

Date	Day #	Distance (km)	Tot Dist (km)	Ave dist per day (km)	Time	Total time	Ave time per day	Ave speed	Max speed	Latitude	Longitude	Altitude (m)	Weather	Terrain	Notes
Jun 10	1	120.17	120.17	120.17	5:12:52	5:12:52	4:00:03	23.05	59.20	50°40'N	120°19'W	34	Everything from mostly cloudy to torrential downpour	Climbed a mountain, then descended, then flat	Crossed the ferry from Nanaimo to West Vancouver
Jun 11	2	59.22	170.39	85.20	2:47:14	8:00:06	4:00:03	18.02	58.30	49°14'N	122°50'W	55	Rain, rain and pouring rain	Heavy climbs, then moderate descent	Drove through downtown Vancouver
Jun 12	3	27.65	197.95	65.98	1:40:08	9:40:14	3:13:25	16.51	47.50	49°07'N	122°31'W	17	Cloudy with sunny breaks	Hilly	Kirk injured left knee, went to see a doctor
Jun 13	4	106.44	304.39	76.10	4:39:28	14:19:42	3:34:55	22.85	72.00	49°23'N	121°27'W	28	Cloudy with sunny breaks	Hilly	
Jun 14	5	92.76	397.15	79.43	4:48:36	19:08:18	3:49:40	19.28	66.00	50°03'N	121°32'W	165	Partially cloudy	Very hilly, moderate net altitude gain	
Jun 15	6	108.54	505.69	84.28	6:10:34	25:18:52	4:13:09	17.57	67.10	50°43'N	121°20'W	495	Partially cloudy	Very hilly, 350m net gain	
Jun 16	7	100.76	606.45	86.64	5:09:56	30:28:48	4:21:15	19.51	71.50	50°41'N	120°19'W	349	Heavy cloud and rain in the morning, sunny breaks in the afternoon	Long climbs and descents. 150m net loss	
Jun 17	8	606.45	75.81	75.81	30:28:48	3:48:36									1st rest day in Kamloops, BC.
Jun 18	9	606.45	67.38	67.38	30:28:48	3:23:12									Geoff bought a new bike (Trek 1000)
Jun 19	10	95.81	702.26	70.23	4:18:17	34:47:05	3:28:43	22.26	50.10	50°48'N	119°20'W	390	Hardly a cloud in the sky	Moderately flat for first 2/3, then hilly	Mike crashed head on into a construction pylon. Minor damage only to him and his bike (pylon was unscathed)
Jun 20	11	80.97	783.23	71.20	3:46:19	38:33:24	3:30:19	21.47	57.20	51°00'N	118°41'W	404	Partially to mostly cloudy	Some hills, some flats, negligible net gain	
Jun 21	12	93.21	876.44	73.04	4:48:13	43:21:37	3:36:48	19.40	53.20	51°10'N	117°47'W	806	Mostly cloudy, a few drops	Relatively flat morn, stron climbs in afternoon. 400m gain	
Jun 22	13	111.67	988.11	76.01	5:29:59	48:51:36	3:45:30	20.30	65.40	51°19'N	116°59'W	798	Morn: mostly cloudy, afternoon: mostly sunny	Uphill to Roger's Pass (1330m), downhill to 850m, then hilly	First night camped in the Rocky Mountains
Jun 23	14	101.68	1089.8	77.84	5:39:08	54:30:44	3:53:37	17.99	51°25'N	116°13'W	1751	Mostly cloudy to mostly sunny, a few drops	Strong climbs, then rolling hills, then huge climbs	Entered Alberta	
Jun 24	15	82.48	1172.3	78.15	3:37:29	58:08:13	3:52:33	22.75	51°12'N	115°31'W	1457	Mostly cloudy, few drops	Rolling hills		
Jun 25	16	1172.3	73.27	73.27	58:08:13	3:38:01									3rd rest day in Banff, Alberta. Mike injured knee, went to see a doctor.
Jun 26	17	139.52	1311.8	77.16	7:20:14	65:28:27	3:51:05	19.02	54.00	50°58'N	114°08'W	1138	Cold, rainy, strong headwind	Rolling hills (Clagary foothills)	
Jun 27	18	1311.8	72.88	72.88	65:28:27	3:38:15									Rest Day #4 in Calgary
Jun 28	19	222.67	1534.4	80.76	8:46:28	74:14:55	3:54:28	25.38	63.20	50°35'N	111°52'W	759	Mostly sunny, half-hour rain storm	Very small-grade hills, 500m net drop	
Jun 29	20	116.86	1653.3	82.87	4:25:01	78:39:56	3:56:00	26.81	63.10	49°59'N	110°38'W	758	Partially cloudy, few drops	Small hills	
Jun 30	21	117.52	1770.8	84.32	6:06:29	84:46:25	4:02:13	19.24	39.00	50°01'N	109°06'W	762	Partially to mostly cloudy	Hilly!!	Entered Saskatchewan
Jul 1	22	106.28	1877.1	85.32	5:06:17	89:52:42	4:05:07	20.82	51.20	50°18'N	106°47'W	730	Mostly sunny	More hills	We flew the Canadian flag on the back of Kirk's bike in honour of Canada Day
Jul 2	23	174.20	2051.3	89.19	6:40:30	96:33:12	4:11:53	26.10	57.40	50°25'N	105°30'W	573	Mostly sunny	Again with the hills	
Jul 3	24	96.10	2147.4	89.48	3:56:15	100:29:27	4:11:14	24.41	48.40	50°27'N	104°29'W	581	A few clouds in the morn, then all clear	A few hills in the morn, then flat (finally)	
Jul 4	25	166.19	2313.6	92.54	7:54:12	108:23:39	4:20:09	21.03	34.70	50°23'N	102°38'W	591	Blue sky	Flat	Drove through downtown Regina
Jul 5	26	85.46	2399.1	92.27	5:14:49	113:38:28	4:22:15	16.29	28.40	50°07'N	101°36'W	564	Cloudy, a few drops	Mostly flat	
Jul 6	27	166.59	2565.6	95.02	6:01:04	119:39:32	4:25:55	27.68	56.70	49°54'N	99°35'W	393	Blue sky	Hills again	Entered Manitoba
Jul 7	28	199.36	2765	98.75	7:18:53	126:58:25	4:32:05	27.25	48.80	49°49'N	97°04'W	250	Partially cloudy	Hilly	Mike returned home. Geoff and Kirk will continue cycling after a rest day tomorrow.
Jul 8	29	2765	85.34	85.34	126:58:25	4:22:42									Rest day #5 in Winnipeg
Jul 9	30	180.52	2945.5	98.18	6:50:24	133:48:49	4:27:38	26.39	50.50	49°44'N	95°09'W	366	Sunny and very hot	A few hills	
Jul 10	31	148.29	3093.8	99.70	6:03:07	139:51:56	4:30:42	24.01	57.00	49°20'N	93°59'W	388	Sunny and hot	Roller coaster	Cycled through downtown Winnipeg, crossed the Longitudinal Centre of Canada (96°48'35"W), entered Ontario
Jul 11	32	163.32	3254.1	101.69	6:47:50	146:39:46	4:35:00	24.03	54.40	48°42'N	93°02'W	354	Hot, mostly sunny	Some hills, some flats	
Jul 12	33	149.41	3403.5	103.14	6:39:42	153:19:28	4:38:46	22.43	52.00	48°41'N	91°11'W	444	Blue sky and hot	Hilly	
Jul 13	34	187.05	3590.6	105.61	7:17:40	160:37:08	4:43:27	25.64	59.10	48°29'N	89°10'W	365	Hot, mostly sunny	Hilly, 200m drop near Thunder Bay	Drove through downtown Thunder Bay
Jul 14	35	107.36	3698	105.66	4:52:07	165:29:15	4:43:42	22.05	52.70	49°01'N	88°17'W	243	Partially cloudy	hilly	Geoff quit team
Jul 15	36	3698	102.72	102.72	165:29:15	4:35:49									Rest day #6 in Nipigon
Jul 16	37	122.53	3820.5	53.52	5:56:56	171:02:11	4:37:21	22.08	59.10	48°22'N	89°17'W	194	Heavy fog	Hilly	Kirk went back to Thunder Bay to restock before continuing on alone
Jul 17	38	3820.5	100.54	100.54	171:02:11	4:30:03									Rest day #7 in Thunder Bay
Jul 18	39	121.68	3942.2	101.08	5:53:59	176:56:10	4:32:13	20.62	50.90	49°01'N	88°02'W	331	thick fog, then heavy rain, then cloudy	Hilly	
Jul 19	40	76.34	4018.5	100.46	4:27:39	181:23:49	4:32:06	17.11	55.30	48°49'N	87°16'W	309	Really thick fog, stron headwind	Huge rollercoaster	
Jul 20	41	4018.5	98.01	98.01	181:23:49	4:25:28									Rest day #8 in Schreiber
Jul 21	42	91.97	4110.5	97.87	4:32:22	185:56:11	4:25:37	20.26	61.00	48°46'N	86°22'W	337	Thick fog, cloudy	Roller coaster	
Jul 22	43	110.96	4221.4	98.17	5:01:40	190:57:51	4:26:28	22.07	59.60	48°36'N	85°17'W	357	Partially cloudy	Roller coaster	
Jul 23	44	4221.4	95.94	95.94	190:57:51	4:20:24									Rest day #9 in White River
Jul 24	45	4221.4	93.81	93.81	190:57:51	4:14:37									Rest day #10 in White River
Jul 25	46	195.53	4417	96.02	7:58:44	198:56:35	4:19:29	24.51	61.50	47°15'N	84°35'W	332	Mostly cloudy in the morn, clearing by evening	Mostly small hills, a few big ones	
Jul 26	47	131.97	4548.9	96.79	5:53:29	204:50:04	4:21:29	22.40	61.70	46°30'N	84°18'W	227	Sunny	Some flats, some small hills, some really big hills	Crossed the center point of the Trans Canada Hwy, cycled through downtown Sault Ste Marie.
Jul 27	48	90.56	4639.5	96.66	4:36:02	209:26:06	4:21:48	19.68	42.00	46°17'N	83°36'W	243	Cloudy	Moderate hills	
Jul 28	49	160.08	4799.6	97.95	8:09:52	217:35:58	4:26:27	19.61	45.90	46°17'N	81°47'W	208	Cloudy, strong headwind	Some flats, some hills	
Jul 29	50	123.48	4923.1	98.46	7:11:36	224:47:34	4:29:45	17.17	53.20	46°29'N	81°01'W	276	rain, strong headwind	Hilly	
Jul 30	51	4923.1	96.53	96.53	224:47:34	4:24:28									Rest day in Sudbury
Jul 31	52	149.59	5072.6	97.55	6:27:53	231:15:27	4:26:50	23.14	51.20	46°17'N	79°18'W	232	Few clouds in the morn, then clearing	Hilly around Sudbury and North Bay, flat in between	Cycled through downtown Sudbury, cycled through downtown North Bay
Aug 1	53	161.83	5234.5	98.76	7:31:41	238:47:08	4:30:19	21.50	61.30	46°03'N	77°24'W	257	40°C! Sunny	Big hills	
Aug 2	54	181.46	5415.9	100.29	7:51:10	246:38:18	4:34:03	23.11	53.20	45°18'N	75°51'W	105	morn: cloudy, afternoon: pouring rain	Small hills	
Aug 3	55	152.71	5568.6	101.25	7:12:24	253:50:42	4:36:55	21.19	45.90	45°33'N	74°25'W	68	Partially cloudy	Pretty flat	Cycled across Parliament Hill
Aug 4	56	110.38	5679	101.41	5:07:28	258:58:11	4:37:28	24.54	54.50	45°28'N	73°26'W	26	Hot, sunny	Small hills	Entered Quebec, cycled through downtown Montreal
Aug 13	57	103.63	5782.6	101.45	4:57:35	263:55:46	4:37:49	20.89	38.70	46°01'N	73°08'W	13	Windy (head, tail, cross), mostly sunny	Very slight hills	
Aug 14	58	138.38	5921	102.09	6:25:45	270:21:31	4:39:41	21.52	49.20	46°34'N	72°01'W	38	Mostly sunny	Mostly flat for 100km, then hilly	
Aug 15	59	122.15	6043.2	102.43	5:31:57	275:53:28	4:40:34	22.08	56.80	46°55'N	70°45'W	64	Mostly sunny	Hilly	
Aug 16	60	156.09	6199.3	103.32	6:13:18	282:06:46	4:42:07	25.09	58.70	47°51'N	69°33'W	89	Haze, tailwind	Hilly, with an incredibly flat section around Kamouraska	
Aug 17	61	97.38	6296.6	103.22	5:36:05	287:42:51	4:43:00	17.38	55.30	47°33'N	68°38'W	141	Cloudy, some rain, crosswind	Big rollercoaster	Crossed the Appalachian mountains
Aug 18	62	111.03	6407.7	103.35	5:16:03	292:58:54	4:43:32	21.08	55.30	46°58'N	67°44'W	196	Cloud, sun, rain	Roller coaster	Entered New Brunswick
Aug 19	63	223.23	6630.9	105.26	9:59:28	302:58:22	4:48:33	22.34	57.80	45°58'N	66°38'W	5	Sunny, hot	Hilly	Cycled through downtown Fredericton
Aug 20	64	6630.9	103.61	103.61	302:58:22	4:44:02									Rest day in Fredericton
Aug 21	65	6630.9	102.01	102.01	302:58:22	4:39:40									Rest day in Fredericton
Aug 22	66	101.76	6732.7	102.01	5:04:11	308:02:33	4:40:02	20.07	64.50	45°35'N	66°02'W	27	Mostly cloudy, thunder/lightning, strong headwind	Roller coaster, some of the steepest hills of the trip	
Aug 23	67	156.58	6889.2	102.82	7:11:40	315:14:13	4:42:18	21.76	57.20	45°47'N	65°20'W	73	Foggy in the morn, then sunny/hot. Headwind to St. John, then tail	Rollercoaster to St. John, then hilly	Cycled through downtown St. John
Aug 24	68	45.30	6934.5	101.98	2:46:39	318:00:52	4:40:36	16.3							