



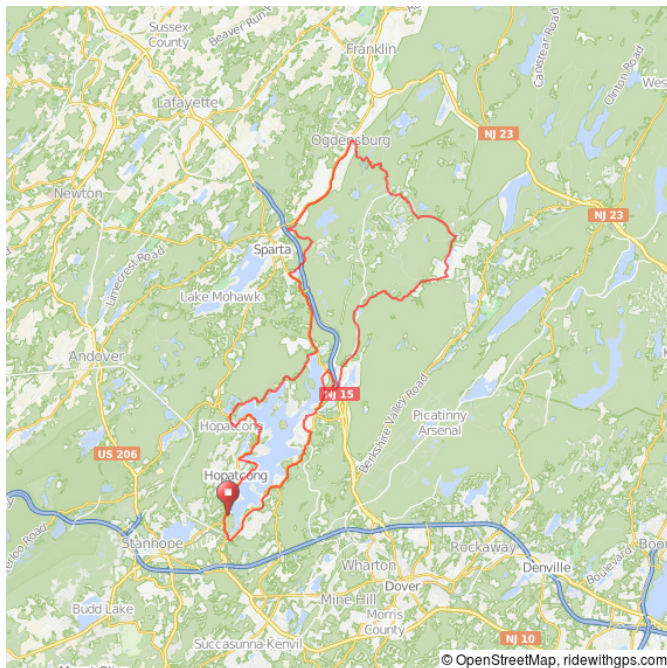
LHF Lake Loop - 40 Mile Course (39.8 miles; Elevation Gain +2,853 feet)

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Mi	Go	Notes	For
0.0		Start of Route 166 Lakeside Blvd, Landing, NJ 07850, USA. Head WNW.	
0.0	QR	Lakeside Blvd	2.4
2.4	R	Durban Ave	0.1
2.5	QR	River Styx Rd	0.7
3.3	S	Maxim Dr	1.9
5.2	R	Indian Trail	0.5
5.7	S	Lakeside Ave	2.2
7.9	S	Northwood Rd	0.2
8.0	L	Prospect Point Rd	1.2
9.3	L	NJ-181 N	2.0
11.3	L	Stay on NJ-181 N	0.8
12.0	R	E Mountain Rd	1.3
13.3	L	Glen Rd	0.9
14.2	R	Stay on Glen Rd	0.0
14.2	QR	Main St	3.5
17.8	R	Edison Ave REST STOP	4.1
21.8	L	Glen Rd	1.4
23.3	R	Russia Rd	1.4
24.6	R	Weldon Rd	6.1
30.7	S	NJ-181 N	0.1
30.9	R	Stay on NJ-181 N	0.7

Mi	Go	Notes	For
31.6	L	Yacht Club Dr REST STOP	0.8
32.4	R	Ripplewood Dr	0.6
33.0	R	Espanong Rd	0.3
33.2	R	Brady Rd	0.3
33.6	L	N Cherry Rd	0.1
33.6	QR	E Shore Rd	0.1
33.7	QL	Stay on E Shore Rd	0.5
34.2	R	Espanong Rd	0.7
34.9	R	Howard Blvd	1.4
36.4	R	Altenbrand Ave	0.1
36.5	S	Windemere Ave	0.7
37.2	S	Mt Arlington Blvd	1.7
38.9	S	Lakeside Blvd	0.0
38.9	QR	Stay on Lakeside Blvd	0.4
39.4	L	Stay on Lakeside Blvd	0.4
39.8	R	Turn right	0.0
39.8		End of Route	

REST STOP on EDISON AVE
 REST STOP on YACHT CLUB DR
EMERGENCY # 973-663-2500



Distance: 39.8 mi

Elevation: + 2853 / - 2844 ft

Max Grade 10.8 %

Avg. Grade 0.1 %

