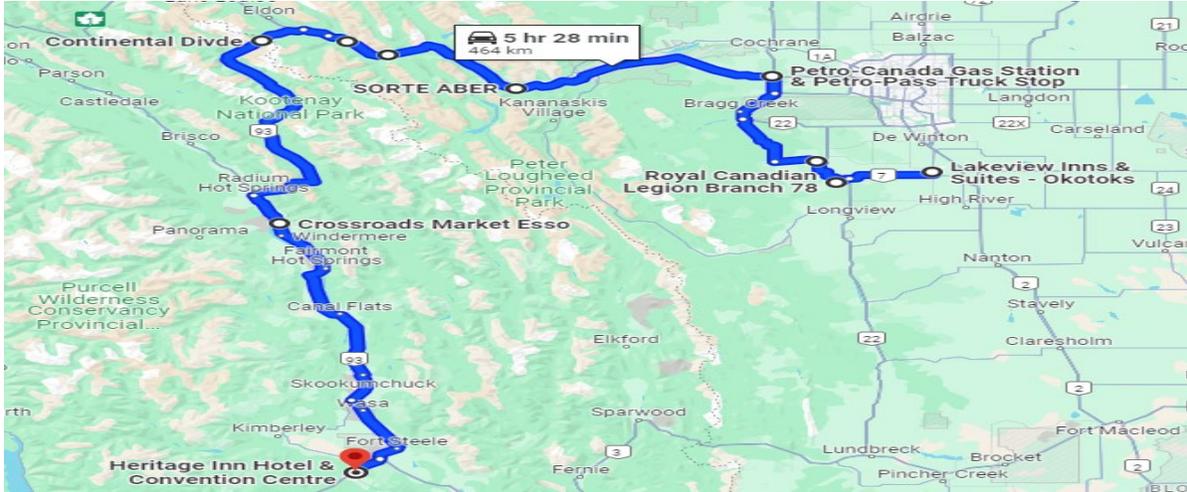




# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 19 (Thurs 15 2024) Okotoks AB – Cranbrook BC



Go to Google Maps: <https://maps.app.goo.gl/dcx25gS4YoJSrCqE8>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Breakfast/Check-In</b>	<a href="#">Royal Canadian Legion Branch 78</a> , Turner Valley, AB T0L 2A0	
<b>A. Depart</b>	<a href="#">Royal Canadian Legion Branch 78</a> , Turner Valley, AB T0L 2A0	
<b>B. Rest</b>	<a href="#">Petro-Canada Gas Station</a> & Petro-Pass Truck Stop, Calgary, AB T3Z 3J1	
<b>Fuel at Husky or Shell in Dead Man's Flats, Next Fuel 180 km</b> <b>Make own way to Marshall Point, behind Bighorn Inn &amp; Suites</b>		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>C. Marshall Point/Check-In</b>	<a href="#">SORTE ABER</a> , Dead Man's Flats, AB T1W 2W4	
<b>D. Lunch on Own</b>	<a href="#">Shell One98eight</a> <a href="#">Husky</a> Dead Man's Flat	
<b>E. Meet BC Police</b>	<a href="#">Continental Divide</a> , East Kootenay, BC V0A 1J0	
<b>F. Fuel</b>	<a href="#">Crossroads Market Esso</a> , Invermere, BC V0A 1K2	
• <b>Host Hotel</b>	<a href="#">Heritage Inn Hotel</a> & Convention Centre, Cranbrook, BC V1C 3S2	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 24</a> , Cranbrook, BC V1C 3S2	
Contacts		
<b>Main Point of Contact</b>	<b>Keith Campeau (AB Lead)</b>	<a href="mailto:Ab@therollingbarrage.com">Ab@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<a href="#">Lakeview Inns &amp; Suites</a> - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1		<b>ALL CHECK-INS WILL BE IN TURNER VALLEY</b>					
Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	07:00	Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	07:30			25 km	16 mi
<b>Turner Valley</b> <a href="#">Royal Canadian Legion Branch 78</a> , 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	<b>Check-In</b> Starts at 07:30			Breakfast 	90 min		
Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	09:00	<a href="#">Petro-Canada Gas Station</a> & Petro-Pass Truck Stop, 42148 AB-1, Calgary, AB T3Z 3J1	10:00	Rest	45 min	67 km	42 mi
<b>Fuel at Husky or Shell in Dead Man's Flats, Next Fuel 180 km</b> <b>Make own why to Marshall Point, behind Bighorn Inn &amp; Suites/Lunch</b>							
Petro-Canada Gas Station & Petro-Pass Truck Stop, 42148 AB-1, Calgary, AB T3Z 3J1	10:45	<a href="#">SORTE ABER</a> , Dead Man's Flats, AB T1W 2W4	11:15	Marshall point <b>Check-In</b> 		63 km	39 mi
		<a href="#">Shell</a> <a href="#">One98eight</a> <a href="#">Husky</a>		Lunch on Own	90 min		
SORTE ABER, Dead Man's Flats, AB T1W 2W4	12:45	<a href="#">Continental Divide</a> , East Kootenay, BC V0A 1J0	13:30	Meet BC Police	30 min	72 km	45 mi
Continental Divde, East Kootenay, BC V0A 1J0	14:00	<a href="#">Crossroads Market Esso</a> , 548 BC-93 #95, Invermere, BC V0A 1K2	15:15	Fuel	45 min	108 km	67 mi
Crossroads Market Esso, 548 BC-93 #95, Invermere, BC V0A 1K2	16:00	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	17:15	Final		129 km	80 mi
<b>HOST HOTEL</b>		Heritage Inn Hotel & Convention Centre, 803 Cranbrook St N, Cranbrook, BC V1C 3S2					
<b>DINNER</b>		<a href="#">Royal Canadian Legion Branch 24</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2					

TOTAL DAILY KM: 464 TOTAL DAILY MILES: 289  
TOTAL RIDE KM: 8780 TOTAL RIDE MILES: 5453

**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 20 (Fri. 16 Aug 2024) Cranbrook BC – Princeton BC



Go to Google Maps: <https://maps.app.goo.gl/A4HEiP9WEoUeDo3V9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Cranbrook, BC V1C 3S2	
<b>A. Depart</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Cranbrook, BC V1C 3S2	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Below Address Prior to TRB for Sales</b>	
<b>B. Rest</b>	<a href="#">Creston Emergency Services</a> , Creston, BC V0B 1G4	
<b>C. Fuel</b>	<a href="#">CENTEX</a> , 5920 BC-3, Salmo, BC V0G 1Z0	
<b>Time Change 1 Hour Back</b>		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>D. Lunch/Check-In/Fuel</b>	<a href="#">Christina Lake Fire Hall</a> , Christina Lake, BC V0H 1E0	
<b>E. Fuel</b>	<a href="#">Petro-Canada</a> , Osoyoos, BC V0H 1V6	
• <b>Host Hotel</b>	<a href="#">Copper Mountain Inn &amp; Suites</a> , Princeton, BC V0X 1W0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 56</a> , 170 Bridge St, Princeton, BC V0X 1W0	
Contacts		
<b>Main Point of Contact</b>	<b>Scott Casey</b>	<a href="mailto:founder@therollingbarrage.com">founder@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Cranbrook</b> <a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	<b>Check-In</b> Starts at 07:00			<b>Check-In</b> 			
Heritage Inn Hotel & Convention Centre, 803 Cranbrook St N, Cranbrook, BC V1C 3S2	08:00	<a href="#">Creston Emergency Services</a> , 1505 Cook St, Creston, BC V0B 1G4	09:15	<b>Rest</b> 	45 min	106 km	66 mi
Creston Emergency Services, 1505 Cook St, Creston, BC V0B 1G4	10:00	<a href="#">CENTEX</a> , 5920 BC-3, Salmo, BC V0G 1Z0	11:00	<b>Fuel</b>	45 min	86 km	53 mi
<b>Time Change 1 Hour Back</b>							
CENTEX, 5920 BC-3, Salmo, BC V0G 1Z0	11:45	<b>Christina Lake</b> <a href="#">Christina Lake Fire Hall</a> , 1585 Swanson Rd, Christina Lake, BC V0H 1E0	12:00	<b>Lunch</b> <b>Check-In</b> <b>Fuel on Own</b> 	90 min	108 km	67 mi
Christina Lake Fire Hall, 1585 Swanson Rd, Christina Lake, BC V0H 1E0	13:30	<a href="#">Petro-Canada</a> , 6201 45 St, Osoyoos, BC V0H 1V6	15:15	<b>Fuel</b>	30 min	143 km	89 mi
<b>Once in Princeton TRB will STOP at Airplane, Old Merritt Rd. &amp; Airport Rd. for Photo (20 min.)</b>							
Petro-Canada, 6201 45 St, Osoyoos, BC V0H 1V6	15:45	<a href="#">Copper Mountain Inn &amp; Suites</a> , 169 BC-3, Princeton, BC VOX 1W0	17:00	<b>Final</b>		117 km	73 mi
<b>HOST HOTEL</b>		Copper Mountain Inn & Suites, 169 BC-3, Princeton, BC VOX 1W0					
<b>DINNER</b>		<a href="#">Royal Canadian Legion Branch 56</a> , 170 Bridge St, Princeton, BC VOX 1W0					

TOTAL DAILY KM: 560    TOTAL DAILY MILES: 348  
TOTAL RIDE KM: 9340    TOTAL RIDE MILES: 5801

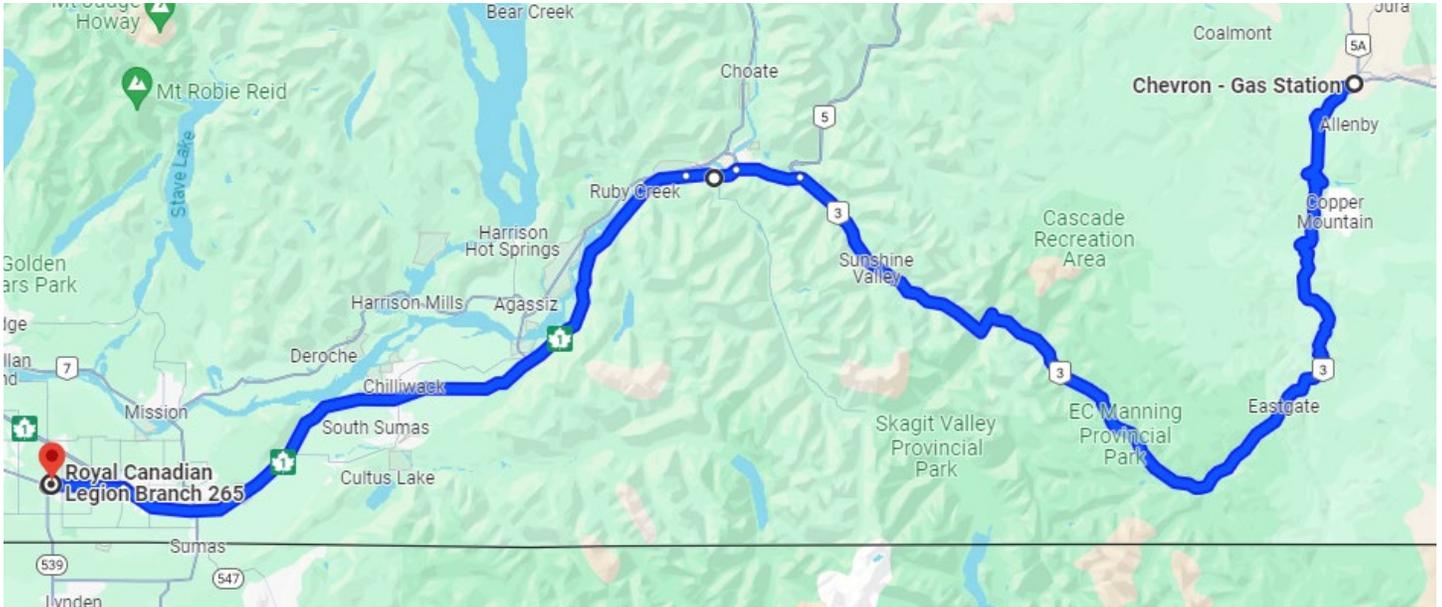
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 21 (Sat. 17 Aug 2024) Princeton BC – Aldergrove BC**



Go to Google Maps: <https://maps.app.goo.gl/YT6ytJiYyk7HcyFo9>

Daily Stops		
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
• <b>Check In</b>	<a href="#">Chevron</a> - Gas Station, Princeton, BC VOX 1W0	
<b>A. Depart</b>	<a href="#">Chevron</a> - Gas Station, Princeton, BC VOX 1W0	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In</b>	
<b>B. Fuel</b>	<a href="#">Esso</a> , Hope, BC VOX 1L2	
• <b>Host Hotel</b>	<a href="#">Best Western Plus Country Meadows Inn</a> , Aldergrove, BC V4W 3E1	
<b>Merch Truck</b>	<b>Merch Truck Will Be at Address Below, Prior to TRB for Sales</b>	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 265</a> , Aldergrove, BC V4W 3L1	
Contacts		
<b>Main Point of Contact</b>	<b>Scott Casey</b>	<a href="mailto:founder@therollingbarrage.com">founder@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
<b>Princeton</b> <b>Chevron</b> – Gas Station, 239 BC-3, Princeton, BC V0X 1W0	<b>Check-In</b> Starts at 11:00			<b>Marshall in Parking Lot Across Street Between A&amp;W and Chevron</b> 			
Chevron – Gas Station, 239 BC-3, Princeton, BC V0X 1W0	12:00	<b>Hope</b> <b>Esso</b> , 19700 Klassen Rd, Hope, BC V0X 1L2	13:30	<b>Fuel</b> <b>Check-In</b>	60 min	136 km	85 mi
Esso, 19700 Klassen Rd, Hope, BC V0X 1L2	14:30	<b>Best Western Plus Country Meadows Inn</b> , 3070 264 St, Aldergrove, BC V4W 3E1	15:40	<b>Final</b> 		100 km	62 mi
<b>HOST HOTEL</b>		Best Western Plus Country Meadows Inn, 3070 264 St, Aldergrove, BC V4W 3E1					
<b>DINNER</b>		<b>Royal Canadian Legion Branch 265</b> , 26607 Fraser Hwy, Aldergrove, BC V4W 3L1					

TOTAL DAILY KM: 236      TOTAL DAILY MILES: 147  
TOTAL RIDE KM: 9576      TOTAL RIDE MILES: 5948

**Special Notes:**