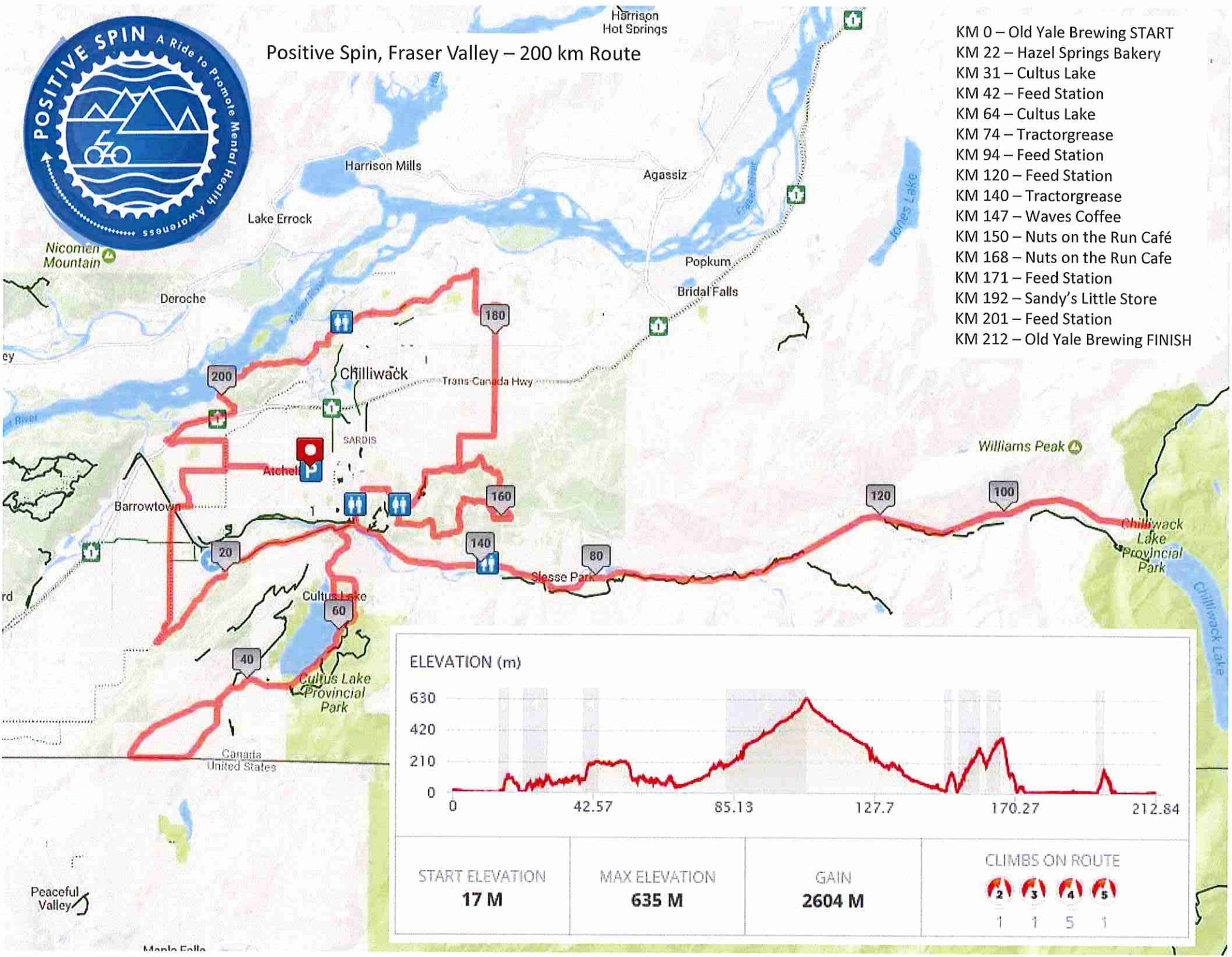


## Positive Spin, Fraser Valley – 200 km Route

- KM 0 – Old Yale Brewing START
- KM 22 – Hazel Springs Bakery
- KM 31 – Cultus Lake
- KM 42 – Feed Station
- KM 64 – Cultus Lake
- KM 74 – Tractorgrease
- KM 94 – Feed Station
- KM 120 – Feed Station
- KM 140 – Tractorgrease
- KM 147 – Waves Coffee
- KM 150 – Nuts on the Run Café
- KM 168 – Nuts on the Run Cafe
- KM 171 – Feed Station
- KM 192 – Sandy's Little Store
- KM 201 – Feed Station
- KM 212 – Old Yale Brewing FINISH



Positive Spin, Fraser Valley – 100 km Route

