



Road Rally Development Group

Stillwater Practice Rally

2026 May

Example

Novice Competitor Instructions

Volume 1

(Rev. 1.1)



Preamble

What is a Road Rally?

‘RoadRally is a scenic drive with a purpose, a chance to enjoy a day with a friend, the least expensive form of motorsport and as one participant described it, “The most intense thing I have ever done.”’¹

Road Rallying in Atlantic Canada

Atlantic Region Motorsport, Inc.(ARMS)² in association with the Canadian Association of Rally Sport (CARS)³ sanctions a road rally series that is open to experienced and novice teams.

The Road Rally Development Group (RRDG)⁴ has a focus on improving road rallying in Atlantic Canada through providing organizational support to ARMS member clubs and rally organizers.

This document provides a set of example road rally instructions similar to those to be expected by a novice competitor. It is not intended as a competition as there are no checkpoints, but to give the inexperienced competitor an opportunity to learn what to expect before committing to entering a local rally. Individual rallies and rally masters (organizers) will use variations of these instructions.

The practice rally has two sections: an odometer check section and a navigational section. Multiple examples are given for the same navigational route. Each of the instruction sets demonstrates a unique style of instruction.

The route is real. It leaves from the Tantallon Dairy Queen and finishes at the Tantallon Tim Horton’s restaurant. A novice competitor may choose to drive the route or to plot the route on a map.

Check out the RRDG Road Rally Manual.

<https://roadrallyatlantic.ca/wp-content/uploads/2024/12/roadrallyhandbook-rev-0-19122024.docx-1.pdf>

The Road Rally Atlantic (roadrallyatlantic.ca) web site provides lots of road rally material.

Have fun.

¹ <https://www.scca.com/pages/what-is-roadrally>

² <https://www.armsinc.ca/about-arms/>

³ <https://carsrally.ca/>

⁴ <https://roadrallyatlantic.ca/>

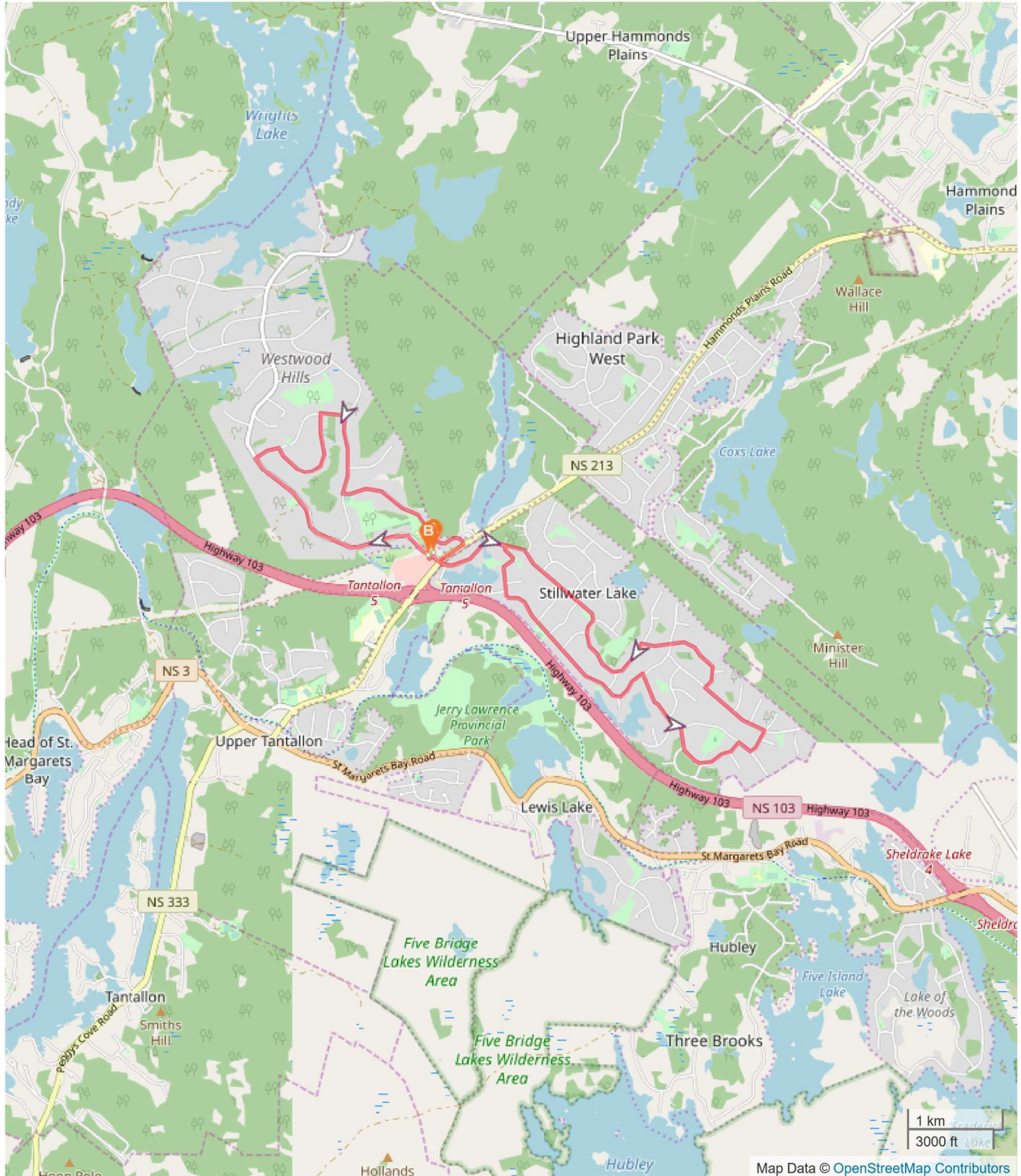
The Test Route

The start: Near 6 Westwood, Tantallon, NS
(44°42'18.2"N 63°51'23.1"W)



The "SECRET" Route

This is not normally shared with competitors.



Odometer Section Instructions

- This is the first section of the road rally. It is an opportunity to compare and calibrate your odometer with the rally organizer.
- ARMS regulations require that the odometer check be at least 15 kms. For demonstration purposes, 5 kms is used.
- The following Odometer check instructions are in plain English.
- The instructions will indicate the elapsed time allocated for the odometer check.

What to do

- Your start time will be indicated by the rally organizer. It is usually your car number times a factor (1 or 2 min) after an imaginary Car 0 start.
- Before starting, reset your odometer.
- At the ODO end location. Take note of your odometer reading.
- When you have taken your reading and reset your odo, please move ahead a few car lengths to allow others to do the same.
- Calculate your odometer error factor:
 - Your odometer reading divided by the official odometer distance.
- During the rally, you can multiply this factor by the official distances to get what our odometer should read.

Example:

- Your Odometer reading 15.21 km
- Official Rally Distance 15.05 km
- Your Odometer error factor $15.21 / 15.05 = 1.01$
- By multiplying all the distances in the rally by the correction factor "1.01" you get what your odometer will read at all the distances.

Odometer Calibration Section

No	Distance (km)	Directions
1	0.00	Turn right @ stop onto Westwood Boulevard, Elapsed Time for this section is 10 min.
2	0.01	Sign Indicates (SI) 50
3	1.06	Straight Ahead at stop
4	2.38	Turn right SI High Timber Drive
5	2.64	Turn right Si Summit Crescent
6	3.04	Straight Ahead
7	3.77	Tee right @ stop onto High Timber Drive (No sign)
8	4.04	Tee right @ stop SI Hemlock Drive
9	4.88	Turn left SI Winslow Drive
10	4.96	End ODO at first power pole on right side of road. Begin Section S1

Made it to the End of the Odometer Check

Now what?

- Take note of your odometer reading
- Zero your odometer
- Move ahead to allow other cars to arrive.
- Start the first timed section
- Your out time is the out-time you had at beginning plus the elapsed time (ET).
- Follow the instructions.

Section 1 Instructions

Plain Language Instructions

No	Cumulative Distance (km)	Direction
1	0.00	Start Section S1.
2	1.46	Tee right @ stop onto Hammonds Plains Road, Change Average Speed (CAS) 54
3	1.76	Turn left @ traffic lights SI Flat Lake Drive, CAS 45
4	2.32	!Caution, Narrow Bridge
5	2.38	Turn right SI Windsor Drive (Note: This instruction may be omitted in Tarmac Rallies or Main Road rallies. The road ahead has “no exit” and is gravel.)
6	2.56	Turn right SI Buckingham Drive
7	3.60	Straight Ahead @ stop
8	5.16	Turn right SI Abbey Road
9	5.85	Turn right SI Haliburton Crescent
10	6.80	Tee right @ stop SI Abbey Road
11	6.96	Turn left SI Melrose Drive
12	7.23	Turn left @ XR, SI Sussex Drive
13	8.00	Turn right SI Penny Lane
14	8.79	Straight Ahead @ stop XR
15	9.07	Tee left @ stop SI Windsor Drive
16	10.95	Straight Ahead @ stop
17	11.22	Keep Left
18	11.65	Tee left @stop SI Flat Lake Drive (Note: This instruction may be omitted in Tarmac Rallies or Main Road rallies. The road to the right has “no exit” and is gravel.)
19	11.70	!Caution, Narrow Bridge
20	12.25	Straight Ahead through traffic lights
21	12.30	Turn left
22	12.35	Turn right
23	12.45	End of Section, End of Rally

Section 1 Alternate Instructions (B)


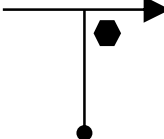
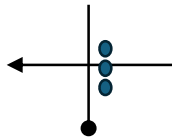
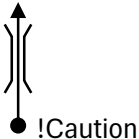
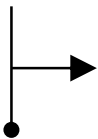
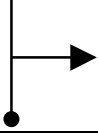
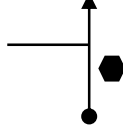
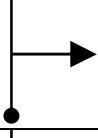
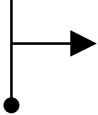
Incremental Distance and Abbreviated Instructions

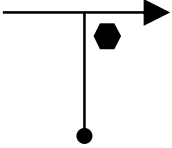
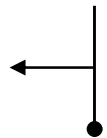
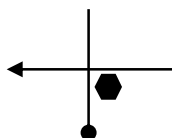
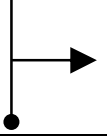
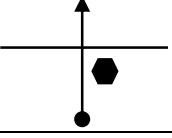
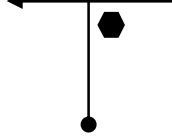
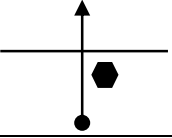
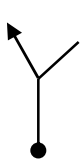
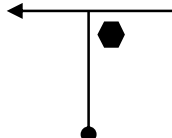
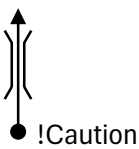
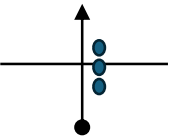
No	incremental Distance (km)	Direction
1	0.00	Start Section S1. CAS 45
2	1.46	Tee R @ stop, CAS 54
3	0.30	T L @ TS SI Flat Lake Drive, CAS 45
4	0.56	! Narrow Bridge
5	0.06	T R SI Windsor Drive
6	0.18	T R SI Buckingham Drive
7	1.04	SA @ stop
8	1.56	T R SI Abbey Road
9	0.69	T Rt SI Haliburton Crescent
10	0.95	Tee R @ stop SI Abbey Road
11	0.16	T R SI Melrose Drive
12	0.27	T L @ XR, SI Sussex Drive
13	0.77	T R SI Penny Lane
14	0.79	SA @ stop XR
15	0.28	Tee L @ stop SI Windsor Drive
16	1.88	SA @ stop
17	0.27	K L
18	0.43	Tee L @stop SI Flat Lake Drive
19	0.05	! Narrow Bridge
20	0.55	SA through traffic lights
21	0.05	T Lt
22	0.05	T R
23	0.10	EOS and EOR

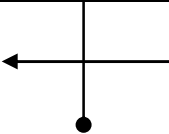
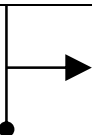
Abbreviations are at end of document.

Section 1 Alternate Instructions (C)

Tulip Diagrams

No	Cum Dist (km)	Inc Dist (km)	Direction	SI/Comment	CAS
1	0.00	0.00		Straight Ahead from end of odometer check	45
2	1.46	1.46		Onto Hammonds Plains Road	54
3	1.76	0.30		SI Flat Lake Drive	45
4	2.32	0.56		Narrow Bridge	
5	2.38	0.06		SI Windsor Drive	
6	2.56	0.18		SI Buckingham Drive	
7	3.60	1.04			
8	5.16	1.56		SI Abbey Road	
9	5.85	0.69		SI Haliburton Crescent	

10	6.80	0.95		SI Abbey Road	
11	6.96	0.16		SI Melrose Drive	
12	7.23	0.27		SI Sussex Drive	
13	8.00	0.77		SI Penny Lane	
14	8.79	0.79			
15	9.07	0.28		SI Windsor Drive	
16	10.95	1.88		Straight Ahead @ stop	
17	11.22	0.27		Keep Left	
18	11.65	0.43		SI Flat Lake Drive	
19	11.70	0.05		Narrow Bridge	
20	12.25	0.55		Straight Ahead through traffic lights	

21	12.30	0.05			
22	12.35	0.05		Turn right	
23	12.45	0.10		EOS, EOR, Tim Horton's Restaurant	

Abbreviations

Abrev.	Definition	Description
R	RIGHT	
L	LEFT	
SA	STRAIGHT AHEAD	Chose the road with the least amount of turning.
T	TURN	A change in direction of about 90 degrees.
Tee		An intersection where you must turn. Shaped like the letter "T".
A	ACUTE	A turn more than 90 degrees (sharp).
B	BEAR	A turn less than 90 degrees.
K	KEEP	Take the road furthest in the direction indicated.
JOG		A Tee intersection followed by a turn within 0.16 kilometers (km).
SI	SIGN INDICATES	Go in the direction indicated on the sign. Indications in quotes represent precise representation.
XR	CROSSROAD	Any intersection which involved a crossing of roads.
@stop		Indicated by a posted sign.
@yield		Indicated by a posted sign.
RRX	RAILWAY CROSSING	
TS	TRAFFIC SIGNALS	
!	CAUTION	Indicates a potential hazard. The more !, the greater the caution.
OPP	OPPORTUNITY	A clearly defined road with a posted sign.
RP	REFERENCE POINT	Not an instruction. A marker to let you know you are on route.
P	PASS	A landmark. I.E. P Bog Rd.
ONTO		When turned "onto" a road by name or number stay on it until specifically instructed to leave it. This takes precedence over Main Road
CAS		Change Average Speed
TWRT		TWO WAY RALLY TRAFFIC Used on roads where you meet competitors travelling in the opposite direction
ET		Elapsed Time. A timing instruction. It is used to get you through a built up area. There are no checkpoints within an ET. You are allowed to arrive early and request your time in.
EOS		End of Section
EOR		End of Rally