

# The Rolling Barrage VIII – Route Information Guide - 2024



The Rolling Barrage VIII  
Route Information Guide 2024  
Version 5.0  
June 29 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 5.0 for June 29, 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.

**April 29 – 2024 – Version 2.0**

- Day 15 – minor route changes
- Day 21 – minor route changes

**May 04 – 2024 – Version 2.0**

- Day 6 – added a supplementary route and map for construction re-routing in Levis QC

**May 10 – 2024 – Version 3.0**

- Day 7 – Saturday August 3<sup>rd</sup>, 2024 – Rest Day – Levis QC
- Day 17 – Tuesday August 13<sup>th</sup> 2024 – Rest Day – Jasper AB

**June 16 – 2024 – Version 4.0**

- Day 18 – Wed Aug 14<sup>th</sup> 2024 – Jasper AB – Okotoks AB – Highway AB-40 – construction, roadwork, by-pass corrected / completed

**June 29 – 2024 – Version 5.0**

- Updates to Day 5,6,7,8,10,11,12,15,17,18,21 – the type of updates range from meal location or arrangements, fuel stops, road construction completed, or commencing. Please refer to the Routes Sheets that concern you and update yourselves accordingly.



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 and the subtitle 'COAST TO COAST RIDE TO COMBAT PTSD' in yellow. Two columns of text describe the event's purpose and goals. The bottom section lists the 2024 ride dates and locations, including specific nights and dates across various Canadian provinces and territories. A large '100<sup>TH</sup>' is partially visible on the left, and 'FINAL LEG' is written above the last location. The website 'WWW.THEROLLINGBARRAGE.COM' is at the bottom.

**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><br>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 – <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><br><a href="#">Holiday Inn St. John's Newfoundland</a> , 180 Portugal Cove Rd, St. John's, NL A1B 2N2   | <b>Check-In</b><br>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><br> | 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><br>  | 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:**

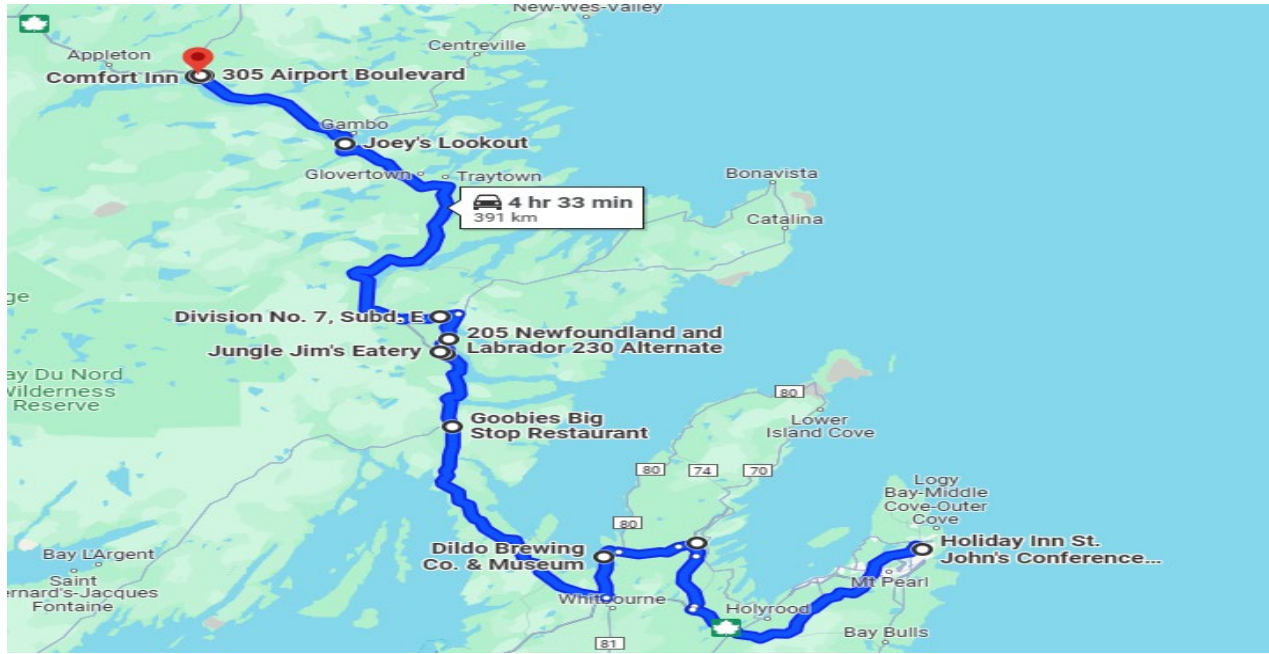
**Low Tide 0609, High Tide 1220, Low Tide 1856**



# 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 2P0                               |  |
| <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>                       |
| <b>Sunray</b>                | <b>Jim Gordon</b>  | <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><br><a href="#">Holiday Inn St. John's</a> 180 Portugal Cove Rd, St. John's, NL A1B 2N2  | <b>Check-In</b><br>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><br><a href="#">Jungle Jims Eatery</a> , 64 Manitoba Dr, Clareville, NL A5A 1K6 | 12:30 | <b>Lunch/Check-In</b><br> | 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)**

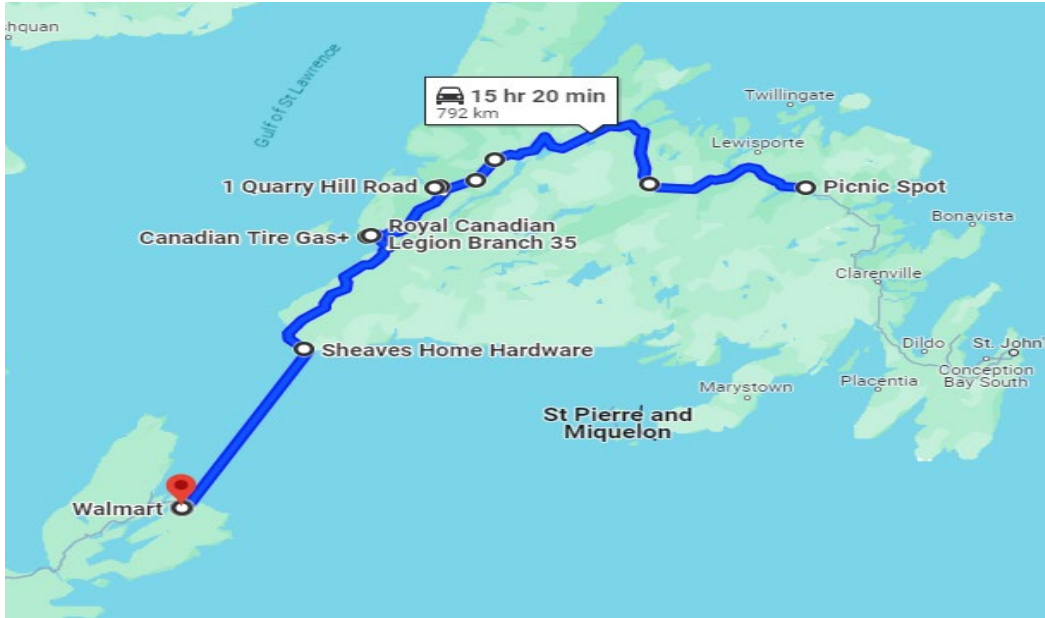




# The Rolling Barrage






## 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></b>                                      | <b><a href="mailto:NL@therollingbarrage.com">NL@therollingbarrage.com</a></b>                       |
| <b>Sunray</b>  | <b><a href="#">Jim Gordon</a></b>  | <b><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><br><b>MARSHALL AREA</b><br>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><br><b>CHECK-IN TRAILER CLOSES AT 07:30</b>           |                |   |                                   |        |        |
| MARSHALL AREA<br>Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0   | 08:00                           | <b>Irving Oil,</b><br>2 Badger Rd,<br>Badger, NL A0H 1A0                                    | 09:30          | <b>Fuel small Tanks Rest</b>   | 30 min                            | 123 km | 76 mi  |
| Irving Oil,<br>2 Badger Rd, Badger,<br>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><br><b>Royal Canadian Legion,</b><br>91 Main St,<br>Pasadena, NL A0L 1K0     | 12:30          | <b>Lunch/Check-In</b><br>                                     | 90 min                            | 24 km  | 15 mi  |
| Royal Canadian Legion,<br>91 Main St, Pasadena,<br>NL A0L 1K0   | 14:00                           | <b>Canadian Tire gas bar,</b><br>Stephenville NL  | 15:15          | <b>Fuel/Make Your Own Way to Legion</b>  | 30 min                            | 120 km | 75 mi  |
| Canadian Tire Gas+<br>15-17 Main St, Stephenville,<br>NL A2N 1H3  | 15:45                           | <b>Royal Canadian Legion Branch 35,</b> 45 Oregon Dr, Stephenville, NL A2N 2X7              | 15:50          | <b>Dinner</b><br>   | 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><br>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><br> |                                   | 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.**

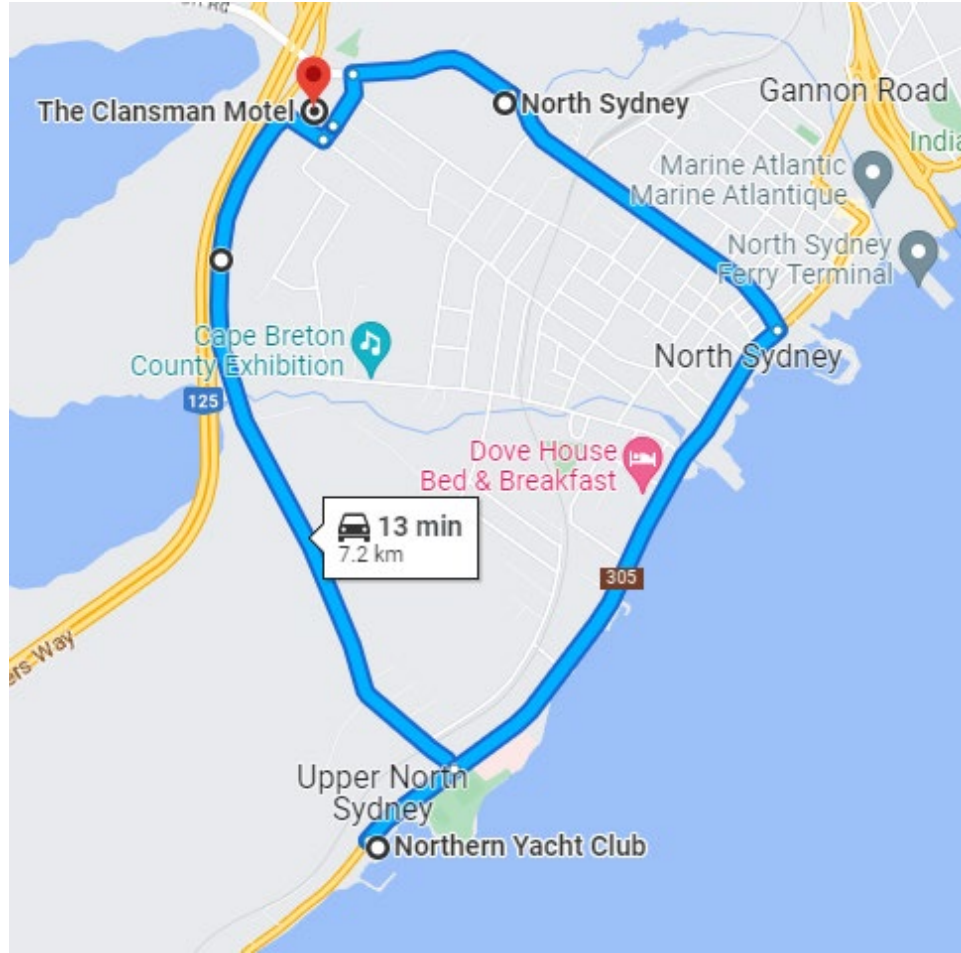




# The Rolling Barrage

## 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  |  |
| <b>A. 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 |  |
| <b>C. Morning Plan</b>         | <a href="#">Walmart Parking Lot</a>                    |  |
| <b>D. 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> ,<br>9 Baird St,<br>North Sydney, NS B2A 0A9 | <b>Check-In</b><br>Starts at<br>17:00 | <b>ALL FULL PULLERS MUST CHECK-IN for TRB 2024<br/>At This Point so They DON'T HAVE to IN THE MORNING</b> |       |  |           |      |
| The Clansman Motel,<br>9 Baird St,<br>North Sydney, NS B2A 0A9                  | 17:45                                 | <a href="#">Northern Yacht Club</a> ,<br>27 Seaview Dr, North Sydney,<br>NS B2A 3N5                       | 18:00 | <b>Tire Dip (for Full<br/>Pullers Starting in<br/>NS)/Dinner</b> |           | 3 km |
| Northern Yacht Club,<br>27 Seaview Dr,<br>North Sydney, NS B2A 3N5              | 19:30                                 | <a href="#">Walmart Parking Lot</a>   | 19:45 | <b>Explain Plan for<br/>Morning</b>                              |           | 4 km |
| Walmart Parking Lot   | 20:00                                 | <a href="#">The Clansman Motel</a> ,<br>9 Baird St,<br>North Sydney, NS B2A 0A9                           | 20:15 | <b>GET READY for KSU at<br/>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.<br><b>Riders Will be Dispatched to Fuel by Lead Tail Gunner</b> |  |
| <b>F. Fuel</b>                  | <a href="#">Petro-Canada</a> , Chéticamp, NS<br><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>    | <b>Ian Hutchings</b>  | <a href="mailto:NS@therollingbarrage.com">NS@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**

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



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

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

**Special Notes:**

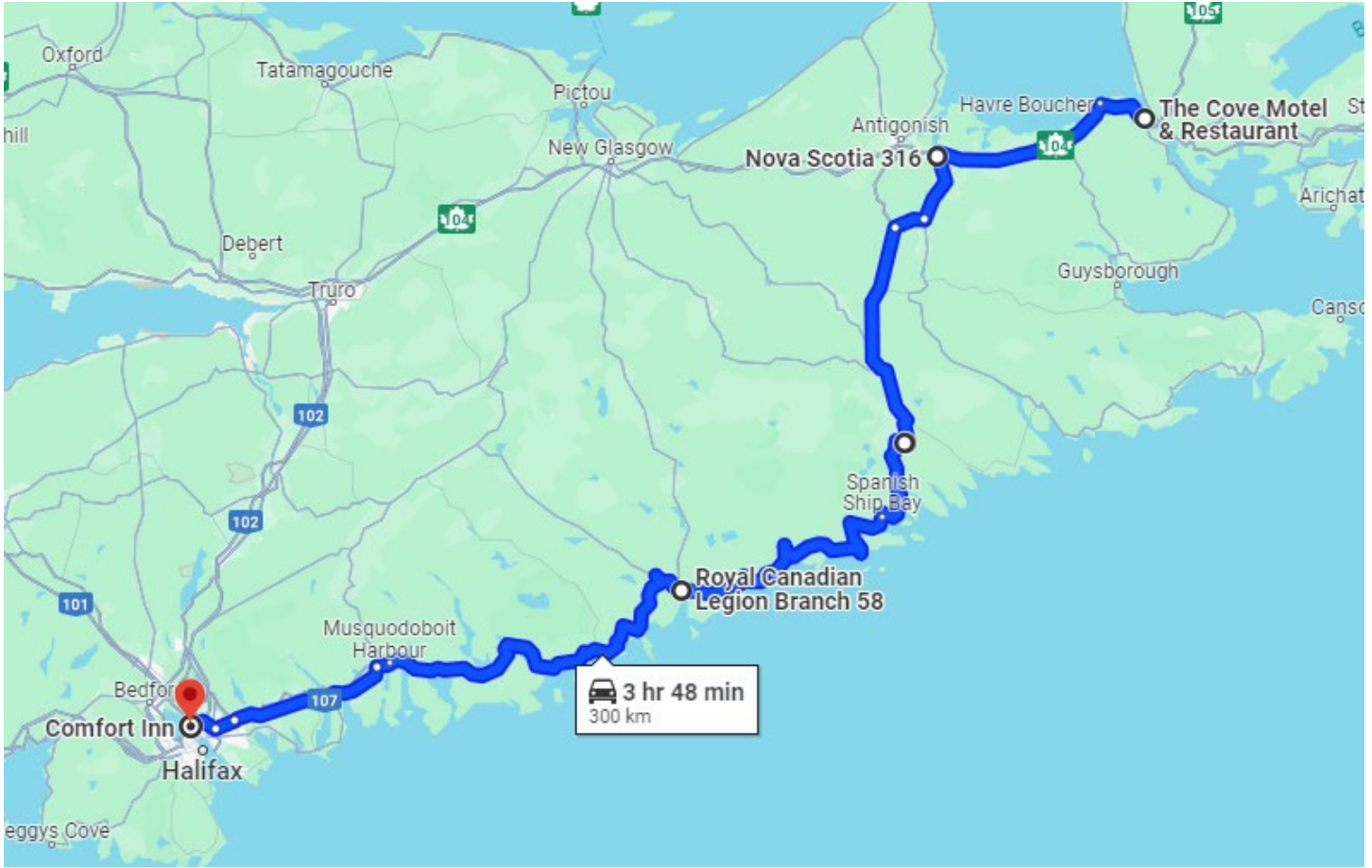
**After fueling in Chéticamp All bikes Rally to Chéticamp Fire Hall**



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

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

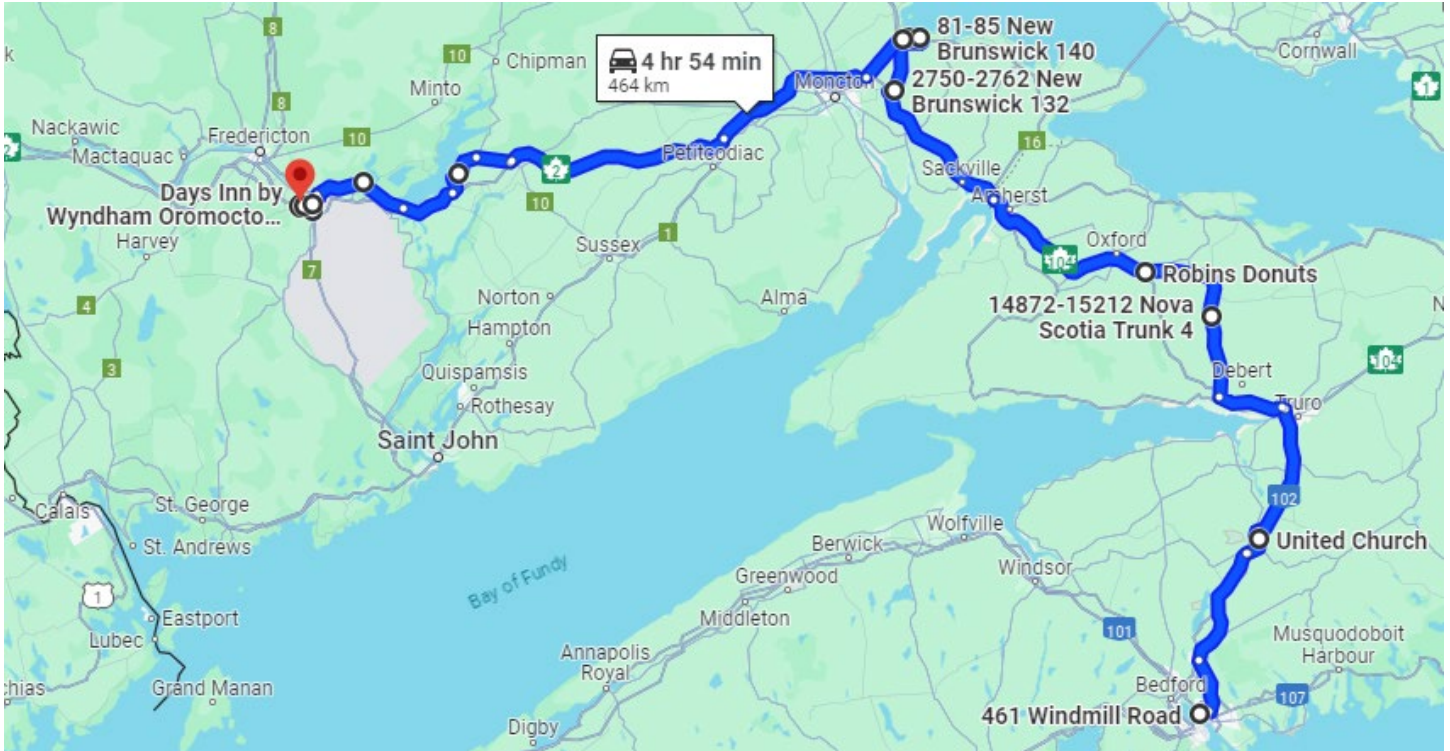
**Special Notes:**



# 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/<br/>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><br><a href="#">Glow The Event Store</a> ,<br>461 Windmill Rd, Dartmouth,<br>NS B3A 1J9   | <b>Check In</b><br>Starts<br>at<br>06:00 | <b>Marshall in large<br/>North parking lot</b>  |   |   |            |           |           |
| Glow The Event Store,<br>461 Windmill Rd, Dartmouth,<br>NS B3A 1J9  | 07:00                                    | <a href="#">United Church</a> , 2869 Nova<br>Scotia Trunk 2,<br>Shubenacadie,<br>NS B0N 2H0   | 07:35   | <b>Memorial</b>  | 45<br>Mins | 57<br>km  | 35<br>mi  |
| <b>Park in Church parking lot, walk to neighboring park, Respects to RCMP Const. Stevenson</b>  |  |   |   |  |            |           |           |
| United Church, 2869 Nova<br>Scotia Trunk 2,<br>Shubenacadie, NS B0N 2H0   | 08:30                                    | <a href="#">Ultramar-Gas Station</a><br>9768 NS-4, Oxford,<br>NS B0M 1P0                      | 09:45   | <b>Fuel</b>  | 45<br>Mins | 104<br>km | 65<br>mi  |
| Ultramar-Gas Station<br>9768 NS-4, Oxford,<br>NS B0M 1P0  | 10:30                                    | <b>Shediac</b><br><a href="#">Shediac Legion Br 33</a><br>386 Main St, Shediac,<br>NB E4P 2G1 | 11:45   | <b>Lunch<br/>Fuel on<br/>Own<br/>Check In</b><br> | 90<br>min  | 115<br>km | 71<br>mi  |
| Shediac Legion Br 33<br>386 Main St, Shediac,<br>NB E4P 2G1   | 13:15                                    | <a href="#">Big Lobster</a><br>229 Main St, Shediac,<br>NB E4P 2A5                            | 13:20   | <b>Photo</b><br>                                | 70<br>Mins | 2<br>km   | 1<br>mi   |
| Big Lobster<br>229 Main St, Shediac,<br>NB E4P 2A5  | 14:30                                    | <a href="#">Days Inn</a> ,<br>60 Brayson Blvd, Oromocto,<br>NB E2V 4T9                        | 16:30   | <b>Final</b>   |            | 187<br>km | 116<br>mi |
| <b>HOST HOTEL</b>   |  | Days Inn,<br>60 Brayson Blvd, Oromocto,<br>NB E2V 4T9   |   |  |            |           |           |
| <b>DINNER</b>   | 18:30                                    | <a href="#">Geary Lion's Club</a><br>712 Broad Rd,<br>Geary, NB E2V 3W6                       | <b>Shuttles to Dinner (17:45 &amp; 18:15)<br/>Shuttles From Dinner (21:15 &amp; 22:00)</b><br> |  |            |           |           |

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

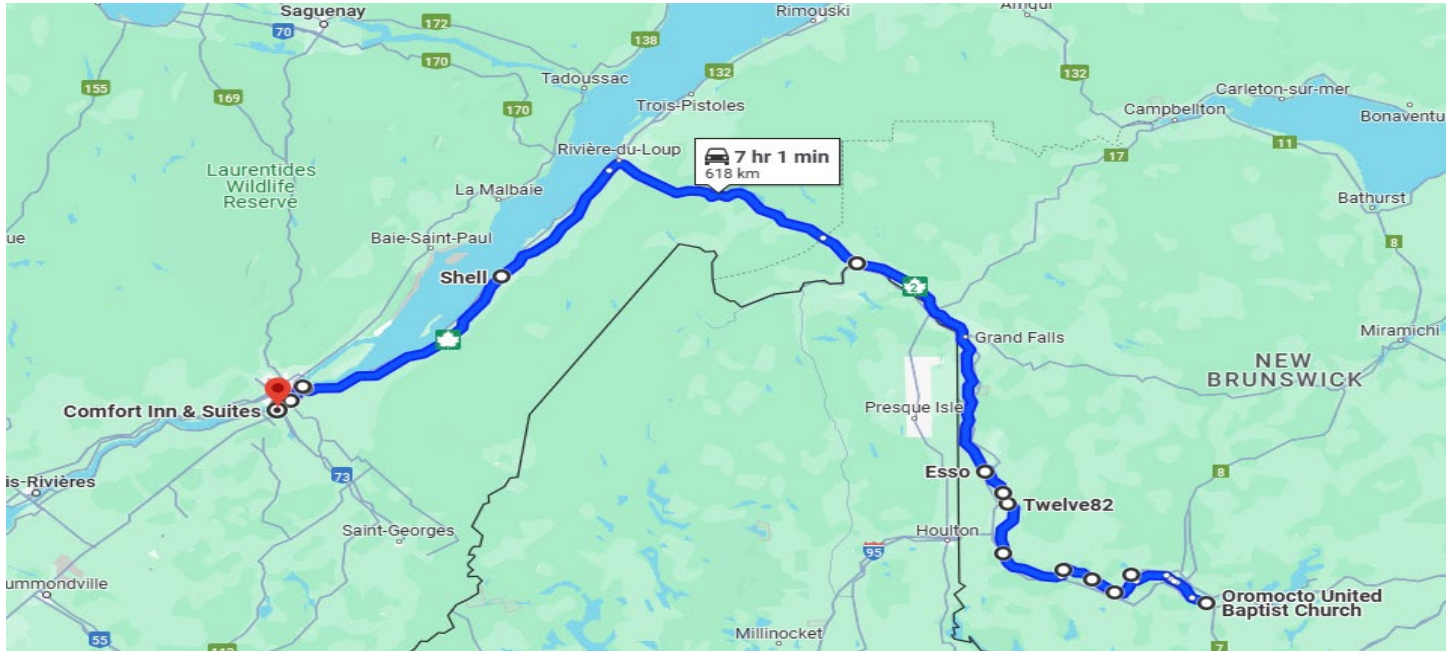
**Special Notes:**



# 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/HK26kMBYvHxoWLML6>

| 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><br><a href="#">Baptist Church</a> , 10 Doyle Dr,<br>Oromocto, NB E2V 0B4  | <b>Check-In</b><br>Starts<br>at<br>06:00 | <b>Marshall Point</b>   |       |   |            |           |           |
| Baptist Church, 10 Doyle Dr,<br>Oromocto, NB E2V 0B4  | 07:00                                    | <a href="#">Irving Oil</a> , 467 Route 105,<br>Nackawic, NB E6G 2N1   | 08:10 | <b>Rest</b>  | 50<br>Min  | 84<br>km  | 52<br>mi  |
| Irving Oil, 467 Route 105,<br>Nackawic, NB E6G 2N1  | 09:00                                    | <a href="#">Twelve82</a> , 365 Main St,<br>Hartland, NB E7P 2N1   | 09:45 | <b>Photo</b><br>                                  | 30<br>Mins | 69<br>km  | 43<br>mi  |
| Twelve82, 365 Main St,<br>Hartland, NB E7P 2N1  | 10:15                                    | <a href="#">Esso</a> , 305 Route 110,<br>Florenceville NB, E7L 3P8  | 10:35 | <b>Fuel</b>  | 40<br>Min  | 23<br>km  | 14<br>mi  |
| Esso, 305 Route 110,<br>Florenceville NB,<br>E7L 3P8  | 11:15                                    | <a href="#">Edmundston</a> Truck Stop, 100<br>Grey Rock Rd, Edmundston,<br>NB E3V 4E8   | 12:30 | <b>Lunch<br/>Fuel</b>  | 90<br>min  | 134<br>km | 83<br>mi  |
| Edmundston Truck Stop, 100<br>Grey Rock Rd, Edmundston,<br>NB E3V 4E8   |  | <b>Edmundston</b><br><a href="#">The Steeler's Pub</a><br>Parking Lot<br><b>MARSHALL AREA</b>   |       | <b>Check-In<br/>Marshalled by<br/>13:45</b><br> |            | 550<br>m  | 601<br>yd |
| TIME ZONE CHANGE AFTER Edmonston Truck Stop 1 HR BACK   |  |   |       |  |            |           |           |
| The Steeler's Pub Parking Lot<br><b>MARSHALL AREA</b>   | 14:00                                    | <b>Saint-Roch-des-Aulnaies</b><br><a href="#">Shell</a> , 483 Rte de la<br>Seigneurie, Saint-Roch-des-<br>Aulnaies, Quebec G0R 4E0    | 13:45 | <b>Fuel<br/>Check-In</b><br>                    | 45<br>min  | 189<br>km | 117<br>mi |
| Shell, 483 Rte de la Seigneurie,<br>Saint-Roch-des-Aulnaies,<br>Quebec G0R 4E0  | 14:30                                    | <a href="#">Parc de la Paix</a> , Rue du<br>Mémorial, Lévis, Québec,<br>G6V 8Y1   | 15:45 | <b>Memorial/<br/>Meet<br/>Police</b>   | 30<br>min  | 105<br>km | 65<br>mi  |
| Parc de la Paix, Rue du<br>Mémorial, Lévis, Québec,<br>G6V 8Y1  | 16:15                                    | <a href="#">Comfort Inn &amp; Suites</a> Lévis,<br>(Saint-Nicolas), Quebec<br>G7A 2N9   | 16:45 | <b>Final</b>   |            | 20<br>km  | 12<br>mi  |
| <b>HOST HOTEL</b>   |  | Comfort Inn & Suites, 1394<br>Rte des Rivières Lévis, (Saint-<br>Nicolas), Quebec G7A 2N9   |       |  |            |           |           |
| <b>DINNER</b>   | 18:30                                    | <a href="#">La Boite à Malt -<br/>Microbrasserie/Resto-Pub</a> ,<br>1810 Rte des Rivières #402,<br>Lévis (St-Nicolas),<br>QC, G7A 2P6 |       | Walking distance 1 km (15 min)<br>Shuttle to Dinner (18:00 & 18:10)<br>Shuttle From Dinner (21:30 & 21:40)                           |            |           |           |

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

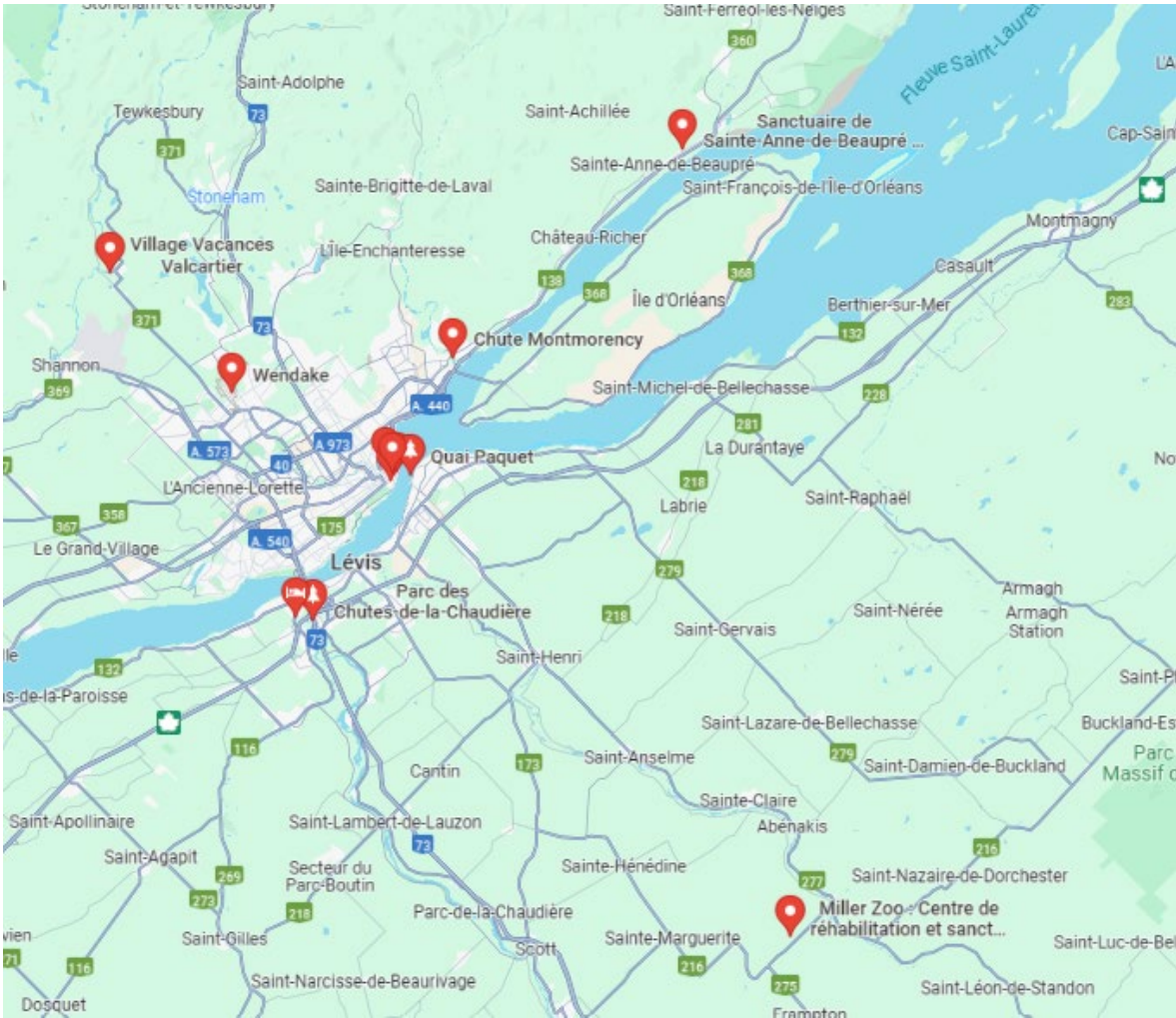
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC

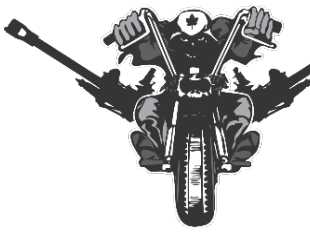


Go to Google Maps: <https://maps.app.goo.gl/dnLDd9vo51wTi5FX7>



| Things to do in Québec            |  |
|-----------------------------------|--|
| ACTIVITY                          | ACTIVITY   |
| A. Breakfast                      | <p><b>All these activities are on your own.</b></p> <p><b>*You must make your own reservation</b> for some activity in advance</p> <p>PLEASE NOTE: It is not possible to ride a motorcycle everywhere in Old Quebec City – See the list of parking lots (Cost: +/- \$25 for the day)</p> <p>Bring comfortable walking shoes.</p> <p>A map with the points of interest of Old Québec can be given to you at the hotel.</p> <p>(Other recommendations for possible activities according to your interest: Contact the provincial leads: François and Michelle)</p> |
| B. Lunch On Your Own              |  |
| C. City bus tour                  |  |
| D. La Citadelle                   |  |
| E. Dufferin Terrace               |  |
| F. AML Cruise                     |  |
| G. Café Félin Ma langue Aux Chats |  |
| H. Paquet Dock (Lévis)            |  |
| I. Wendake                        |  |
| J. Montmorency Falls              |  |
| K. St. Anne's Basilica            |  |
| L. Chaudière Falls Park           |  |
| M. Valcartier Vacation Village    |  |
| N. Miller Zoo                     |  |
| <a href="#">Host Hotel</a>        | Comfort Inn & Suites   |
| • Supper                          | On Your Own / Restaurant nearby the hotels will be notify about TRB  |

| Things to do in Quebec City *** See websites for more information ***                                     |  |   |
|---|--|---|
| <b>MAKE SURE THE FUEL IS REFILLED FOR THE NEXT MORNING</b>  |  |   |
| <b>Don't forget that you are all ambassadors for The Rolling Barrage</b>                                  |  |   |
| ACTIVITY  | COST                                   | DESCRIPTION OF THE ACTIVITY   |
| Breakfast   |  | At the hotel or on your own   |
| Lunch   |  | On your own   |
| ACTIVITIES IN OLD QUEBEC  |  |   |
| <a href="#">Guided Bus Tour – Individual Tour</a>   | \$40 +tx                               | City tour of Old Quebec by bus. You will discover all the attractions of this historic sector of the city. <u>There are no stops along the way.</u> Duration: 90 min. <b>*You must make your own reservation</b>  |
|   |  | <b>Address:</b> 12 Rue Sainte-Anne, Québec, QC G1R 3X3  |
|   |  | <b>Website:</b> <a href="https://toursvieuxquebec.com/">https://toursvieuxquebec.com/</a>   |
| <a href="#">Visit of La Citadelle</a>   | Free for Veterans (and up to 3 guests) | Visit the Citadelle of Quebec and the museum. Check the website for schedules <b>*You must make your own reservation</b>  |
|   |  | <b>Address:</b> 1, Côte de la Citadelle, Québec, G1R 3R2  |
|   |  | <b>Website:</b> <a href="https://www.lacitadelle.qc.ca/fr/">https://www.lacitadelle.qc.ca/fr/</a>   |
| <a href="#">Saint-Louis Forts and Châteaux National Historic Site (Under Dufferin Terrace/Old Québec)</a> | Free for Veterans                      | Hidden under the Dufferin Terrace, the remains of the Château Saint-Louis reveal the seat of power of the French and British governors from 1620 to 1834. Immerse yourself in more than 200 years of diplomatic relations and alliances, including those with the Huron-Wendat Nation |
|   |  | <b>Address (Entrance/Ticket Office):</b> Dufferin Kiosk on the Terrace, in front of the Château Frontenac (1 Rue des Carriere, Quebec City, Qc, G1R 5J5   |
|   |  | <b>Website:</b> <a href="https://parcs.canada.ca/lhn-nhs/qc/saintlouisforts">https://parcs.canada.ca/lhn-nhs/qc/saintlouisforts</a>   |
| <a href="#">AML Cruise (Old Quebec)</a>   | Various                                | A variety of cruises are available to discover the region while sailing on the St. Lawrence River. <b>*You must make your own reservation.</b>  |
|   |  | <b>Address:</b> 124 Rue Saint-Pierre, Québec, Qc G1K 4A7  |
|   |  | <b>Website:</b> <a href="https://www.croisieresaml.com/">https://www.croisieresaml.com/</a>   |



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC

|  |   |  |
|--|---|--|
| <a href="#">Café Félin Ma langue Aux Chats</a>   | Various   | <p>Café Félin Ma langue Aux Chats is a small restaurant whose owner is a veteran. You can enjoy a coffee, eat a small bite, surrounded by cats, in a very warm atmosphere.</p> <p><b>Attention: Cats and dogs on site / Your assistance dog is welcome!</b></p> <p>Address: 307 Rue Saint-Paul, Québec, G1K 3W6</p> <p>Website: <a href="http://cafemalangueauxchats.ca">Café Félin Ma langue Aux Chats (cafemalangueauxchats.ca)</a></p>  |
| <a href="#">Paquet Dock and Ferry</a><br><br>(Lévis / South Shore of the St. Lawrence River) | Ferry:<br>\$4/crossing (pedestrian Without vehicle) | <p><u>Paquet Dock and Ferry</u>: Discover the best view of the Château-Frontenac and the city from the south shore of the St. Lawrence River. Food trucks and entertainment on site.</p> <p>Park and take the ferry to Old Quebec.</p> <p>Address: 6075 Rue St-Laurent, Lévis, G6V 3P5</p> <p>Ferry website: <a href="https://www.traversiers.com/en/our-ferries/quebec-city-levis-ferry/schedule">https://www.traversiers.com/en/our-ferries/quebec-city-levis-ferry/schedule</a></p>   |
| <b>ACTIVITIES OUTSIDE OLD QUEBEC (North Shore of the St. Lawrence)</b>                       |   |  |
| <a href="#">Wendake</a>  | Various   | <p>Discover a unique place that combines tradition and modern.</p> <p><b>*You must make your own reservation</b></p> <p>Address: 40 boulevard Bastien, Webdake (Québec) G0A 4V0</p> <p>Website: <a href="https://tourismewendake.ca/en/">https://tourismewendake.ca/en/</a></p>  |
| <a href="#">Montmorency Falls</a>  | Various   | <p>Montmorency Falls: Located 15 minutes from Old Quebec, Montmorency Falls Park is a spectacular historic site. The waterfall dominates the landscape with its 83 meters in height. During your visit, you will be able to approach it in different ways and feel its full force.</p> <p>Address: 5300 Boulevard Sainte-Anne, Québec, G1C 0M3</p> <p>Website: <a href="https://www.sepaq.com/destinations/parc-chute-montmorency/index.dot?language_id=1">https://www.sepaq.com/destinations/parc-chute-montmorency/index.dot?language_id=1</a></p> |
| <a href="#">St. Anne's Basilica</a>  | Free  | <p>St. Anne's Basilica: is a Catholic church dedicated to St. Anne. Its history began in 1658. It is a world-famous pilgrimage site</p> <p>Address: 10018 avenue Royale, Sainte-Anne-de-Baupré (Qc), G0A 3C0</p> <p>Website: <a href="http://santaannesaintanne.org">Sainte-Anne-de-Baupré Shrine: Place of Devotion and History (santaannesaintanne.org)</a></p>  |
| <a href="#">Valcartier Vacation Village</a>  | \$58 +tx for the day                                | <p>Take advantage of the water slides and wave pool to cool off!</p> <p><b>*If the weather is very nice, arrive very early as it will be very busy - Need swimsuit!</b></p> <p>Address: 2280 Valcartier Blvd., Valcartier (Qc), G0A 4S0</p> <p>Website: <a href="http://villagelvacancesvalcartier.com">Village Vacances Valcartier   Quebec City Recreation and Tourism Complex</a></p>   |

**ACTIVITIES OUTSIDE OLD QUEBEC (South Shore of the St. Lawrence)**

|   |                  |  |
|---|------------------|--|
| <p><a href="#">Chaudière Falls Park</a></p> | <p>Free</p>      | <p>A few minutes from the hotel, the Chutes-de-la-Chaudière Falls Park offers outdoor and quiet trails. You can walk across a bridge over the river. Bring your own lunch!<br/>                 Parking: <a href="https://maps.app.goo.gl/hnHb3ATyZSuoC6hv9">https://maps.app.goo.gl/hnHb3ATyZSuoC6hv9</a><br/>                 Website: <a href="http://parcsnaturelsquebec.org">Parc des Chutes-de-la-Chaudière – Parks and Natural Spaces in the Québec City and Chaudière-Appalaches Regions (parcsnaturelsquebec.org)</a></p> |
| <p><a href="#">Miller Zoo</a></p>           | <p>\$30 + tx</p> | <p>45 minutes from the hotel: Zoo (Bears, Raccoons, foxes, wolves, tigers, lions, lemurs, coati, exotic birds and much more!)<br/>                 Possibility of VIP visit or guided tour (reservation required)<br/>                 Address: 20 Hurley Road, Frampton G0R 1M0<br/>                 Website: <a href="#">Miller Zoo - more than a zoo, a place of learning and awareness</a></p>   |
| <p><a href="#">HOST HOTEL</a></p>           |                  | <p>Comfort Inn &amp; Suites, 1394 Rte des Rivières, Levis, Quebec G7A 2N9</p>  |
| <p>Dinner</p>                               |                  | <p>On Your Own / Restaurant nearby the hotels will be notify about TRB</p>   |

**Special Notes:**

**Motorcycle accessible parking lots in Old Québec:**

- [Parking D'Youville](#) 965 Rue D'Youville, Quebec City, Qc, G1R 3P1
- [Parking Place Gorges VI](#) Avenue Georges VI, Quebec City, Qc, G1R 3R2
- [Parking lot Marie-Guyart](#) 1050 Rue Louis-Alexandre Taschereau, Québec, Qc, G1G 5E6
- [Dalhousie Parking](#) 40, Rue Dalhousie, Québec, Qc, G1K 4B2

Old Quebec City map will be available at the hotel – **No acces to Motorcycles in the area circled in red below**



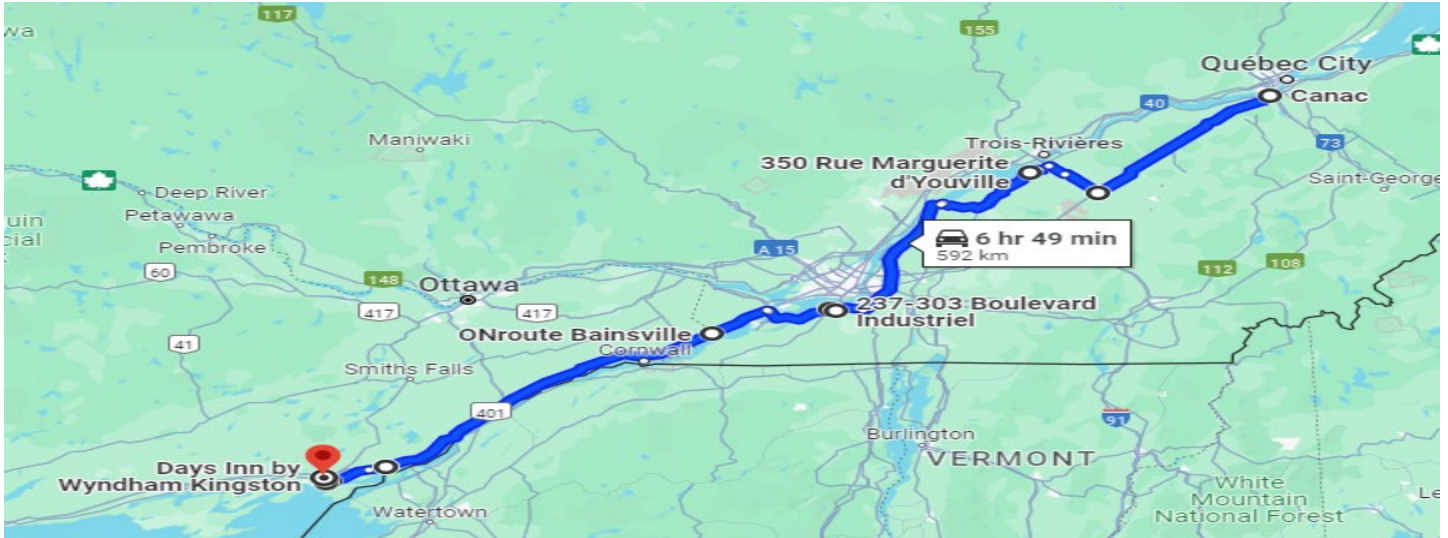




# The Rolling Barrage

## 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/pqubdujqDQfn7Tqn7>

| 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> , Saint-Nicolas, Quebec G7A 2N9                            |  |
| <b>A. Depart</b>                       | <a href="#">Canac</a> , 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="#">Transport JGRS Boudreault</a> , 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>I. Meet Mayor/Town Crier</b>        | <a href="#">Kingston City Hall</a> , Kingston, ON K7L 2Z3                        |  |
| • <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 – <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>Saint-Nicolas, Lévis</b><br><b>Canac</b> , 1450 Rte des Rivières,<br>Saint-Nicolas, Quebec G7A<br>2N9  | <b>Check-In</b><br>Starts<br>at<br>06:00 | <b>Marshall Area Parking Lot</b>  |       |    |                    |           |           |
| Canac, 1450 Rte des Rivières,<br>Saint-Nicolas, Quebec G7A<br>2N9   | 07:00                                    | <b>Ultramar - Gas Station</b> , 320<br>Rue Aubry, Sainte-Eulalie,<br>Quebec G0Z 1E0   | 08:00 | <b>Fuel<br/>Rest</b>  | 45<br>min          | 102<br>km | 63<br>mi  |
| Ultramar - Gas Station, 320<br>Rue Aubry, Sainte-Eulalie,<br>Quebec G0Z 1E0   |  | <b>Transport JGRS Boudreault</b><br>323 Rue Aubry, Sainte-<br>Eulalie, QC G0Z 1E0   |       | <b>Marshall</b>   |                    | 150<br>m  | 164<br>yd |
| Transport JGRS Boudreault<br>323 Rue Aubry, Sainte-<br>Eulalie, QC G0Z 1E0  | 08:45                                    | <b>Nicolet</b><br><b>École nationale de police<br/>du Québec</b> , 350 Rue<br>Marguerite d'Youville,<br>Nicolet, QC J3T 1X4 | 09:30 | <b>Memorial<br/>Check-In</b><br>                 | 45<br>min          | 42<br>km  | 26<br>mi  |
| École nationale de police du<br>Québec, 350 Rue Marguerite<br>d'Youville, Nicolet, QC J3T<br>1X4  | 10:15                                    | <b>Châteauguay</b><br><b>Chateauguay Community<br/>Church</b> , 111 Rue Lauzon,<br>Châteauguay, QC J6K 1C7                  | 12:30 | <b>Lunch/Fuel<br/>on Own/<br/>Check-In</b><br> | 60<br>min          | 167<br>km | 104<br>mi |
| Chateauguay Community<br>Church, 111 Rue Lauzon,<br>Châteauguay, QC J6K 1C7   | 13:30                                    | <b>Bainsville</b><br><b>OnRoute</b> , 22064 N Service<br>Rd, Bainsville, ON K0C 1E0   | 14:15 | <b>Small Tanks<br/>Fuel<br/>Check-In</b><br>   | 15<br>min          | 64<br>km  | 40<br>mi  |
| OnRoute, 22064 N Service<br>Rd, Bainsville, ON K0C 1E0  | 14 :30                                   | <b>Canadian Tire Gas+</b> , 703<br>King St E, Gananoque,<br>ON K7G 1H4  | 16:15 | <b>Fuel</b>   | 45<br>min          | 180<br>km | 112<br>mi |
| Canadian Tire Gas+, 703 King<br>St E, Gananoque, ON K7G<br>1H4  |  | <b>550 Talbot Pl</b> , Gananoque,<br>ON K7G 3C6   |       | <b>Marshall<br/>Check-In</b><br>               |                    | 400<br>m  | 437<br>yd |
| 550 Talbot Pl, Gananoque,<br>ON K7G 3C6   | 17:00                                    | <b>Kingston City Hall</b> , 216<br>Ontario St, Kingston, ON<br>K7L 2Z3  | 17:30 | <b>Meet<br/>Mayor/Town<br/>Crier</b>  | 45<br>min          | 35<br>km  | 22<br>mi  |
| Kingston City Hall, 216<br>Ontario St, Kingston, ON K7L<br>2Z3  | 18:15                                    | <b>Days Inn by Wyndham<br/>Kingston</b> , 1 First Canada<br>Ave, Kingston, ON K7K 6W2                                       | 18:30 | <b>Final</b>  |                    | 5 km      |           |
| <b>HOST HOTEL</b>   |  | Days Inn by Wyndham<br>Kingston, 1 First Canada<br>Ave, Kingston, ON K7K 6W2  |       |   |                    |           |           |
| <b>DINNER</b>   |  | <b>Royal Canadian Legion<br/>Branch 560</b> , 734 Montreal<br>St, Kingston, ON K7K 3J4                                      |       |    | Shuttle Starts at; |           |           |

**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

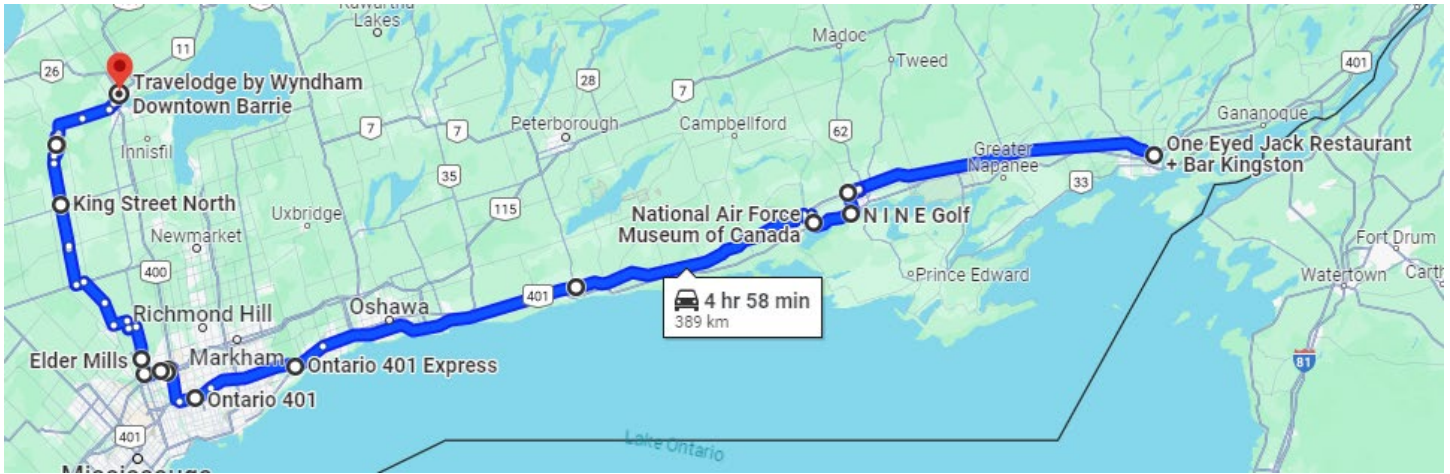
Day 08 (Sun 04 Aug 2024) Levis QC – Kingston ON



# 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><br><a href="#">One Eyed Jack Restaurant + Bar Kingston</a> , 417 Weller Ave, Kingston, ON K7K 6K3 | <b>Check-In</b><br>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><br><a href="#">National Air Force Museum of Canada</a> , 220 RCAF Rd, Astra, ON K0K 3W0   | 09:50 | <b>Museum Check In</b><br>                | 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><br><a href="#">Carpenters Local 27</a> , 222 Rowntree Dairy Rd, Woodbridge, ON L4L 9T2 | 13:30 | <b>Lunch/ Fuel on Own/ Check In</b><br> | 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><br>                       | 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:**

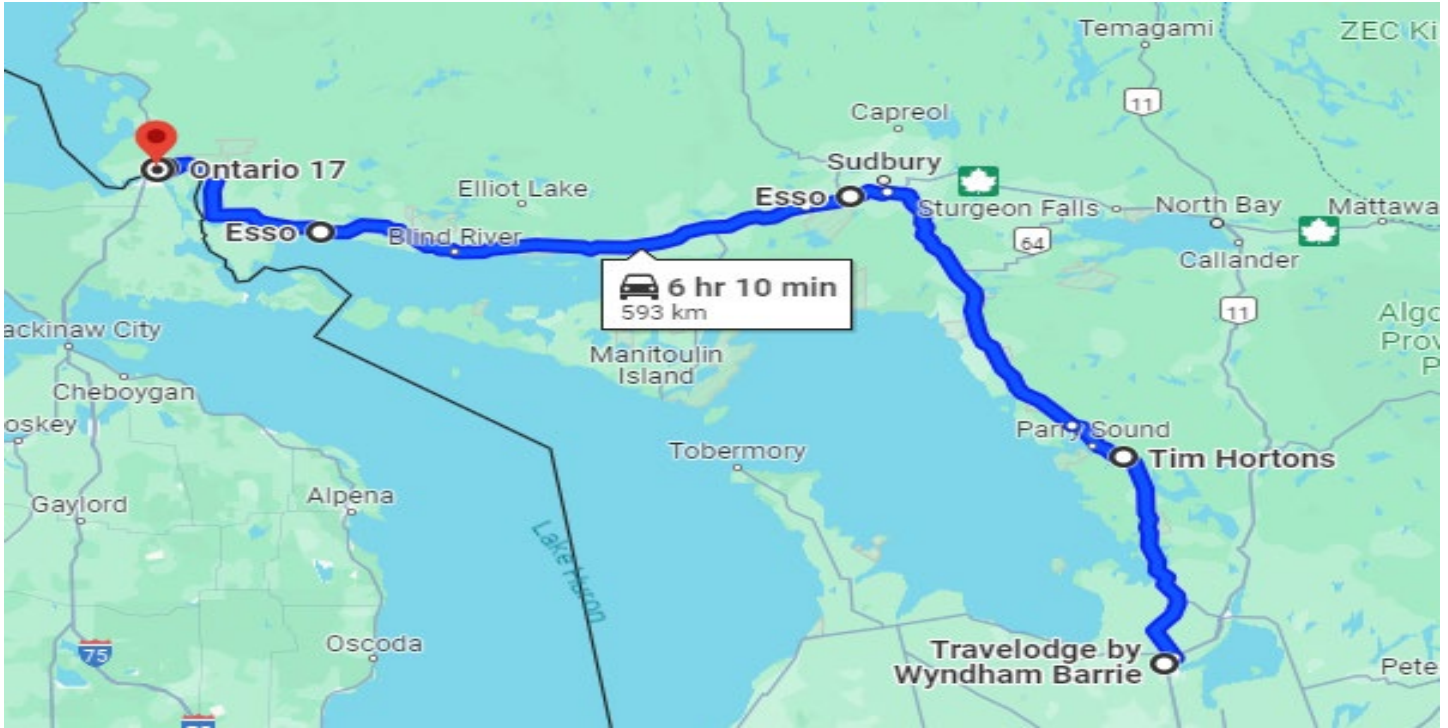




# The Rolling Barrage


## Coast to Coast Ride To Combat PTSD

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



Go to Google Maps: <https://maps.app.goo.gl/uTmndYfWFKFncqUV9>

| 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="#">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>B. 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>C. 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>D. 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>               | <b>On Your Own</b>  |  |
| 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> |

|  |
|--|
| <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     |
|--|------------------------------------|---|-------|--|-----------|--------|--------|
| <b>Barrie</b><br><a href="#">Travelodge by Wyndham Downtown Barrie</a> , 300 Bayfield St, Barrie, ON L4M 3B9 | <b>Check-In</b><br>Starts at 06:45 | <b>Breakfast</b>  |       |   |           |        |        |
| Travelodge by Wyndham Downtown Barrie, 300 Bayfield St, Barrie, ON L4M 3B9                                   | 08:00                              | <a href="#">Tim Hortons</a> , 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8                                  | 09:10 | <b>Rest/Small Tanks Fuel</b>   | 45 min    | 119 km | 74 mi  |
| Tim Hortons, 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8  | 10:00                              | <b>Lively</b><br><a href="#">Esso</a> , 105 Regional Rd 24, Lively, ON P3Y 1C3                              | 12:00 | <b>Fuel/ Lunch on Own/ Check In</b><br> | 90 min    | 182 km | 113 mi |
| Esso, 105 Regional Rd 24, Lively, ON P3Y 1C3   | 13:30                              | <b>Thessalon</b><br><a href="#">Esso</a> , 10 Lakeside Dr, Thessalon, ON P0R 1K0                            | 15:45 | <b>Fuel/ Check In</b><br>               | 60 min    | 204 km | 127 mi |
| Esso, 10 Lakeside Dr, Thessalon, ON P0R 1K0  | 17:00                              | <a href="#">Super 8 by Wyndham Sault Ste Marie On</a> , 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3 | 18:00 | <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>  |                                    | On Your Own   |       |  |           |        |        |

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

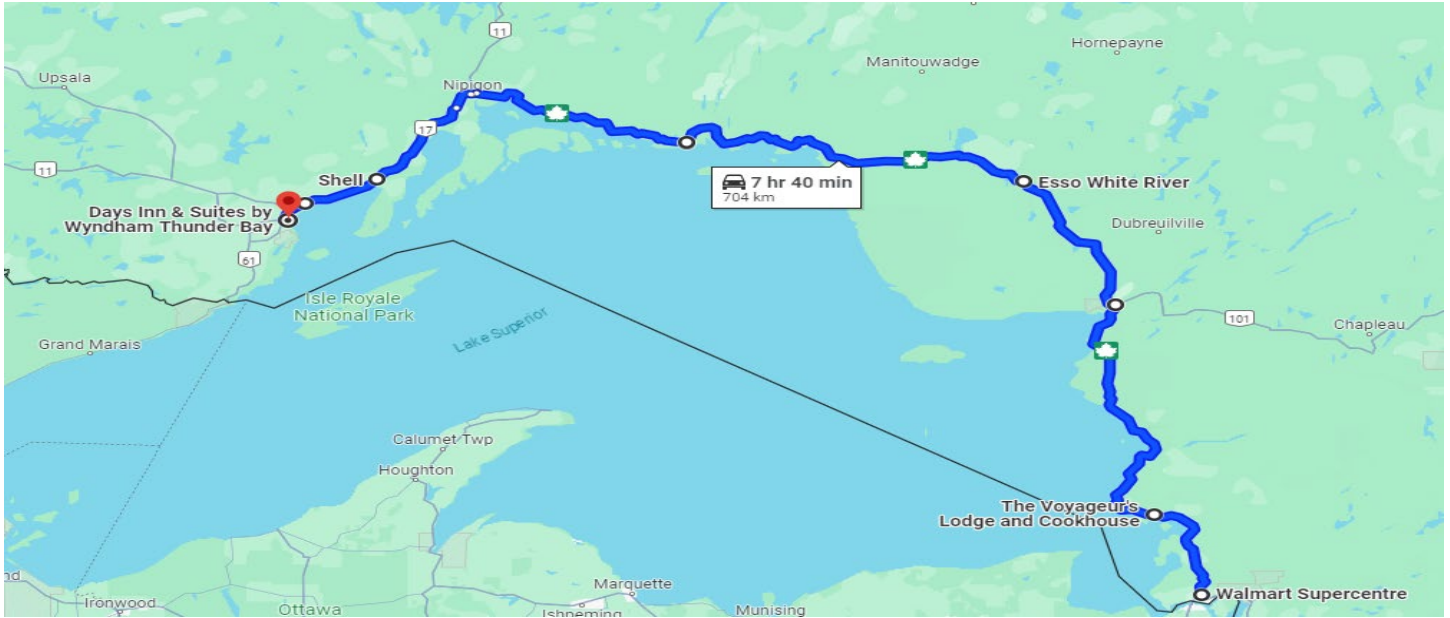
**Special Notes:**



# 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/tuR2f54SXBbZLDcU8>

| 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="#">Walmart Supercentre</a> , Sault Ste. Marie, ON P6B 4Z9                           |  |
| <b>A. Depart</b>                | <a href="#">Walmart Supercentre</a> , Sault Ste. Marie, ON P6B 4Z9                           |  |
| <b>B. Rest/Small Tanks Fuel</b> | <a href="#">The Voyageur's Lodge and Cookhouse</a> , Batchawana Bay, ON P0S 1A0              |  |
| <b>C. Fuel</b>                  | <a href="#">Petro-Canada Charging Station</a> , Wawa, ON P0S 1K0                             |  |
| <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</a> , Wawa, ON P0S 1K0                    |  |
| <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</a> , 201 ON-17, White River, ON P0M 3G0                                    |  |
| <b>F. Stage For Fuel</b>        | <a href="#">Sun Country Highway Charging Station</a> , Terrace Bay, ON P0T 2W0               |  |
| <b>G. Marshal After Fuel</b>    | <a href="#">Terrace Bay Tourist Information Centre</a> , 1008 ON-17, Terrace Bay, ON P0T 2W0 |  |
| <b>H. Fuel</b>                  | <a href="#">Shell</a> , Shuniah, ON P0T 2M0  |  |
| <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</a> , Terry Fox Scenic Lookout         |  |
| • <b>Host Hotel</b>             | <a href="#">Days Inn &amp; Suites by Wyndham Thunder Bay</a> , 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>   |  |
| 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>Sault Ste. Marie</b><br><a href="#">Walmart Supercentre</a> , 446 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z9 | <b>Check-In</b><br>Starts at 06:00 |   |       |   |           |         |         |
| Walmart Supercentre, 446 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z9   | 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><br><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><br>                                | 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><br>                                    | 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

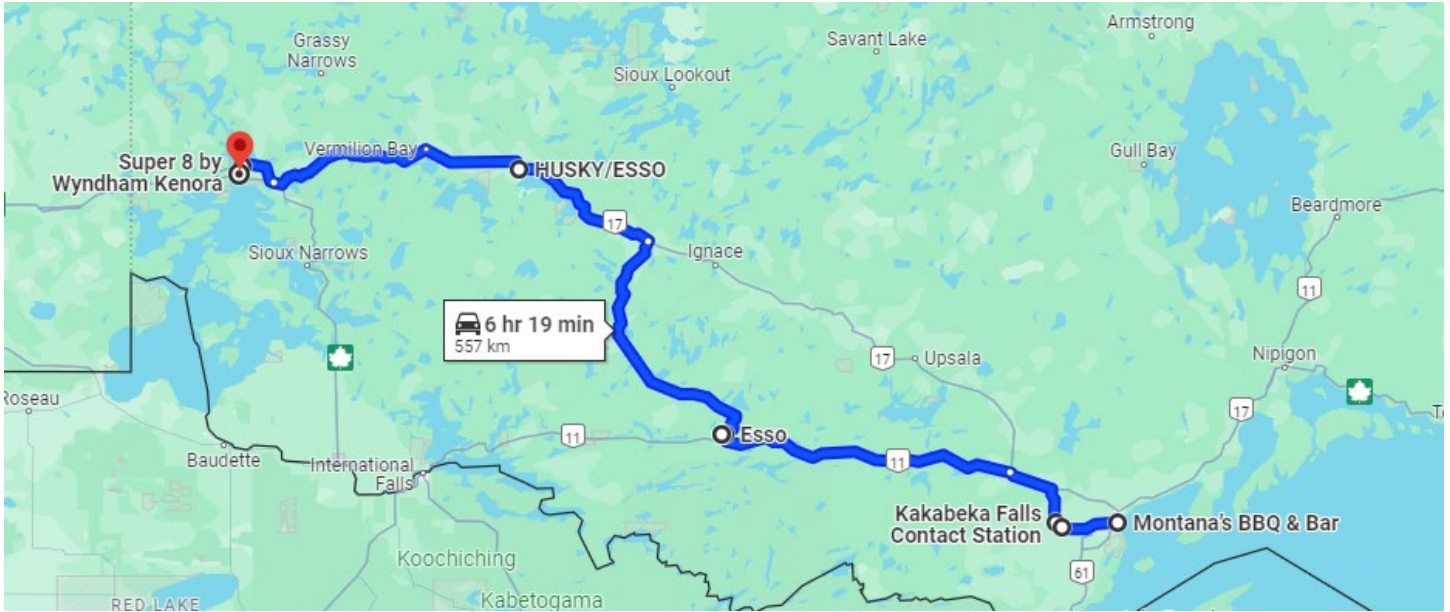
**Special Notes:**



# 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/kKYmqFFwBVkt8msV6>

| 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><br><a href="#">Montana's BBQ &amp; Bar</a> , 615 Sibley Dr, Thunder Bay, ON P7B 6Z8   | <b>Check-In</b><br>Starts at 06:00 |   |       |                               |           |         |         |
| Montana's BBQ & Bar, 615 Sibley Dr, Thunder Bay, ON P7B 6Z8  | 07:00                              | <b>Kakabeka Falls</b><br><a href="#">Royal Canadian Legion Branch 225</a> , 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0 | 07:20 | <b>Breakfast Check In</b><br> | 60 min    | 26.8 km | 16.7 mi |
| Royal Canadian Legion Branch 225, 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0  | 08:30                              | <a href="#">Kakabeka Falls Contact Station</a> , Oliver Paipoonge, ON P0T 1W0   | 08:35 | <b>Photo</b><br>              | 45 min    | 3.1 km  | 1.9 mi  |
| <b>TIME ZONE CHANGE AFTER 1 HR BACK</b>  |                                    |   |       |  |           |         |         |
| Kakabeka Falls Contact Station, Oliver Paipoonge, ON P0T 1W0   | 09:15                              | <a href="#">Esso</a> , 2 Mercury Ave, Atikokan, ON P0T 1C0  | 10:15 | <b>Fuel/Make Your Own Way to Legion</b>  |           | 176 km  | 109 mi  |
| <b>Modified Route to Legion for Lunch (Construction)</b><br>After fueling at Esso, continue West on MacKenzie to Burns St.<br>Right on Burns St., Left into Ally (second entrance)<br>Then Right behind the Legion to Paved parking lot. |                                    |   |       |  |           |         |         |
| Esso, 2 Mercury Ave, Atikokan, ON P0T 1C0  |                                    | <b>Atikokan</b><br><a href="#">Royal Canadian Legion Branch 145</a> , 115 O'Brien St, Atikokan, ON P0T 1C0                    |       | <b>Lunch Check In</b><br>   | 90 min    | 1.1 km  | .7 mi   |
| Royal Canadian Legion Branch 145, 115 O'Brien St, Atikokan, ON P0T 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><br><a href="#">Super 8 by Wyndham Kenora</a> ,<br>240 Lakeview Dr,<br>Kenora, ON P9N 0H2  | <b>Check-In</b><br>Starts<br>at<br>07:00 |  |       |   |           |           |           |
| Super 8 by Wyndham Kenora,<br>240 Lakeview Dr,<br>Kenora, ON P9N 0H2  | 08:00                                    | <b>Prawda</b><br><a href="#">Prawda Shell</a><br>Trans-Canada Hwy,<br>Prawda, MB R0E 0X0                 | 09:15 | <b>Rest/Check-In</b><br>                                | 45<br>min | 100<br>km | 62<br>mi  |
| Prawda Shell<br>Trans-Canada Hwy,<br>Prawda, MB R0E 0X0   | 10:00                                    | <b>Steinbach</b><br><a href="#">Big Freight Systems Inc.</a> ,<br>360 MB-12, Steinbach,<br>MB R5G 1A6    | 10:55 | <b>Lunch<br/>Check-In</b><br>                           | 90<br>min | 81<br>km  | 50<br>mi  |
| Big Freight Systems Inc., 360<br>MB-12, Steinbach,<br>MB R5G 1A6  | 12:30                                    | <b>Winnipeg</b><br><a href="#">Winnipeg Harley Davidson</a><br>1377 Niakwa Rd E,<br>Winnipeg, MB R2J 3T3 | 13:10 | <b>Break<br/>Check-In<br/>Meet Escorts</b><br>          | 90<br>min | 62<br>km  | 39<br>mi  |
| Winnipeg Harley Davidson<br>1377 Niakwa Rd E,<br>Winnipeg, MB R2J 3T3   | 14:45                                    | <a href="#">Flying J Travel Center</a><br>4100 Portage Ave,<br>Headingley, MB R4H 1C5                    | 15:30 | <b>Fuel</b>  | 45<br>min | 24<br>km  | 15<br>mi  |
| Flying J Travel Center<br>4100 Portage Ave,<br>Headingley, MB R4H 1C5   | 16:15                                    | <a href="#">Royal Canadian Legion #23</a><br>425 Brown Ave,<br>Neepawa, MB R0J 1H0                       | 18:15 | <b>Dinner (Please Stay<br/>for Presentations)</b><br> |           | 173<br>km | 108<br>mi |
| Royal Canadian Legion #23<br>425 Brown Ave,<br>Neepawa, MB R0J 1H0  |  | <a href="#">Bay Hill Inns &amp; Suites</a><br>Neepawa, 160 Main St W,<br>Neepawa, MB R0J 1H0             |       | <b>Final</b>   |           | 2 km      |           |
| <b>HOST HOTEL</b>   |  | Bay Hill Inns & Suites<br>Neepawa, 160 Main St W,<br>Neepawa, MB R0J 1H0                                 |       |  |           |           |           |
| <b>DINNER</b>   |  | <a href="#">Royal Canadian Legion #23</a><br>425 Brown Ave,<br>Neepawa, MB R0J 1H0                       |       |  |           |           |           |

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

**Special Notes:**

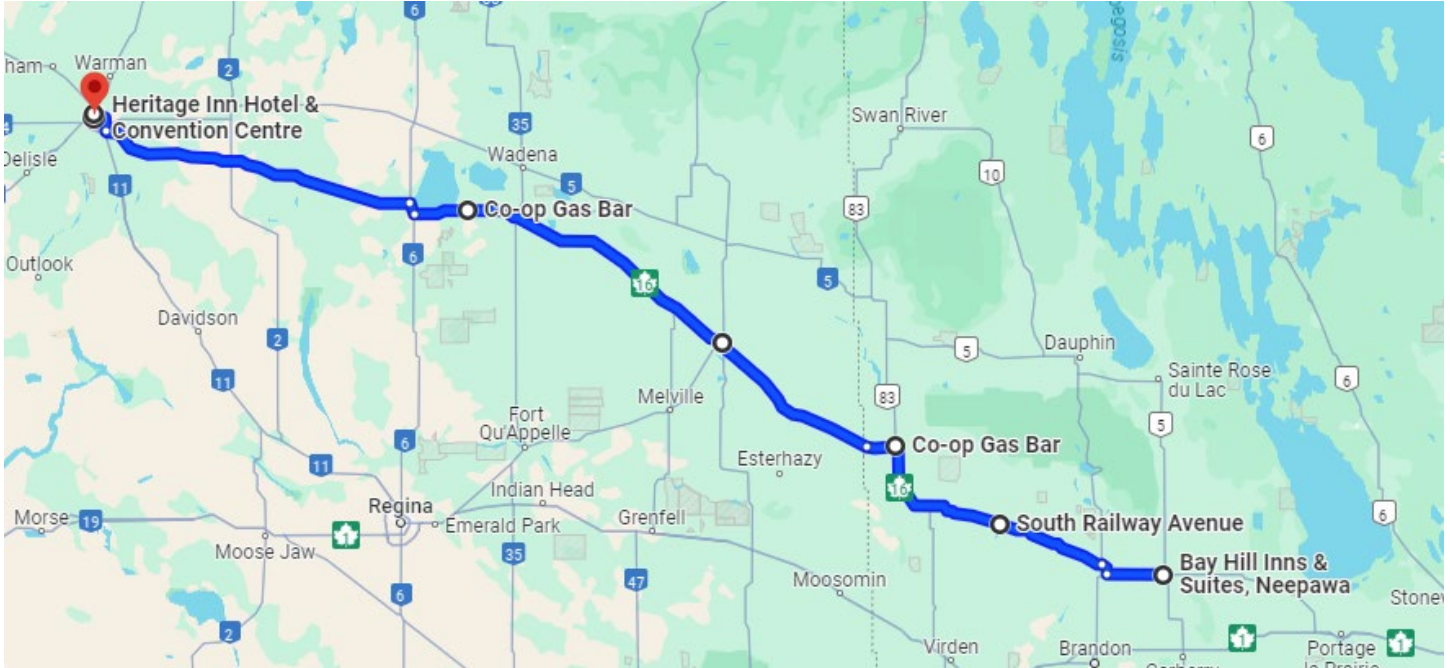
- Winnipeg Police Service will be escorting us through the city from Winnipeg Harley Davidson again this year!
- Town of Neepawa was a huge supporter since 2021. We expect a huge turnout again this year.
- Royal Canadian Legion #23 will be hosting supper. As per previous years with great success. Expect 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><br>160 Main St W, Neepawa,<br>MB R0J 1H0 | <b>Check-In</b><br>Starts<br>at<br>06:00 | <b>Marshall in East Side Parking Lot</b><br><b>Check-In Closes at 07:00</b><br> |       |  |           |           |           |
| Bay Hill Inns & Suites<br>160 Main St W, Neepawa,<br>MB R0J 1H0                     | 07:30                                    | <a href="#">S Railway Ave</a> , Shoal Lake,<br>MB R0J 1Z0  | 08:30 | <b>Rest</b>  | 45<br>min | 88<br>km  | 55<br>mi  |
|   |  |  |       | <b>Park on S Railway Ave Behind Shell</b>  |           |           |           |
| S Railway Ave, Shoal Lake,<br>MB R0J 1Z0  | 09:15                                    | <a href="#">Russell Co-op Gas Bar</a><br>206 Main St, Russell,<br>MB R0J 1W0   | 10:00 | <b>Fuel</b>  | 30<br>min | 76<br>km  | 47<br>mi  |
| <b>Time Change 1 Hour Back</b>  |  |  |       |  |           |           |           |
| Russell Co-op Gas Bar<br>206 Main St, Russell,<br>MB R0J 1W0                        | 10:30                                    | <b>Yorkton</b><br><a href="#">Yorkton Fire Protective Services</a> , 9 Smith St E,<br>Yorkton, SK S3N 0H2<br><b>Rear Parking Lot</b>                               | 10:30 | <b>Lunch/<br/>Check-In/<br/>Small Tanks<br/>Fuel on Own</b><br> | 90<br>min | 103<br>km | 64<br>mi  |
| Yorkton Fire Protective<br>Services, 9 Smith St E, Yorkton,<br>SK S3N 0H2           | 12:00                                    | <a href="#">Co-op Gas Bar</a> , 581 South<br>Service Road, Wynyard,<br>SK S0A 4T0  | 13:30 | <b>Fuel</b>  | 45<br>min | 142<br>km | 88<br>mi  |
| Co-op Gas Bar, 581 South<br>Service Road, Wynyard,<br>SK S0A 4T0                    | 14:15                                    | <a href="#">STARS</a> , Nutrien Hangar,<br>2475 Airport Dr, Saskatoon,<br>SK S7L 1M4   | 16:15 | <b>Presentation<br/>Photo</b><br>                               | 45<br>min | 193<br>km | 120<br>mi |
| STARS, Nutrien Hangar, 2475<br>Airport Dr, Saskatoon,<br>SK S7L 1M4                 | 17:00                                    | <a href="#">Heritage Inn Hotel &amp;<br/>Convention Centre</a> , 102<br>Cardinal Crescent,<br>Saskatoon, SK S7L 6H6  | 17:05 | <b>Final</b>   |           | 1<br>km   | .5<br>mi  |
| <b>HOST HOTEL</b>   |  | Heritage Inn Hotel &<br>Convention Centre, 102<br>Cardinal Crescent,<br>Saskatoon, SK S7L 6H6  |       |  |           |           |           |
| <b>DINNER</b>   |  | <a href="#">Lynx Wing</a> , 2407 Ave C<br>North, Saskatoon,<br>SK S7L 6T1  |       |  |           |           |           |

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

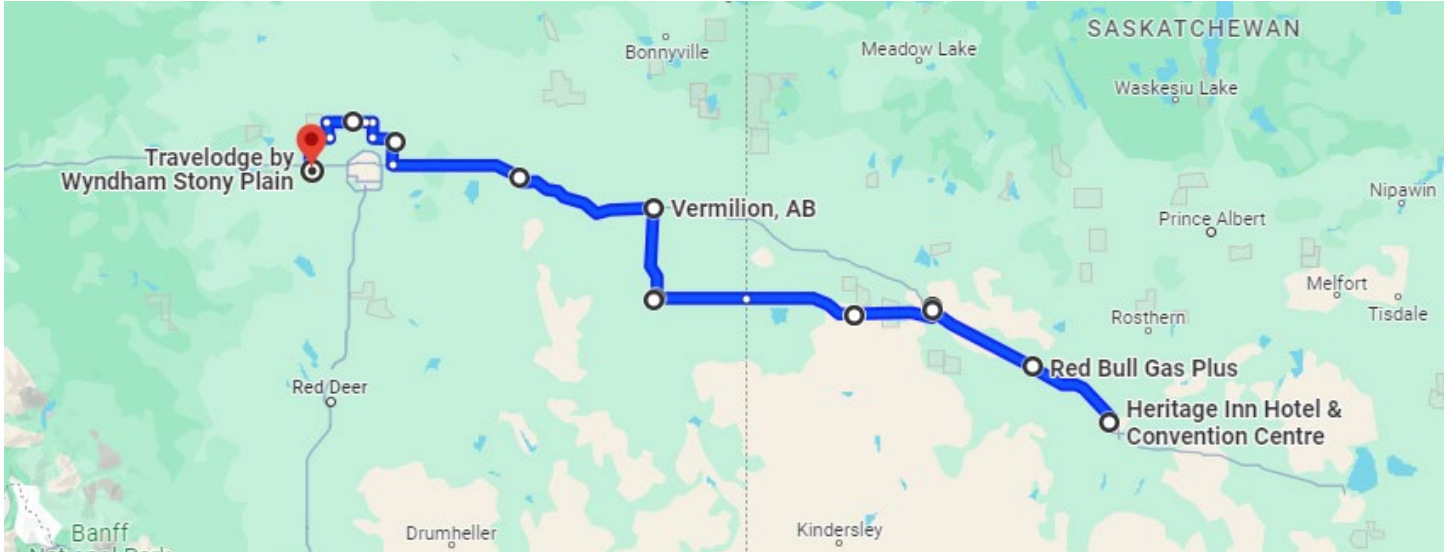
Special Notes:



# 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/iLK2rPx7nX4Di6rd7>

| 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 0N0                   |  |
| <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 Leisure Centre</a> , 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><br><a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6                                    | <b>Check-In</b><br>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 SOM 0N0                                 | 11:00 | <b>Photo</b>  | 30 min    | 59 km   | 37 mi |
| World's Largest Tomahawk, Hwy 674, Cut Knife, SK SOM 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><br><a href="#">Royal Canadian Legion Branch 29</a> , 1030 2 Ave, Wainwright, AB T9W 1K7 |       | <b>Lunch Check-In</b><br>  | 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><br><a href="#">Morinville Leisure Centre</a> , 25126 SH 642, AB T8R 2P9                 | 17:45 | <b>Dinner Check-In</b><br> | 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**

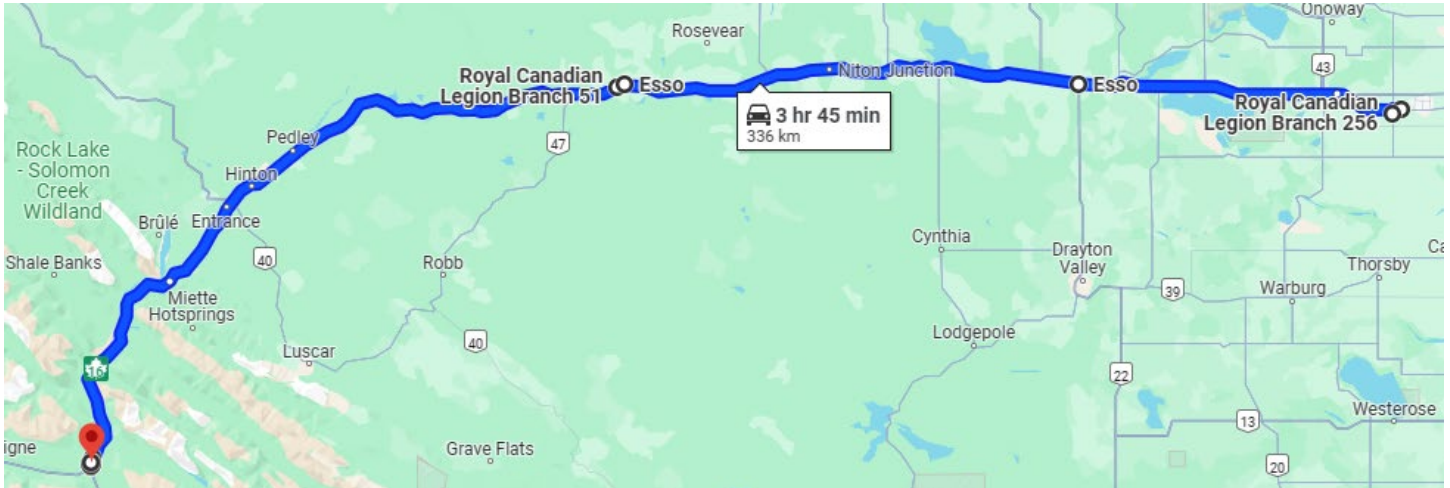
**Special Notes:**



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

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

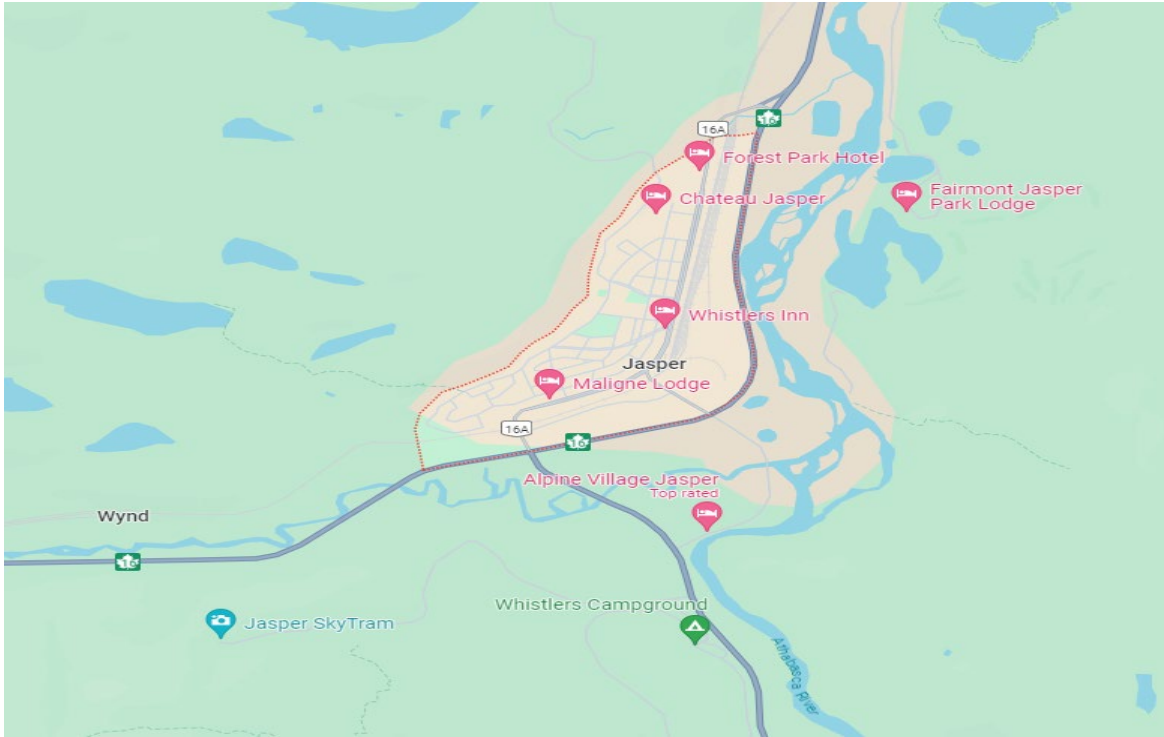
**Special Notes:**



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 17 Rest Day (Tues 13 Aug 2024) Jasper AB



Go to Google Maps: <https://maps.app.goo.gl/9PVCdRCcjiEb3hZv9>

| Things to do in Jasper    |  |
|---------------------------|--|
| ACTIVITY                  | LOCATION/ COORDINATOR                          |
| A. Breakfast              | The Stand Easy                                 |
| B. Motorcycle Tour        | Jasper Motorcycle tours, (Veterans Adventures) |
| C. Rafting                | White water rafting, (Veterans Adventures)     |
| D. Pyramid Lake Beach Day | Pyramid Lake Beach Day, (Veterans Adventures)  |
| E. Tramway                | Jasper Tramway, (Veterans Adventures)          |
| F. Lake Cruise            | Maligne Lake Cruise, (Veterans Adventures)     |
| G. Oil Change             | <b>SELF</b> Oil Change                         |
| H. Wander Jasper          | <b>SELF</b>                                    |
| I. Lunch                  | On Your Own                                    |
| • Host Hotel              | Jasper Downtown Hostel                         |
| • Dinner                  | The Stand Easy                                 |



**Things to do in Jasper**

**ENSURE FUEL IS TOPPED UP FOR NEXT MORNING**

**Remember You Are All Ambassadors for The Rolling Barrage**

| ACTIVITY                               | COST                         | DESCRIPTION of ACTIVITY   |
|--|------------------------------|---|
| <a href="#">Breakfast</a>              | Donated                      | <b>The Stand Easy, 09:00 hrs-10:00 hrs.</b> Breakfast served for TRB at the Legion.   |
| <a href="#">Motorcycle Tour</a>        | Donated                      | <p><b>Bike Tour - Jasper Motorcycle tours</b>, ride to different locations in the park with the tour riders. Enjoy their proven experience with the locations, roads, and opportunities for riding in the park, some amazing people run these tours and they have an intense love for motorcycles and Jasper.</p> <ul style="list-style-type: none"> <li>- <b>All Riders Welcome</b>, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, <b>ASAP</b>.</li> <li>- Approx departure NOON (TBC), from Legion and TRB parking area.</li> <li>- The BLUE link to the left will give you information on the activity.</li> </ul> <p><b>CONTACT: <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a></b></p>  |
| <a href="#">White Water Rafting</a>    | Donated<br>Limited<br>Space  | <p><b>White water rafting</b> - Paul is a Veteran, former President of the Jasper Legion, and a White-Water Rafting guide. He will conduct a rafting trip down the Athabasca River, with a class II white water trip.</p> <ul style="list-style-type: none"> <li>- Will be run with groups of 6 so 18 pers total. Trip is approx. 1.5 hours, if only 6 are interested the one trip will be 3 hours.</li> <li>- <b>Limited space</b>, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, <b>ASAP</b>.</li> <li>- The BLUE link to the left will give you information on the activity.</li> </ul> <p><b>CONTACT: <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a></b></p>   |
| <a href="#">Pyramid Lake Beach Day</a> | Donated<br>Equipment         | <p><b>Pyramid Lake Beach Day</b>, enjoy the beach with kayaks and canoes. Paddle out to Pyramid Island, relax, get some sun.</p> <ul style="list-style-type: none"> <li>- Chairs and equipment will be on site at Beach 1.</li> <li>- <b>Veterans Adventures</b> can supply fishing equipment if <b>REQUESTED PRIOR</b>.</li> <li>- All safety equipment for boating will be supplied.</li> <li>- If interest is low Parks Canada will not close Beach 1 and activity will be canceled however you are still free to ride there on your own.</li> </ul> <p><b>NOTE: Pers wishing to fish pyramid lake are required to get a license for the park, available at the sport shops in town, it is separate to any Alberta fishing license.</b></p> <ul style="list-style-type: none"> <li>- <b>All Riders Welcome</b>, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, <b>ASAP</b>.</li> <li>- The BLUE link to the left will give you information on the activity.</li> </ul> <p><b>CONTACT: <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a></b></p> |
| <a href="#">Jasper Tramway</a>         | Donated<br>Limited<br>Passes | <p><b>Jasper Tramway</b> - limited amount available, TRB Members can enjoy the epic ride to the top of Whistlers Mountain, the views and location say it all.</p> <ul style="list-style-type: none"> <li>- <b>Limited Donated Passes</b>, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, <b>ASAP</b>.</li> <li>- The BLUE link to the left will give you information on the activity.</li> </ul> <p><b>CONTACT: <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a></b></p>  |
|  |                              |   |



# The Rolling Barrage

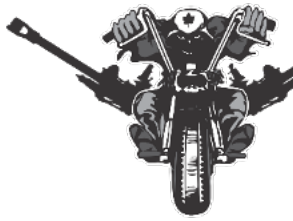
## Coast to Coast Ride To Combat PTSD

Day 17 Rest Day (Tues 13 Aug 2024) Jasper AB

|                                 |                                       |  |
|---------------------------------|---------------------------------------|--|
| <a href="#">Lake Cruise</a>     | <b>Donated<br/>Limited<br/>Passes</b> | <p><b>Maligne Lake Cruise</b> - limited amount available, take the cruise up to Spirit Island, an unforgettable experience.</p> <ul style="list-style-type: none"> <li>- Riders must make own way to Maligne Lake.</li> <li>- <b>Limited space</b>, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, <b>ASAP</b>.</li> <li>- The BLUE link to the left will give you information on the activity.</li> </ul> <p><b>CONTACT: <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a></b></p> |
| <a href="#">Self Oil Change</a> | <b>ON<br/>YOU</b>                     | <p><b>Self Oil Change</b> - Proceed up to WalkerVille, (Just outside of town) Garage available for oil changes.</p> <ul style="list-style-type: none"> <li>- Contact Candace, supply her with your information as to oil and filter.</li> <li>- Ask shop for directions to garage.</li> <li>-The BLUE link to the left will takes you to the motorcycle shop.</li> <li>-Shop number is: <b>1 (780) 931-6100</b></li> </ul>   |
| <b>Laundry</b>                  | <b>\$25.00<br/>Per Bin</b>            | <ul style="list-style-type: none"> <li>- Laundry bins will be at Legion with labels for name.</li> <li>- Laundry will be washed, dried, flattened (not folded), socks will not be matched, and will be returned to Legion the next day.</li> <li>- Laundry to be turned in ASAP after arrival in Jasper.</li> </ul>  |
| <a href="#">Wander Jasper</a>   | <b>ON<br/>YOU</b>                     | <p><b>Sleep, Laundry, and the Jasper townsite.</b> TRB Members may also choose to sleep in, do laundry, and visit the townsite or ride on their own. Laundry drop off service might be available with 3 sheets, and/or Adriana - Details to follow as one has had a fire and is still being reconstructed, the other is pending reply.</p>   |
| <b>Lunch</b>                    | <b>ON<br/>YOU</b>                     | <p><b>Lunch</b> is on their own. Feel free to visit any of Jaspers' local restaurants. <b>NOTE:</b> the Legion is open at <b>1200 hrs</b> for patio and service, discounts apply to all TRB Riders at the Stand Easy.</p>  |
| <a href="#">Dinner</a>          | <b>Donated</b>                        | <p><b>18:00 hrs</b> - Supper at the Legion, provided by the Legion at no charge - Members may arrive at any time, meals will be served off the menu. Members are free to enjoy the town on their own, the Legion will be open until <b>2 AM</b>. <b>Remember, TRB RIDES if you have a sore head or not.</b></p>  |
| <b>HOST HOTEL</b>               | <b>ON YOU</b>                         | <a href="#">Jasper Downtown Hostel</a> , 400 Patricia St, Jasper, AB T0E 1E0 (Right Beside Legion)   |
| <b>DINNER</b>                   | <b>Donated</b>                        | <a href="#">The Stand Easy</a>   |

**Special Notes:**

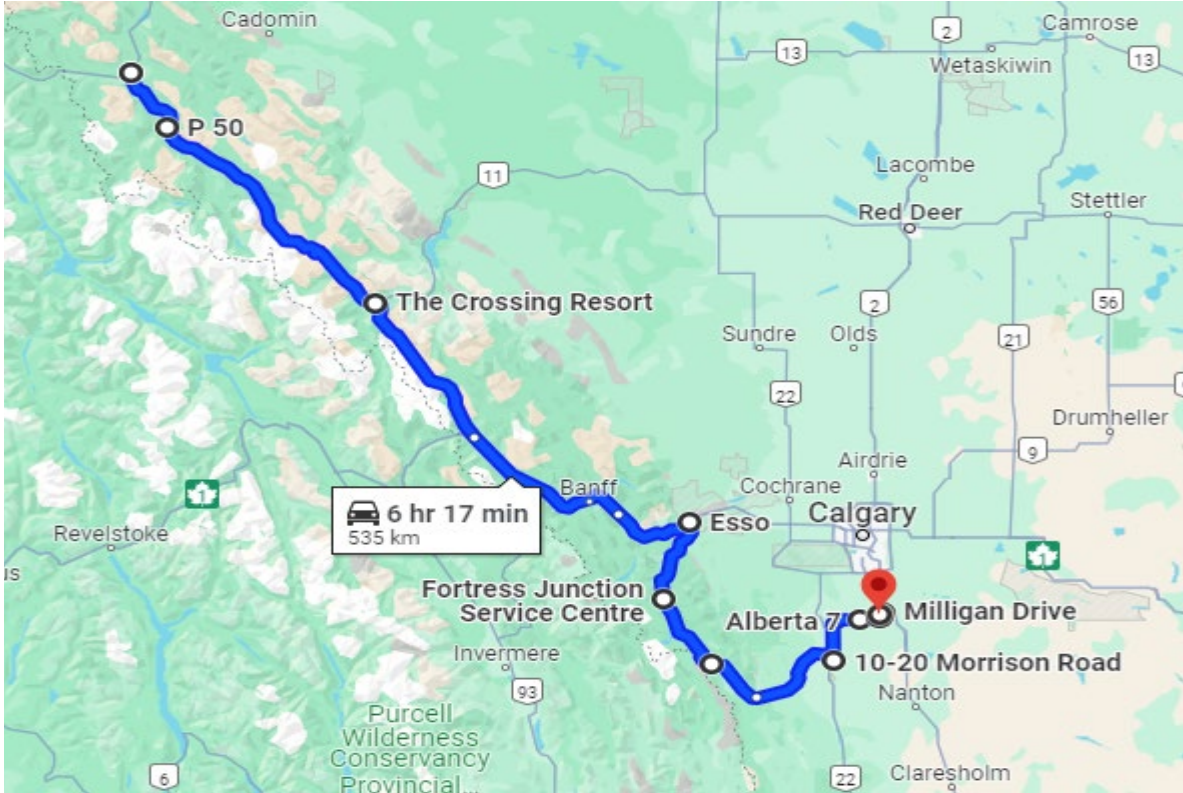
- **Meals at Jasper Legion (Stand Easy) are served by people VOLUNTEERING THEIR time, REMEMBER to be kind and TIP your server.**



# 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/Z2ndzeG8uEoFh1jPA>

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

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

**Special Notes:**





# 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><br><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><br><a href="#">Royal Canadian Legion Branch 78</a> , 121 Sunset Blvd E, Turner Valley, AB TOL 2A0  | <b>Check-In</b><br>Starts at 07:30 |  |       | Breakfast<br>                           | 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><br><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<br><b>Check-In</b><br> |           | 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 Divide, 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 19 (Thurs 15 2024) Okotoks AB – Cranbrook BC



# 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>Todd Watson</b>   | <a href="mailto:BC@therollingbarrage.com">BC@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><br><a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2                                      | <b>Check-In</b><br>Starts at 07:00 |   |       | <b>Check-In</b><br>                                       |           |        |       |
| 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><br>   | 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><br><a href="#">Christina Lake Fire Hall</a> , 1585 Swanson Rd, Christina Lake, BC V0H 1E0 | 12:00 | <b>Lunch</b><br><b>Check-In</b><br><b>Fuel on Own</b><br> | 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/zaKtfMLCA48R4qsMA>

| 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>Todd Watson</b>   | <a href="mailto:BC@therollingbarrage.com">BC@therollingbarrage.com</a>                       |
| <b>Sunray</b>                | <b>Jim Gordon</b>  | <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>Princeton</b><br><b>Chevron</b> –<br>Gas Station,<br>239 BC-3, Princeton,<br>BC VOX 1W0  | <b>Check-In</b><br>Starts<br>at<br>11:00 |  |       | <b>Marshall in Parking Lot Across<br/>Street Between A&amp;W and<br/>Chevron</b><br> |           |           |          |
| Chevron –<br>Gas Station,<br>239 BC-3, Princeton,<br>BC VOX 1W0   | 12:00                                    | <b>Hope</b><br><b>Esso</b> ,<br>19700 Klassen Rd, Hope,<br>BC VOX 1L2                        | 13:30 | <b>Fuel<br/>Check-In</b>  | 60<br>min | 136<br>km | 85<br>mi |
| Esso, 19700 Klassen Rd, Hope,<br>BC VOX 1L2   | 14:30                                    | <b>Best Western Plus Country<br/>Meadows Inn</b> , 3070 264 St,<br>Aldergrove, BC V4W 3E1    | 15:40 | <b>Final</b><br>   |           | 100<br>km | 62<br>mi |
| <b>HOST HOTEL</b>   |  | Best Western Plus Country<br>Meadows Inn, 3070 264 St,<br>Aldergrove, BC V4W 3E1             |       |   |           |           |          |
| <b>DINNER</b>   |  | <b>Royal Canadian Legion<br/>Branch 265</b> , 26607 Fraser<br>Hwy, Aldergrove,<br>BC V4W 3L1 |       |    |           |           |          |

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

**Special Notes:**