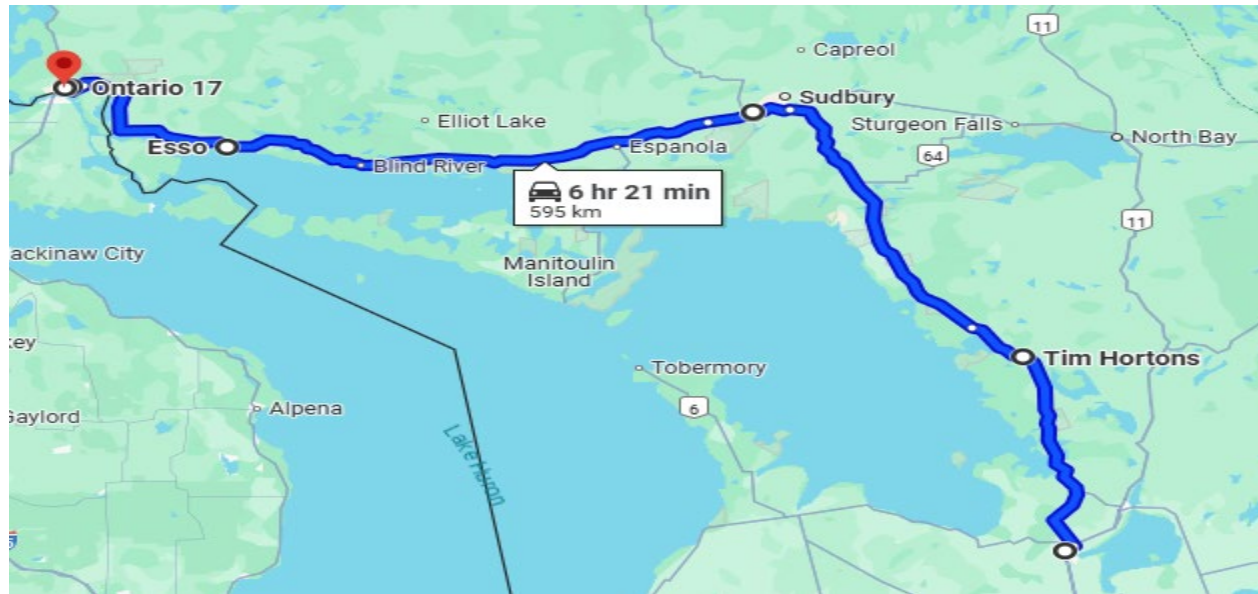




# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day/Jour: 10 Wed/Mer 06 Aug/Août 2025 - Barrie ON – Sault St. Marie ON**



Go to Google Maps: <https://maps.app.goo.gl/FCrBJL2xgZHELsCFA>



Contact		
Provincial Lead - ON		
Provincial Lead -		
Sunray	Jim Gordon	<a href="mailto:Ride.Director@therollingbarrage.com">Ride.Director@therollingbarrage.com</a>
Sunray Minor	Warren Cave	<a href="mailto:RQ@therollingbarrage.com">RQ@therollingbarrage.com</a>

[therollingbarrage@gmail.com](mailto:therollingbarrage@gmail.com)  
[www.therollingbarrage.com](http://www.therollingbarrage.com)  
[www.facebook.com/therollingbarrage](https://www.facebook.com/therollingbarrage)

**End the Stigma**  
 Not all wounds are visible  
 Not all wounds are military

PTSD Support and Awareness Campaign  
 Registered Non-Profit Organization  
 Corporation Number 1297322-7



<b>Lively</b> <a href="#">Esso</a> , 105 Regional Rd 24, Lively, ON P3Y 1C3	1145	90 min		Lunch/Diner Fuel/Essence	182 km	113 mi	Fuel & Lunch on your own Make Your Own Way to Marshall Point/ Essence & Repas par vous-même et vous rendre au lieu de mise en place ( <b>Marshall Point</b> )
<b>Gravel Lot</b> , 65 Regional Rd 24, Lively, ON P3Y 1H3			1315	<b>Marshall Point Check-In/Admission</b> Marshall by 13:45 	180 m	197 yd	Gravel Lot Beside (North Side) Independent Grocery Store/Terrain de gravier à côté de l'épicerie indépendante (côté nord) – Mise en place (Marshall) pour 13 :45
Places For Lunch/Endroits pour diner: <a href="#">Amici Express (Bakery)</a> , <a href="#">Pizza Hut</a> , <a href="#">Tim Hortons</a> , <a href="#">Topper's Pizza</a> , <a href="#">Mr J's Roadhouse</a> , <a href="#">Golden Palace</a>							
<b>Thessalon</b> <a href="#">Esso</a> , 10 Lakeside Dr, Thessalon, ON P0R 1K0	1530	60 min	1630	Rest/Pause <b>Check-In/Admission</b> 	204 km	127 mi	
<b>Super 8 by Wyndham Sault Ste Marie On</b> , 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3	1730			Final/Finale	89 km	55 mi	
<b>Shuttle/Navette</b>							
<b>Royal Canadian Legion Br. 25</b> , 96 Great Northern Rd, Sault Ste. Marie, On P6B 4Y5	TBC			Dinner/Souper			Walking distance/Distance de marche: .5 km (0.3 mi) ~ 7 min

**TOTAL DAILY / TOTAL QUOTIDIEN: 594 km 369 mi**  
**TOTAL RIDE / RIDE TOTALE: 5051 km 3121 mi**

**Special Notes:**