

training - Gran Fondo NJ

| Prev | Dist | Type | Note |
|------|------|------|------------------------------|
| 0.0 | 0.0 | 📍 | Start of route |
| 0.0 | 0.0 | ➡ | R toward US-202 N |
| 0.0 | 0.0 | ➡ | R toward US-202 N |
| 0.1 | 0.1 | ➡ | R onto US-202 N |
| 0.1 | 0.2 | ➡ | R onto US-202 N/Main St |
| 0.5 | 0.7 | ⬅ | L onto Peapack Rd |
| 1.3 | 1.9 | ⬆ | Continue onto Main St |
| 1.7 | 3.6 | ⬅ | L to stay on Main St |
| 0.3 | 3.9 | ⬅ | L onto Pottersville Rd |
| 3.0 | 7.0 | ➡ | R onto Black River Rd |
| 0.1 | 7.1 | ⬆ | Continue onto Fairmount Rd E |
| 0.2 | 7.3 | ➡ | Slight R onto Black River Rd |
| 0.1 | 7.4 | ⬆ | START - First timed climb |
| 2.5 | 9.9 | ⬆ | FINISH - First timed climb |
| 1.1 | 11.0 | ⬅ | L onto Parker Rd |

11.0 miles. +1277/-517 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.3 | 11.3 | ⬅ | Slight L onto Fairmount Rd/Old Turnpike Rd |
| 1.1 | 12.4 | ➡ | R onto Fairmount Rd W |
| 2.8 | 15.2 | ⬆ | Continue onto Academy St |
| 1.0 | 16.3 | ⬅ | L onto River Rd |
| 0.9 | 17.1 | ⬆ | Continue onto Raritan River Rd |
| 0.8 | 17.9 | ➡ | R onto Hoffmans Crossing Rd |
| 0.2 | 18.1 | ⬅ | L onto High Bridge-Califon Rd |
| 1.3 | 19.4 | ➡ | R onto Buffalo Hollow Rd |
| 2.6 | 22.0 | ⬅ | L to stay on Buffalo Hollow Rd |
| 0.0 | 22.0 | ⬅ | L onto NJ-31 S |
| 1.6 | 23.6 | ➡ | REST STOP - Valero |
| 0.4 | 24.0 | ➡ | R onto Halstead St |
| 0.8 | 24.7 | ⬆ | Continue onto Leigh St |

13.7 miles. +704/-1400 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.9 | 25.7 | ⬆ | Continue onto Hamden Rd |
| 0.8 | 26.4 | ➡ | R to stay on Hamden Rd |
| 0.5 | 26.9 | ➡ | R onto Lower Landsdown Rd |
| 0.9 | 27.8 | ⬅ | L onto Sidney Rd |
| 0.6 | 28.4 | ➡ | Slight R onto Lower Kingtown Rd |
| 1.3 | 29.7 | ⬆ | Continue onto Kingtown Rd |
| 0.1 | 29.8 | ⬅ | L onto Pittstown Rd |
| 1.0 | 30.8 | ➡ | R onto County Rd 513 S |
| 4.7 | 35.6 | ➡ | Slight R onto Gallmeier Rd |
| 1.2 | 36.8 | ⬅ | L onto Stamets Rd |
| 1.3 | 38.0 | ➡ | R onto Frenchtown Rd |
| 0.8 | 38.9 | ➡ | R onto Milford Mt Pleasant Rd - START second timed climb |

14.1 miles. +806/-877 feet

| Prev | Dist | Type | Note |
|------|------|------|-----------------------------------|
| 2.5 | 41.3 | ⬆ | FINISH - Second timed climb |
| 0.1 | 41.4 | ➡ | R onto Little York Mt Pleasant Rd |
| 0.7 | 42.1 | ⬅ | L onto Rick Rd |
| 1.0 | 43.1 | ➡ | R onto School House Rd |
| 0.9 | 44.0 | ⬅ | L onto Airport Rd |
| 0.6 | 44.6 | ➡ | R to stay on Airport Rd |
| 0.5 | 45.1 | ➡ | R to stay on Airport Rd |
| 0.4 | 45.4 | ⬅ | L onto Mechlin Corner Rd |
| 1.8 | 47.3 | ➡ | R onto Bloomsbury Rd |
| 0.0 | 47.3 | ⬅ | L onto Mechlin Corner Rd |
| 1.7 | 49.0 | ⬆ | Continue onto Perryville Rd |
| 0.3 | 49.2 | ⬆ | Continue onto Co Rd 635 |
| 0.2 | 49.4 | ⬅ | REST STOP on L |
| 1.0 | 50.4 | ➡ | R onto Van Syckles Rd |

11.5 miles. +641/-739 feet

| Prev | Dist | Type | Note |
|------|------|------|---|
| 3.5 | 53.9 | ← | L onto NJ-31 N |
| 0.7 | 54.5 | → | R onto Rocky Run Rd - START third timed climb |
| 2.3 | 56.8 | ↑ | FINISH - Third timed climb |
| 0.6 | 57.4 | → | R onto Bunnvale Rd |
| 0.4 | 57.8 | ← | L onto High Bridge-Califon Rd |
| 1.2 | 59.0 | → | R onto Hoffmans Crossing Rd |
| 0.2 | 59.1 | ← | L at the 1st cross street onto Raritan River Rd |
| 0.8 | 59.9 | ↑ | Continue onto River Rd |
| 0.9 | 60.8 | → | R onto Academy St |
| 0.0 | 60.8 | ← | Slight L onto Main St |
| 0.2 | 61.0 | ← | L onto Philhower Ave - START fourth timed climb |
| 0.4 | 61.4 | ↑ | Continue onto Frog Hollow Rd |

11.0 miles. +833/-558 feet

| Prev | Dist | Type | Note |
|------|------|------|---|
| 2.4 | 63.8 | → | Slight R onto W Valley Brook Rd - FINISH fourth timed climb |
| 2.0 | 65.8 | ← | Slight L onto Fairmount Rd |
| 0.0 | 65.9 | → | R onto E Valley Brook Rd |
| 0.4 | 66.3 | ← | L onto Old Farmers Rd |
| 1.2 | 67.5 | → | R onto E Mill Rd |
| 0.4 | 68.0 | ← | L onto County Rd 625/Bartley Rd |
| 2.5 | 70.5 | → | R onto S 4 Bridges Rd |
| 1.0 | 71.5 | → | REST STOP on R |
| 0.0 | 71.5 | ↑ | Cross Rt 206 onto Hillside Rd |
| 1.1 | 72.6 | ← | L onto Furnace Rd |
| 0.2 | 72.8 | ← | L onto Pleasant Hill Rd |
| 0.0 | 72.8 | → | R onto Furnace Rd |
| 0.1 | 72.8 | → | R onto Oakdale Rd |

11.4 miles. +436/-627 feet

| Prev | Dist | Type | Note |
|------|------|------|-----------------------------------|
| 1.1 | 73.9 | ← | L onto North Rd |
| 1.0 | 74.9 | → | R onto South Rd |
| 3.9 | 78.8 | → | Slight R onto Dover Chester Rd |
| 0.3 | 79.1 | → | R onto Calais Rd |
| 1.7 | 80.8 | → | R onto Sussex Turnpike |
| 0.3 | 81.1 | → | R onto Old Brookside Rd |
| 1.1 | 82.2 | ← | L onto Woodland Rd |
| 0.3 | 82.5 | → | R onto Mt Pleasant Rd |
| 1.4 | 83.9 | → | R onto Schoolhouse Ln |
| 1.4 | 85.2 | → | Sharp R onto Washington Valley Rd |
| 0.1 | 85.3 | ← | L onto Whitehead Rd |
| 1.0 | 86.3 | → | R onto Mendham Rd |
| 3.1 | 89.3 | ↑ | Continue onto E Main St |
| 1.0 | 90.3 | ← | L onto Hilltop Rd |
| 1.0 | 91.3 | → | R to stay on Hilltop Rd |

18.5 miles. +1191/-1602 feet

| Prev | Dist | Type | Note |
|------|-------|------|--------------------------------|
| 0.5 | 91.8 | ← | Slight L onto Bernardsville Rd |
| 0.9 | 92.7 | ↑ | Continue onto Mendham Rd |
| 0.8 | 93.5 | → | R onto Ballantine Rd |
| 0.7 | 94.2 | → | R onto Claremont Rd |
| 0.6 | 94.9 | ← | L onto Turnbull Ln |
| 0.3 | 95.2 | ← | L onto Dryden Rd |
| 0.5 | 95.7 | → | Slight R onto Mountain Top Rd |
| 0.7 | 96.4 | ↑ | Continue onto Peachcroft Dr |
| 1.0 | 97.4 | ← | L onto Campbell Rd |
| 0.9 | 98.3 | ← | Slight L onto Lake Rd |
| 1.2 | 99.5 | ← | Slight L to stay on Lake Rd |
| 1.2 | 100.7 | → | R onto US-202 S |
| 1.6 | 102.3 | ← | L to stay on US-202 S |

11.0 miles. +686/-1033 feet

| Prev | Dist | Type | Note |
|------|-------|------|--------------|
| 0.1 | 102.4 | ← | L |
| 0.1 | 102.5 | 📍 | End of route |

0.2 miles. +0/-4 feet
