

# EMERGENCY ACTION PLAN



This form must be completed by the event organizer and the emergency action plan described must be in place before the event. Copies of the completed form must be distributed to all persons responsible for event.

Date **May 10th 2025** Event Name: **Myeloma Canada Ride - Calgary**

Event Organizer and Contact: **Greg Rawson -**

City:  Prov:  Postal Code:

Home Phone:  Business Phone:

Fax:  Email:

EAP Coordinator (must be at fixed location during event): **Michelle Oana - Chief Mission Officer**

Address:  City:

Province:  Postal Code:

Home Phone:  Business Phone:

Location During Event: **Di Winton Community Centre**

How to reach at event: **Cell phone**

EAP Assistants: **James Kendal - Sport Coordinator for Alberta Cycling**

Location: **On the route / course**

Duties: **The main contact out on the course between the riders and the EAP Coordinator**

First Aid Personnel: **St. John Ambulance Medical First Response**

Hospital closest to event: **South Health Campus**

Address: **4448 Front St SE, Calgary, AB T3M 1M4**

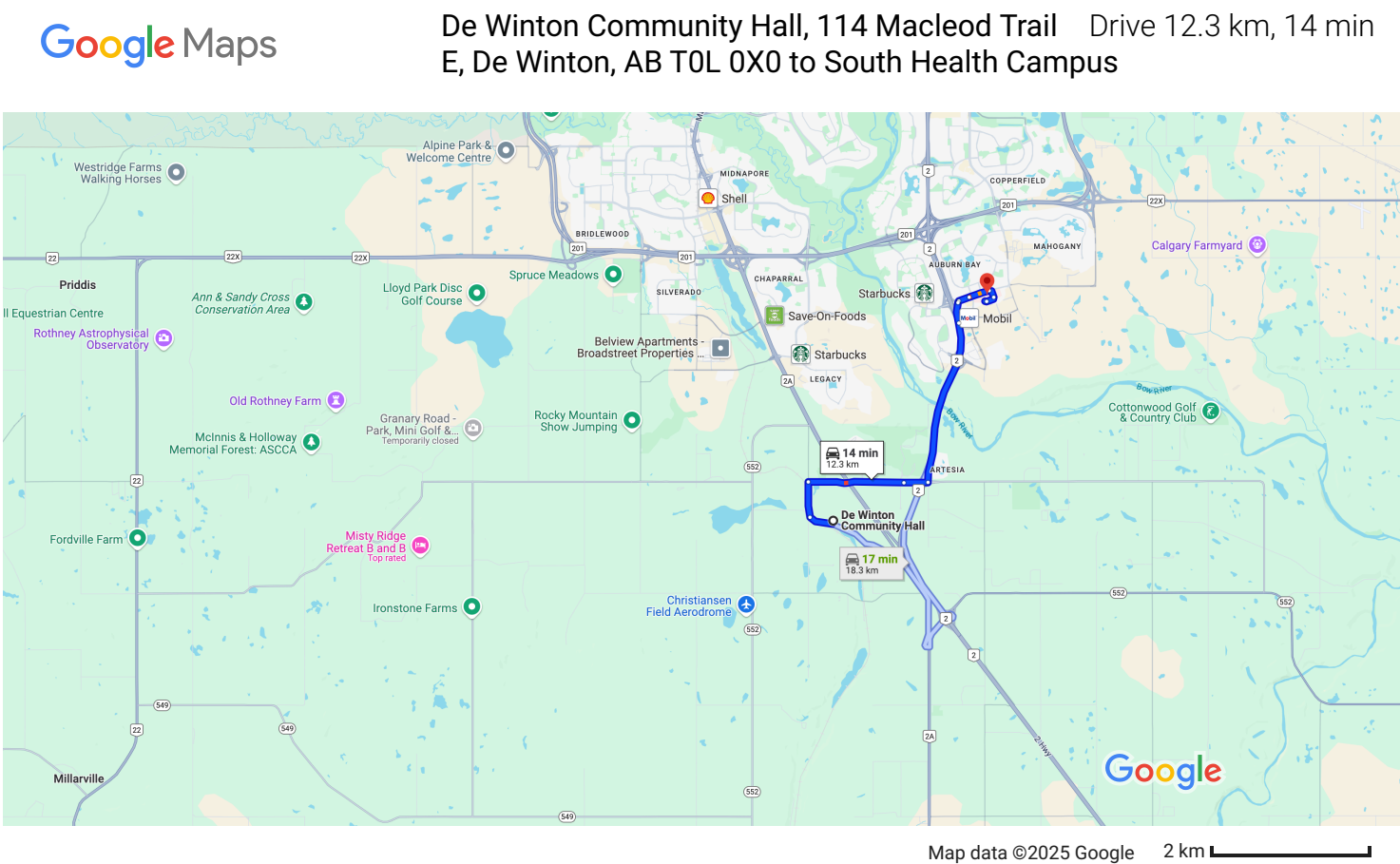
Phone: **+14039561111**

Ambulance Phone: **911**

Police Phone: **911**

Additional Instructions: **All riders will scan a QR code at registration which will supply them with all of the event management cell numbers as well as a direct link to the hospital for directions.**

Directions to the hospital, both routes, the venue rental and the rest stop approval are attached.



De Winton Community Hall  
114 Macleod Trail E, De Winton, AB T0L 0X0

- ↑

1. Head south toward Macleod Trail E

23 sec (120 m)

Take 242 Ave W and AB-2 N to 45 St SE in Calgary

12 min (11.6 km)

- ↷

2. Turn right onto Macleod Trail E/Macleod Trl

700 m
- ↑

3. Continue onto 16 St W/Range Rd 11

1.0 km
- ↷

4. Turn right onto 242 Ave W

2.8 km
- ↑

5. Continue onto Dunbow Rd

700 m
- ↗

6. Turn left to merge onto AB-2 N toward Calgary

4.8 km
- ↷

7. Take exit 232 toward Seton Blvd SE

600 m
- ↗

8. Slight right onto the ramp to East Seton Blvd

67 m

9. Merge onto Seton Blvd SE  
300 m
10. Use the middle lane to stay on Seton Blvd SE  
600 m

**Follow 45 St SE and Front St SE to your destination**

11. Turn right onto 45 St SE  
2 min (600 m)
12. Turn right onto Front St SE  
270 m
13. Turn right  
270 m
- 46 m

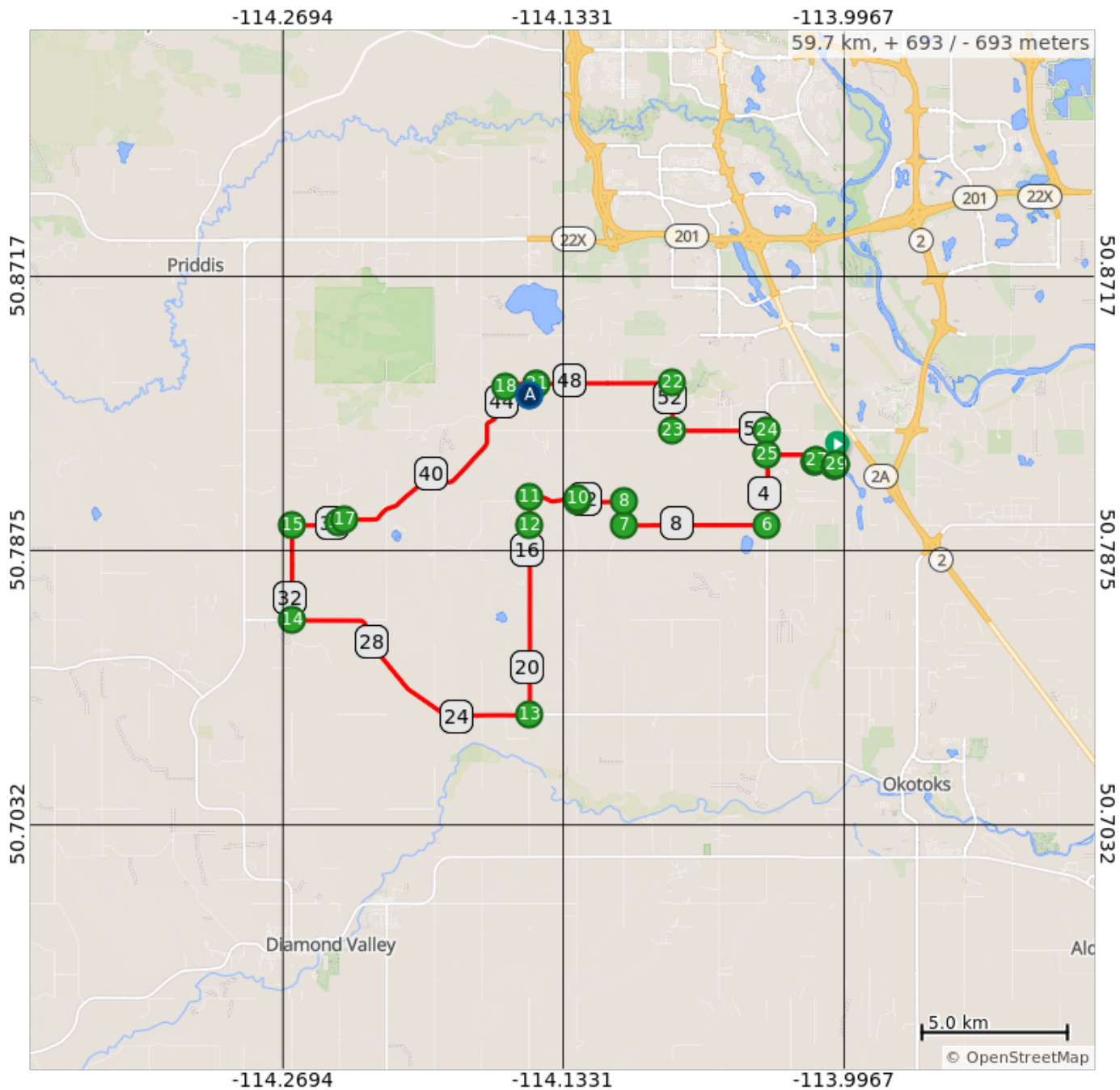
**South Health Campus**

4448 Front St SE, Calgary, AB T3M 1M4

# Okotoks Long V.2



A. Rest Stop



## Okotoks Long V.2

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➡	R onto Macleod Trail E/ Macleod Trl	0.7
3.	0.8	0.7	⬅	L onto 16 St W/ Range Rd 11	0.1
4.	0.8	0.1	➡	R onto 250 Ave W/ Townsh ip Rd 215A	1.8

0.8 kilometers. +0/-4 meters

Num	Dist	Prev	Type	Note	Next
5.	2.6	1.8	⬅	L onto 32 St W/Hwy 552 W	2.4
6.	5.0	2.4	➡	R onto 274 Ave W/ Townsh ip Rd 214	4.9
7.	9.9	4.9	➡	R onto 80th St W	0.8
8.	10.7	0.8	⬅	L onto 266 Ave W/ Townsh ip Rd 214A	1.6

9.9 kilometers. +107/-106 meters

Num	Dist	Prev	Type	Note	Next
9.	12.3	1.6	➡	R onto 1096 Dr W/ 96 St W/ Range Rd 20	0.1
10.	12.5	0.1	⬅	L onto 265 Ave W/ Townsh ip Rd 214A	1.7
11.	14.1	1.7	⬅	L onto 112th St SW	0.9
12.	15.1	0.9	⬆	Continue onto 112 St W	6.5

4.4 kilometers. +103/-0 meters

Num	Dist	Prev	Type	Note	Next
13.	21.6	6.5	➡	R onto AB-549 W	9.7
14.	31.3	9.7	➡	R onto 192 St W/ Range Rd 30	3.2
15.	34.5	3.2	➡	R onto 274 Ave W/ Townsh ip Rd 214	1.7
16.	36.2	1.7	⬆	Continue onto Townsh ip Rd 214B	0.2

21.1 kilometers. +113/-98 meters

Num	Dist	Prev	Type	Note	Next
17.	36.4	0.2	↑	Continue onto 1119 Dr W/ Township Rd 214A	8.2
18.	44.6	8.2	↑	Continue onto 226 Ave W/ Township Rd 221	1.1
19.	45.7	1.1	→	R onto 112 St W	0.5
20.	46.2	0.5	↑	Make a U-turn	0.5

10.0 kilometers. +97/-225 meters

Num	Dist	Prev	Type	Note	Next
21.	46.8	0.5	↑	Continue straight onto 226 Ave W	4.6
22.	51.4	4.6	→	R onto 64 St W	1.6
23.	53.0	1.6	←	L onto 242 Ave W	3.2
24.	56.3	3.2	→	R onto 32 St W/Hwy 552 W/ AB-552	0.8

10.1 kilometers. +94/-113 meters

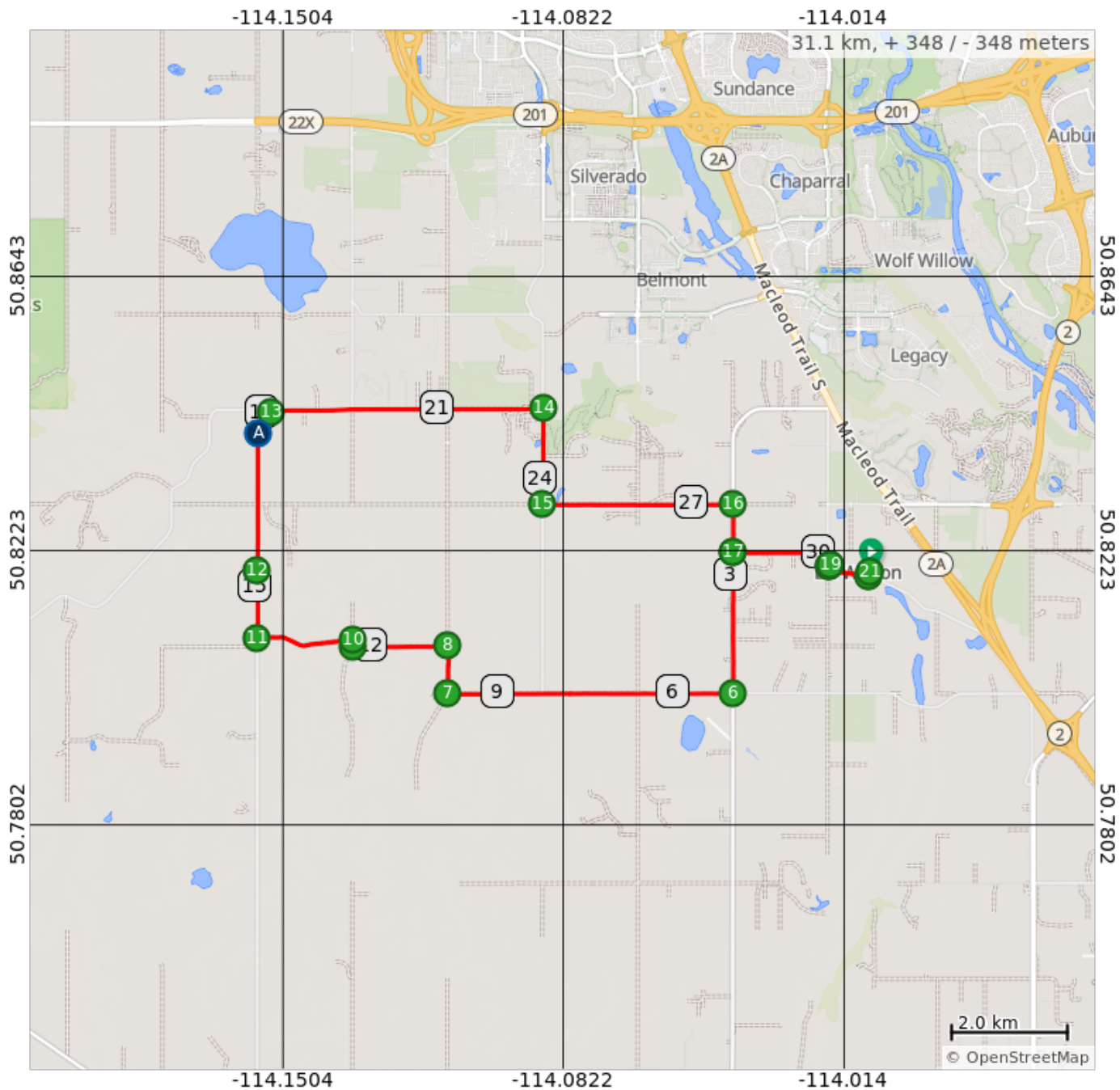
Num	Dist	Prev	Type	Note	Next
25.	57.1	0.8	←	L onto 250 Ave W/ Township Rd 215A	1.8
26.	58.9	1.8	←	L onto 16 St W/ Range Rd 11	0.1
27.	58.9	0.1	→	R onto Macleod Trail W/ Macleod Trl	0.7
28.	59.6	0.7	←	L	0.1
29.	59.7	0.1	📍	End of route	0.0

3.4 kilometers. +14/-12 meters

# Okotoks Short V.2



A. Rest Stop



## Okotoks Short V.2

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➡	R onto Macleod Trail E/ Macleod Trl	0.7
3.	0.8	0.7	⬅	L onto 16 St W/ Range Rd 11	0.1
4.	0.8	0.1	➡	R onto 250 Ave W/ Townsh ip Rd 215A	1.8

0.8 kilometers. +0/-4 meters

Num	Dist	Prev	Type	Note	Next
5.	2.6	1.8	⬅	L onto 32 St W/Hwy 552 W	2.4
6.	5.0	2.4	➡	R onto 274 Ave W/ Townsh ip Rd 214	4.9
7.	9.9	4.9	➡	R onto 80th St W	0.8
8.	10.7	0.8	⬅	L onto 266 Ave W/ Townsh ip Rd 214A	1.6

9.9 kilometers. +107/-106 meters

Num	Dist	Prev	Type	Note	Next
9.	12.3	1.6	➡	R onto 1096 Dr W/ 96 St W/ Range Rd 20	0.1
10.	12.5	0.1	⬅	L onto 265 Ave W/ Townsh ip Rd 214A	1.7
11.	14.1	1.7	➡	R onto 112th St SW	1.2
12.	15.3	1.2	⬆	Continue onto 112 St W	2.9

4.6 kilometers. +94/-7 meters

Num	Dist	Prev	Type	Note	Next
13.	18.1	2.9	⬆	Continue straight onto 226 Ave W	4.6
14.	22.8	4.6	➡	R onto 64 St W	1.6
15.	24.4	1.6	⬅	L onto 242 Ave W	3.2
16.	27.7	3.2	➡	R onto 32 St W/Hwy 552 W/ AB-552	0.8

12.4 kilometers. +94/-113 meters



Num	Dist	Prev	Type	Note	Next
17.	28.5	0.8	←	L onto 250 Ave W/ Townsh ip Rd 215A	1.8
18.	30.3	1.8	←	L onto 16 St W/ Range Rd 11	0.1
19.	30.3	0.1	→	R onto Macleo d Trail W/ Macleo d Trl	0.7
20.	31.0	0.7	←	L	0.1
21.	31.1	0.1	📍	End of route	0.0

3.4 kilometers. +14/-12 meters



**De Winton Community Association**

114 Macleod Trail  
De Winton AB T1S 5J4  
+14039382525  
dewintontreasurer@gmail.com  
<https://www.dewintonca.com/>  
GST/HST Registration No.: 893845982RT0001

**SALES RECEIPT**

BILL TO  
Greg Rawson  
Performance Driven Events (Rawson)  
[Redacted]  
[Redacted]

SALES 160704  
DATE 27/01/2025

DATE	ACTIVITY	DESCRIPTION	TAX	QTY	RATE	AMOUNT
10/05/2025	(2025) - Hall Rental Deposits 2025	10May2025 - Performance Driven Events (Myeloma Care)	E	1	150.00	150.00
Thank you for choosing DeWinton Community Hall for your event!						SUBTOTAL 150.00
						TOTAL 150.00
						BALANCE DUE <b>\$0.00</b>