

**PA1240K September 30, 2009**

Time Limit 93:00 hours

Tom Rosenbauer (610) 417-7161  
 Ron Anderson (609) 731-9894  
 Chris Roth (484) 553-5215

L=Left, R=Right, T=T Intersection, B=Bear, X=Cross  
 TRO=To remain on, \*\*\*=Easy to miss  
 SS=Stop Sign, TFL=Traffic Light, b/c=Becomes, Q=Quick

EM1240K\_A (RUSA# 788) 9/27/09 Draft 10 Many clarifications & corrections (see change list). No route

<b>Controle 1 Hampton Inn Quakertown (215) 536-7779</b>				
<b>1915 John Fries Hwy / Rt 663, Quakertown, PA</b>				
<b>start: 09/30 04:00</b>				
<b>Cum</b>	<b>Leg</b>	<b>Seg</b>	<b>Turn</b>	<b>Description</b>
0.0	0.0	0.0	Start	Controle Start - Leave driveway turning right onto Rt 663
0.3	0.3	0.3	B R	Milford Square Pike (just before Exxon)
0.4	0.4	0.0	Q TL	TRO Milford Square Pike (towards Exxon)
0.9	0.9	0.6	1st L	Allentown Rd (SS) (b/c Locust Valley Rd then Linden Rd ahead)
6.6	6.6	5.7	L	Main St (SS) [Coopersburg]
8.0	8.0	1.3	R	West Passer Rd
8.1	8.1	0.1	1st L	Rt 309 (TFL)
8.6	8.6	0.5	1st B R	Rt 378 (TFL)
14.3	14.3	5.7	R	Rt 412 / Broadway Ave (TFL)
14.5	14.5	0.2	R	4th St (TFL)
14.7	14.7	0.2	L	New St (TFL) Caution RR ahead
15.0	15.0	0.3	X	New St Bridge
15.1	15.1	0.1	1st R	Center St
17.9	17.9	2.7	L	Maacada Rd (TFL) Caution RR at bottom of descent
18.9	18.9	1.1	R	Jacksonville Rd (TFL)
19.5	19.5	0.5	L	Stoke Park Rd (TFL)
20.6	20.6	1.1	R	Schoenersville Rd (TFL)
21.2	21.2	0.6	X	Rt 987 (TFL) b/c Weaversville Rd ahead
24.7	24.7	3.5	X	Rt 329 (TFL) b/c Howertown Rd
26.9	26.9	2.2	X	Kreidersville Rd (SS) b/c Indian Trail Rd
29.5	29.5	2.6	T R	Rt 248 / Lehigh Dr

Breakfast buffet  
1-hr before start

MiniMarts,  
Dunkin Donuts

29.9	29.9	0.3	1st L	Walnut Dr / Rt 4003
30.7	30.7	0.8	B L	TRO Walnut Dr (at Murphy Rd)
32.2	32.2	1.6	B L	TRO Walnut Dr (at Dogwood Rd)
32.8	32.8	0.6	T R	TRO Walnut Rd (Elm Rd goes
33.8	33.8	1.0	T L	Rt 946 / Mountain View Rd
34.1	34.1	0.3	R	Blue Mountain Dr (TFL)
34.2	34.2	0.1	Stop	Controle Blue Mountain Drive-in (staffed)

MiniMart

Limited services ahead

**Controle 2 Blue Mountain Drive In (610) 767-6379**  
**1439 Blue Mountain Dr, Danielsville, PA**  
**open: 09/30 05:50 close: 09/30 08:08**

34.3	0.0	0.0	Continue	Leave controle turning left onto Blue Mountain Dr (same
35.7	1.4	1.4	X	Appalachian Trail (at top of climb) Caution on descent
37.5	3.3	1.9	1st R	Lower Smith Gap Rd (bottom of descent)
41.5	7.3	4.0	B R	TRO Lower Smith Gap Rd (at Schaffer Rd)
46.0	11.8	4.5	Pass	Do not enter sign (on left) now on Upper Smith Gap Rd
46.8	12.5	0.8	***L	TRO Upper Smith Gap Rd (3-way jct) (Mountain Rd goes
49.2	14.9	2.4	X	Rt 3015 / Mt Eaton Rd (SS) now on Faulstick Rd
50.8	16.6	1.6	T R	(unmarked) (SS) Rt 115 / Hamilton South (store off-course
51.4	17.1	0.5	L	L Cherry Valley Rd / Rt 2002 (look for Winery sign)
54.0	19.7	2.6	Pass	Cherry Valley Apiaries
55.5	21.2	1.5	***2nd L	Fetherman Rd (sign hidden)
56.7	22.4	1.2	T R	Cherry Valley LR (SS)
58.3	24.1	1.6	B R	TRO Cherry Valley Rd / Rt 2006 (Del Water Gap sign)
61.0	26.7	2.6	T R	Rt 191 (SS) (Begin long climb to Fox Gap)
63.5	29.2	2.5	X	Appalachian Trail (at top of climb)
63.7	29.5	0.3	1st L	Fox Gap Rd
64.2	30.0	0.5	1st L	Quaker Plain Rd
64.7	30.5	0.5	B L	TRO Quaker Plain Rd (SS)
65.5	31.3	0.8	B R	Blue Mountain Dr (SS)
66.0	31.7	0.4	T L	Lake Minsi Dr
66.5	32.2	0.5	1st L	E Shore Dr (Look for East Entrance sign)
67.4	33.2	0.9	R	Totts Gap Rd (SS)
67.8	33.5	0.3	1st L	Ramblewood Dr
68.9	34.6	1.1	T R	Million Dollar Hwy (SS)

Wind Gap vista off to your right  
Minimart ( 1-mi. off course)

Restaurant

70.0	35.8	1.2	B L	TRO Million Dollar Hwy b/c Jacoby Creek Rd (RR tracks on	
70.8	36.5	0.7	L	Middle Village Rd (SS)	
70.8	36.6	0.0	T R	(unmarked) Boulder Dr / Creek	
71.2	37.0	0.4	T L	State St	
71.6	37.3	0.3	T L	Rt 611 (TFL) [Portland]	Diner, Minimart Delaware Water Gap vista
71.8	37.6	0.3	Special	Cross Delaware River pedestrian bridge (near mini mart on right)	
72.0	37.8	0.2	1st R	Washington St (at end of pedestrian bridge)	
72.4	38.2	0.4	Straight	Merge with Rt 46 (Washington St ends)	
72.8	38.6	0.4	L	Walnut Rd (Caution bad sewer grates extend into roadway)	Gas station
73.9	39.6	1.1	TR + QL	(unmarked) Linaberry (SS) (Keep Columbia sign on your right)	
75.9	41.7	2.0	T L	Knowlton Rd (SS)	
77.4	43.1	1.5	T L	Rt 616 / Mount Hermon Rd / Rt 655	
78.2	43.9	0.8	1st B R	unmarked Rt 616/Cedar Lake Rd (leaving Rt 655) NOT Hoagland	
82.1	47.8	3.9	T L	Rt 94 (unmarked) (follow Columbia sign)	
82.3	48.1	0.3	R	Carhart St [Blairstown]	
82.4	48.2	0.1	T L	Main St (unmarked)	
82.5	48.3	0.1	Stop	Controle Gourmet Gallery on left	Deli
<b>Controle 3 Gourmet Gallery (908) 362-0051</b>					
<b>31 Main St, Blairstown, NJ</b>					
<b>open: 09/30 08:26 close: 09/30 13:59</b>					
82.5	0.0	0.0	Backtrack	Leave controle turning right on Main St (El. 360 ft.)	Limited services ahead
82.7	0.1	0.1	1st B L	Blair PI (uphill at Remax)	
82.8	0.2	0.1	1st L	Millbrook Rd (follow National Recreation sign)	
84.7	2.1	1.9	Pass	Spring Valley Rd TRO Millbrook Rd / Rt 602 (towards yonder hills)	
88.8	6.3	4.2	X	Top of Millbrook climb (El.1280 ft) (CAUTION on steep twisty descent)	
89.9	7.4	1.1	1st R	Old Mine Rd (unmarked) [Millbrook Village] follow Walpack	Restroom
92.0	9.5	2.1	T R / CAUTION !!	NPS 615 (unmarked) bottom of Rough steep descent (follow Walpack)	<b>Caution on descent -- take slowly!!! Road closed to cars ahead but open to</b>

101.7	19.1	9.7	B R	Rt 615 [Peters Valley] (towards red trim house)	
102.4	19.8	0.7	B L	Rt 640	
103.7	21.2	1.3	L	Rt 560 (to Dingmans Bridge) [Layton] (good store)	Restaurant
106.4	23.9	2.7	X	Dingmans Ferry Bridge (ride bike) Caution rough bridge on descent	Restroom in park on left, vending
107.1	24.6	0.7	R	Rt 209 (TFL)	Store off-course 0.5 mi. left
112.0	29.5	4.9	L	Raymondskill Falls	\$300,000+ outhouse ahead on left
113.7	31.2	1.7	X	Rt 2001 / Milford Rd TRO Raymondskill Falls (SS)	
113.9	31.4	0.2	1st R	Kiesel Rd	
115.0	32.5	1.1	T L	Sawkill Rd	
117.8	35.3	2.8	T L	Rt 6	
118.3	35.8	0.5	1st R	Twin Lakes Rd / Rt 1005	
120.8	38.3	2.5	B L	TRO Twin Lakes Rd (at Woodtown Rd)	
126.2	43.7	5.4	T R	TRO Twin Lakes Rd (Knealing Rd goes left)	
127.5	45.0	1.3	T R	Rt 434	
128.3	45.8	0.8	L	Rt 97 [Barryville NY]	
128.4	45.8	0.1	Stop	Controle River Market (on left)	General store; rest room behind store
<b>Controle 4 River Market (845) 557-3663</b> <b>3385 Rt 97, Barryville, NY</b> <b>open: 09/30 10:52 close: 09/30 19:27</b>					
128.4	0.0	0.0	Continue	Leave controle turning left onto Rt 97 (same direction)	Restaurant ahead on right
132.4	4.0	4.0	L	Rt 168 (unmarked) ride bike across Roebling bridge	Visitor center
132.5	4.2	0.2	T R	Lackawaxen Scenic Dr (unmarked) follow Zane Grey	
133.1	4.7	0.6	T R	Rt 590 W	
136.7	8.4	3.6	Straight	Towpath Rd / Rt 4006 (SS) (leaving Rt 590)	Restaurant
144.8	16.5	8.1	***Sharp L	Martin / Kimbles Rd (Hendricks on right) Follow Bike Y sign	
148.0	19.7	3.2	T R	Rt 6	
149.5	21.2	1.5	B R	TRO Rt 6 (TFL at Rt 507) (Lake Wallenpaupack)	Minimarts, restaurants
150.9	22.5	1.3	L	Rt 590 West (TFL)	

151.7	23.4	0.9	R	Owego Tpke
156.5	28.1	4.7	Pass	Rt 3042 TRO Owego Tpk / Rt 3028 (begin Middle Creek detour)
158.1	29.7	1.6	X	Wanoka Rd (SS) TRO Owego Tpk / Rt 3028
161.6	33.2	3.5	L	Davitt Rd / Rt 3018 (just before Yatsonsky Market)
163.5	35.2	2.0	X	Tuthill Rd (now on Tikhons Rd)
164.7	36.3	1.2	X / Caution	Metal Grate Bridge at bottom of descent
165.6	37.2	0.9	B L	TRO St Tikhons Rd / Rt 3018 (Jct Hetzel Rd)
166.6	38.2	1.0	X	Rt 296 / Easton Tpk (SS) Now on Cortez Rd (end Middle Creek detour)
167.0	38.6	0.4	1st R	Lake Quinn Rd / Rt 3020
168.6	40.2	1.6	B L	Rt 3022 / Jubinske / Salem Rd (Rt 3020 ends at bend)
171.2	42.9	2.6	Pass	Highest point today (El. 2159') Caution on steep twisty descent
173.4	45.0	2.2	Pass	Carbondale city limit (now on Wayne St) Steep descent ahead
174.2	45.8	0.8	L	7th Ave
174.6	46.2	0.4	Stop	Controle Dunkin' Donuts (TFL) at 7th Ave / Main St junction

Minimart

Restaurants, minimarts off course to the right on Main St.

**Controle 5 Dunkin Donuts (570) 282-3364  
40 S. Main St., Carbondale, PA  
open: 09/30 13:22 close: 10/01 01:05**

174.6	0.0	0.0	Continue	Leave controle turning right on 7th Ave (same direction)
174.6	0.0	0.0	1st R	River St (SS)
174.9	0.3	0.2	Straight	Joining Rt 106 (SS) Caution: fast traffic on right does not stop
175.1	0.5	0.2	R	Dundaff St / Rt 1007 (just after RR tracks)
178.0	3.4	2.9	B L	TRO Rt 1007 / Dundaff St (at Rt 1011)
179.9	5.4	1.9	Straight	Joining Rt 247 South
181.3	6.7	1.4	Straight	Joining Rt 2014 (TFL) [Dundaff]
183.1	8.5	1.8	X	Rt 2012 CAUTION several steep twisty descents ahead
185.6	11.0	2.5	T R	Rt 106 (SS)
189.3	14.7	3.7	X	Rt 81 TRO Rt 106

General store (7PM)

Deli 7AM-10PM

189.5	14.9	0.2	R	Rt 92 (TFL) HEADS UP: Next turn follows immediately	MiniMarts, Restaurants (24-hr)
189.5	15.0	0.0	***Q L	Rt 2063 / Creek Rd (look for Hartford 5 sign)	
194.6	20.0	5.1	B R	Joining Rt 547 North [Hartford]	
194.9	20.3	0.2	Straight	Rt 2063 / Fair Hill Rd (leaving Rt 547 which goes right)	
199.3	24.7	4.4	Straight	Joining Rt 848 West	
201.5	27.0	2.2	T R	Rt 11 (SS) [New Milford]	Bike Shop
202.5	27.9	0.9	Pass	New Milford city limit	
203.3	28.7	0.8	***1st L	Rt 1018 / Old Rt 11 (Look for "To 81" sign on right)	
207.3	32.7	4.0	B L	Joining Main St / Rt 11 (SS) [Hallstead]	
208.0	33.4	0.7	X	Susquehanna River bridge TRO Rt 11 [Hallstead]	
208.3	33.7	0.3	Stop	Controle Colonial Brick Inn on left at TFL near I-81 junction	Food in staffed hotel room, Minimarts, McDonalds, Restaurants
<b>Controle 6 Colonial Brick Inn &amp; Suites (570) 879-2162  Rt 11 &amp; I-81 at Exit 230, Hallstead, PA  open: 09/30 15:10 close: 10/01 05:08</b>					
208.3	0.0	0.0	Continue	Leave controle turning left on Rt 11 North at TFL	Note: next controle is un-timed postcard drop;
210.6	2.3	2.3	X	NY border TRO Rt 11 (Joining Bike 11 route)	
223.2	14.9	12.6	X	Chenango River Bridge in downtown Binghamton TRO Rt	Minimarts, Restaurants
223.4	15.0	0.2	Straight	Rt 17C / Main St (TFL) leaving Rt 11 Caution rough road & raised grates	
229.6	21.3	6.2	B L	TRO Rt 17C at North St [Endwell]	Minimarts, Restaurants
231.7	23.3	2.1	Pass	Rt 26 TRO Rt 17C	
244.7	36.4	13.1	R	TRO Rt 17C / Court St (TFL) [Owego]	Hotel, MiniMarts, Restaurants, Fast Food, Coffee Shops
244.9	36.5	0.1	T L	TRO Rt 17C	
246.1	37.8	1.3	B L	TRO Rt17C (Rt 43 goes right)	
263.5	55.2	17.4	L	Cayuta Ave (TFL) [Wavery] Look for sign to Sayre - Caution traffic	

264.2	55.9	0.7	X	Rt 17 now on Rt 199 / Spring St (Joining Bike J) [Sayre PA]
264.9	56.5	0.7	L	Lehigh St (look for Sunoco on right) Caution - traffic
265.6	57.3	0.7	Straight	Joining Desmond St (passing through small town)
265.7	57.4	0.2	Stop	Controle U.S. Post Office (mail post card)
<b>Controle 7 US Post Office (570) 888-6608</b>				
<b>240 Desmond St, Sayre, PA</b>				
<b>close: Not Timed (on pace: 10/01 12:06)</b>				
265.8	0.0	0.0	Backtrack	Leave controle on Desmond St - reversing direction
265.8	0.0	0.0	1st R	Packer Ave
266.0	0.2	0.2	TL + QBL	(unmarked) Thomas Ave (at end of RR track overpass)
266.1	0.3	0.1	1st R	E Lockhart St (SS)
266.3	0.6	0.2	X	Susquehanna River bridge
266.4	0.6	0.1	T R	Riverside Dr / Rt 1043
268.0	2.3	1.6	X	Rt 1056 TRO Rt 1043 / Sheshequin Rd (SS) (Bike J route)
281.1	15.3	13.0	T R	Rt 1041 James St (cross bridge)
281.8	16.0	0.7	T L	Rt 6 / York Ave [Towanda]
283.5	17.8	1.8	Straight	Joining Rt 2027 / Main St (TFL) (leaving Rt 6)
284.4	18.6	0.8	L	Rt 2024 / Liberty Corners (Airport sign) Caution RR tracks ahead
285.6	19.8	1.2	B L	TRO Rt 2024 (at Woodside Rd)
288.0	22.2	2.4	B L	TRO Liberty Corners / Rt 2024 (Jct Beebe Hill Rd) [Liberty Corners]
290.0	24.3	2.0	R	Bride Rd / Rt 2020 (Hill St on left)
291.1	25.4	1.1	T R	Marshview Rd / Rt 2017 (SS)
293.2	27.4	2.0	L	TRO Marshview Rd (at North St / 2015 Jct)
293.5	27.8	0.3	1st R	Reinze Rd / Rt 2013 Caution - watch for many road cuts / trenching
297.4	31.6	3.9	T L	Wyalusing New Albany Rd / Rt 2010 (SS)
299.6	33.9	2.2	T R	Shaffers Notch / Rt 2011

Hotel, MiniMarts

Hotel, MiniMarts, Restaurants, Fast Food, Coffee Shops Limited services ahead

299.8	34.0	0.1	1st R	TRO Shaffers Notch Rd / Rt 2011 (sign hidden)
306.2	40.5	6.5	T L	Rt 2008 / Marsh Rd
309.4	43.7	3.2	B R	Railroad St
309.7	44.0	0.3	T R	Main St / Rt 487 [Dushore]
309.8	44.0	0.0	1st R	Rt 220 / German St
309.8	44.1	0.0	Stop	Controle Shell Pump-N-Pantry (on right)
<b>Controle 8 Shell Pump-N-Pantry (570) 928-8122</b>				
<b>114 N German St / Rt 220, Dushore, PA</b>				
<b>open: 09/30 20:38 close: 10/01 17:2€</b>				
309.9	0.0	0.0	Backtrack	Leave controle turning left on Rt 220 South (reverse direction)
310.6	0.7	0.7	R	Rt 87 Caution - metal grate on descent ~3 mi ahead
322.6	12.7	12.0	R	Rt 154
324.6	14.7	2.0	Pass	Store [Estella]
327.2	17.3	2.6	R	TRO Rt 154 (Jct Rt 4001) [Lincoln Falls]
332.8	23.0	5.7	R	TRO Rt 154 Caution: steep twisty descent into Shunk (Store)
335.9	26.1	3.1	<b>Caution!!!</b>	<b>Top of climb (near Rt 4006) STEEP twisty descent - watch rim temp.</b>
340.6	30.8	4.7	R	TRO Rt 154 Caution sharp turn on STEEP descent
341.4	31.5	0.7	L	TRO Rt 154 (Jct Beech Flats Rd) Caution - gravel on turn
343.0	33.1	1.6	B R	TRO Rt 154 (Jct Gram Rd)
344.3	34.4	1.3	Stop	Controle Exxon Acorn (SS) Jct Rt 414 / Main St [Canton]
<b>Controle 9 Acorn Market (570) 673-8404</b>				
<b>44 Main St, Canton, PA</b>				
<b>open: 09/30 22:28 close: 10/01 21:3€</b>				
344.3	0.0	0.0	Turn	Leave controle turning left on Main St / Rt 414
344.4	0.1	0.1	T L	TRO Rt 414 West / Rt 14 (TFL)
346.0	1.7	1.6	R	TRO Rt 414 (Rt 14 continues straight)
349.3	5.0	3.3	B L	TRO Rt 414 (at Gleason Rd) [Gleason]
352.2	8.0	3.0	X	Ogdensburg Rd Caution steep twisty descents & loose chipseal ahead
360.0	15.7	7.8	B L	TRO Rt 414 at Old Mill Rd

Mini-mart

Limited services ahead

**Don't go any faster than your guardian angel can keep up with!**

Limited services ahead.

steep rollers next 14 mi.

360.4	16.1	0.4	T L	TRO Rt 414	
360.8	16.5	0.4	Straight	Blockhouse Rd [Liberty] (leaving Rt 414) (stores to left)	1 block off course to the left; Blockhouse Café (7:30AM - 2PM); Bob's Market (8AM - 6PM)
366.2	22.0	5.4	Pass	Rt 15 junction (now on Rt 284)	
374.5	30.2	8.2	T L	Rt 287 [English Center]	
375.5	31.3	1.1	1st R	Rt 4001 / Little Pine Creek Rd (follow Little Pine Creek State Park)	παίρεια Creekside Tavern (12PM - 12AM)
376.0	31.7	0.4	1st L	TRO Rt 4001 (across metal bridge) follow Little Pine Creek State Park	Restaurant near mile marker 70 (~10 miles)
387.2	42.9	11.2	T R	Rt 44 [Waterville]	Store/deli
388.8	44.5	1.6	B L	TRO Rt 44 (Rt 414 goes right)	
393.9	49.6	5.1	T L	Rt 664 [Haneyville] Caution: Steep descent + hairpin turns ~15mi ahead	Restaurant, limited services ahead
411.6	67.3	17.6	L	TRO Rt 664 (2nd SS) (towards Susquehanna river bridge)	
411.7	67.5	0.2	1st R	Rt 120 / Water St (just past Susquehanna river bridge)	
412.8	68.5	1.0	B R	TRO Rt 120 / Susquehanna Ave	
413.2	68.9	0.4	L	Hill St / Lusk Run Rd / Rt 2020 (Look for gas station on left)	Gas station
416.7	72.4	3.5	T L	Rt 150 (TFL)	Stores 0.5 mile ahead off course on Rt 150
416.9	72.7	0.3	1st B R	Beech Creek Ave	
417.6	73.3	0.6	T R	Rt 64 [Mill Hall]	
417.8	73.5	0.2	X	RR Tracks (Caution) (Bar & Grill on left)	Restaurant
419.8	75.5	2.0	R	Jacksonvill Rd / Rt 2018	
422.5	78.2	2.7	B L	Peach Orchard Rd	
423.3	79.0	0.8	T R	Rt 64	
424.2	79.9	0.9	R	Brown Hill Rd (TFL) (Just before Rt 80 junction)	
424.3	80.0	0.1	Stop	Controle Hampton Inn & Suites (driveway on right)	Food provided in staffed room, Minimart, restaurants,
<b>Controle 10 Hampton Inn &amp; Suites Lamar (570) 726-3936</b> <b>24 Hospitality Lane, Lamar, PA</b> <b>open: 10/01 02:46 close: 10/02 07:14</b>					

424.3	0.0	0.0	Backtrack	Leave controle left on Brown Hill Rd (reverse direction)
424.4	0.1	0.1	L	Rt 64 (TFL)
426.2	1.9	1.9	R	Heltman Rd (orange pipe)
427.6	3.3	1.4	L	Fishing Creek Rd / Rt 2004 (just before small bridge)
428.7	4.4	1.1	2nd R	S. Mallard St (old cemetary)
428.9	4.6	0.2	T R	Fairground Rd / Rt 2008
430.0	5.7	1.1	X	Rt 220 (SS)
431.7	7.4	1.7	R	Rt 477 / Long Run Rd (SS)
438.8	14.5	7.1	X	Jct Rt 80 TRO Rt 477 (store & restaurant nearby)
440.0	15.7	1.2	R	Rt 880 (SS) [Loganton]
440.2	15.9	0.2	Stop	Controle Loganton Post Office (on left)
<b>Controle 11 US Post Office (570) 725-3796 83 W Main St, Loganton, PA close: Not Timed (on pace: 10/02 09:06)</b>				
440.2	0.0	0.0	Continue	Leave controle left on Rt 880 / W Valley Rd (same direction)
447.0	6.8	6.8	L	TRO Rt 880 / W Valley Rd [Tylersville]
450.7	10.5	3.7	T R	Rt 192 (SS) [Rebersburg] (stores off-course 1/4 mile left)
465.1	24.9	14.4	Straight	W Church St / Lower Brush Valley Rd (TFL) [Centre Hall]
470.3	30.1	5.2	B L	Rock Hill Rd / Rt 2006 (SS)
470.7	30.5	0.4	T R	Linden Hall Rd / Rt 2004 (SS)
473.0	32.8	2.3	L	Boalsburg Rd (SS) (b/c Warner Ave ahead)
473.9	33.7	0.9	X	Atherton St (TFL) (joining Rt 45 / Shingletown Rd)
478.1	37.9	4.2	Merge	Joining Rt 26 / Rt 45
479.4	39.2	1.3	L	Rt 26 (TFL) [Pine Grove Mills] (leaving Rt 45)
489.9	49.7	10.4	L	TRO Rt 26 / Standing Stone Rd (Jct Rt 305 / Greenwood Rd)
495.1	54.9	5.3	L	Rt 1001 / Stone Creek Ridge Rd
496.5	56.3	1.4	B R	TRO Rt 1001 / Stone Creek Ridge Rd (Jct Creek Crossing
497.2	56.9	0.6	B L	TRO Rt 1001 (Jct Murray Run / Rt 1011)

Note: next controle is un-timed postcard drop;

Store Minimart, diner just past Rt 80 Jct.

Store off course 0.5 mi. left

Restaurant

24-hr mini mart off-course ~0.5 left

minimart, Limited services ahead

502.0	61.8	4.9	L	<b>Rt 1003 / Sugar Grove Rd (Caution: STEEP twisty descent ahead)</b>	<b>Caution on descent -- take slowly!!!</b>	
508.0	67.8	6.0	X	Rt 22 (now on Sugar Grove Rd) [Mill Creek] Caution: fast traffic		
508.1	67.8	0.0	T R	Main St	Restaurant	
508.5	68.3	0.4	1st L	Rt 829 (unmarked)		
508.7	68.5	0.2	X	Juniata River bridge		
510.0	69.7	1.3	1st L	Rt 3049 / Polecat Hollow Rd		
511.2	71.0	1.2	L	Smith Valley Rd (SS)		
512.1	71.9	0.9	B R	Callow Hill St (unmarked) (SS) School on corner		
512.6	72.4	0.5	X / Caution	Metal grate bridge		
512.8	72.5	0.2	L	Main St	24-hr Mini-Mart	
512.9	72.7	0.2	B L	Bridge St / Rt 655 North [Mapleton]		
513.1	72.8	0.1	X	Juniata River bridge		
513.1	72.9	0.1	T R	Oriskany Rd / Rt 2020 (Follow Mt Union 4)		
513.8	73.6	0.7	Merge	Joining Rt 22 (SS)		
516.4	76.2	2.6	R	Rt 747 / Jefferson St (1st TFL) (cross Juniata River bridge) [Mt Union]		
517.0	76.8	0.6	Stop	Controle 11 Sheetz on right (Get receipt - clerk will not sign cards)		
<b>Controle 12 Sheetz (814) 542-8561 201 N Jefferson St, Mt Union, PA open: 10/01 07:44 close: 10/02 18:24</b>						
517.0	0.0	0.0	Continue	Leave controle turning right out of driveway onto Jefferson St		Limited services ahead.
517.1	0.1	0.1	L	Shirley St (TFL)		
518.0	0.9	0.8	T R	Rt 522 South (TFL)	Store 0.3 mi. off-course	
518.4	1.4	0.5	L	Rt 103		
520.7	3.7	2.3	B L	TRO Rt 103 (Bilger Ln goes right)		
534.9	17.9	14.2	R	Pleasant View Rd		
535.7	18.6	0.7	Straight	Joining Rt 103 North (SS)		
546.2	29.2	10.6	R	Rt 333 (store 0.3 mi off-course on Rt 103 towards Lewistown)		
558.5	41.5	12.2	B R	TRO Rt 333 / Foster St [Mifflin]		
558.6	41.6	0.1	L	Licking St / Rt 333 (SS)		
558.6	41.6	0.1	T R	Mowery St / Rt 333		
558.9	41.9	0.3	T L	Rt 35 / Wilson St		
559.0	42.0	0.1	B L	b/c Juniata St / Rt 35 after left bend		
559.3	42.3	0.2	T R	Main St / Rt 35		

559.4	42.4	0.1	X	Juniata River Bridge TRO Rt 35 towards Mifflintown
560.8	43.8	1.4	Stop	Controle Tom's (mini mart on right in plaza)
<b>Controle 13 Tom's (717) 436-8943</b>				
<b>1 Stop 35 Plaza, Mifflintown, PA</b>				
<b>open: 10/01 10:04 close: 10/02 23:39</b>				
560.8	0.0	0.0	Continue	Leave controle turning right on Rt 35 out of driveway
561.1	0.3	0.3	X	Rt 22 TRO Rt 35 / Washington
562.5	1.7	1.4	L	Jericho Rd
564.5	3.8	2.1	TL + QR	Billyville Rd (at Lost Creek/Jericho intersection )
565.1	4.3	0.6	1st BR	Sunset Dr / Rt 535
565.7	4.9	0.6	TL + QR	TRO Sunset Dr (at Oakland Rd)
566.9	6.1	1.2	T L	Rt 1003 (unmarked)
567.5	6.7	0.6	3rd R	Fairview Rd
568.4	7.6	0.9	X	Rt 235 TRO Fairview Rd (SS)
570.5	9.7	2.1	T R	Bunkertown Rd (no stop sign - main road bends right)
570.6	9.8	0.1	Q L	Jamison Rd
571.4	10.6	0.8	T L	Foundary Rd
571.5	10.7	0.1	1st R	Red Bank Rd / Rt 543
572.3	11.5	0.8	***2nd L	TRO Red Bank Rd (Whitehall Rd goes straight) Just past right bend
573.3	12.5	0.9	***L	TRO Red Bank Rd (Apple Rd goes straight) Just past right
573.5	12.7	0.2	Pass	Mountain Rd (1st side road on left)
573.9	13.1	0.4	B L	Joining Mountain Rd (The Dam Rd goes right)
574.8	14.0	1.0	T L	Rt 3006 / Middle Rd
575.0	14.2	0.1	1st B R	Mountain Rd / Rt 3006 (End Rd goes left)
575.8	15.0	0.8	B L	TRO Mountain Rd / Rt 305 (leaving main road which bends right)
578.3	17.5	2.6	T L	Heister Valley Rd / Rt 3006
584.6	23.8	6.3	T R	Rt 104
585.1	24.3	0.4	X	Rt 35 (Restaurant on corner)
585.5	24.7	0.5	1st L	Flint Valley Rd
588.4	27.6	2.8	R	(unmarked) (1st SS) Neitz Valley Rd / Rt 2010 (red barn on left)
588.5	27.7	0.1	1st B L	TRO Neitz Valley Rd / Rt 2010 (Rownzy Rd goes straight)

Hotel, MiniMarts, Restaurants, Fast Food

Limited services ahead.

Restaurant

592.3	31.5	3.7	T L	Produce Rd / Rt 2007
593.4	32.6	1.1	T R	Rt 35 (Caution: Fast Traffic)
593.7	32.9	0.3	1st L	Middle Creek Rd / Rt 2009 (TFL)
593.9	33.1	0.2	1st R	Clifford Rd / Rt 2011
596.0	35.2	2.1	X	Rt 522 TRO Clifford Rd
596.4	35.6	0.4	T L	Salem Rd / Rt 1011
597.0	36.2	0.6	***3rd R	Old Colony Rd / Rt 1010 (on descent)
598.7	37.9	1.7	T L	Rt 204
599.0	38.2	0.2	1st R	Mill Rd / Rt 1014
599.7	38.9	0.8	X	Airport Rd / App Rd TRO Mill Rd
600.2	39.4	0.5	1st R	Roosevelt Ave / 16th St.
600.7	39.9	0.5	T R	Susquehanna Trl / Rt 11 (TFL)
600.9	40.1	0.2	Stop	Controle Denny's (on right in shopping mall)
<b>Controle 14 Denny's (570) 374-6646</b>				
<b>Susquehanna Trl / Rt 11, Selinsgrove, PA</b>				
<b>open: 10/01 12:14 close: 10/03 04:32</b>				
601.0	0.0	0.0	Continue	Leave controle turning right on mall access road (towards Friendly's)
601.2	0.2	0.2	R	Roosevelt Ave at mall exit near Weis Market
601.2	0.3	0.1	X	Susquehanna Trl / Rt 11 (TFL) (Taco Bell on corner)
601.5	0.5	0.2	T L	Old Trail
604.2	3.2	2.7	T L	Center St (Old Trail ends)
604.2	3.2	0.0	Special	Get on sidewalk on right and follow ramp to bridge walkway
604.2	3.2	0.0	Special	Cross Susquehanna River bridge via walkway (Walk Bike)
604.2	3.3	0.0	Caution	Watch for metal signs & lights protruding into walkway
604.7	3.7	0.5	Special	Follow South Rt 147 sign at end of walkway
604.7	3.8	0.0	South	Rt 147 (Keep Susquehanna River on your right) [Sunbury]
618.5	17.6	13.8	R	Rt 225 south (just before SS)
622.8	21.8	4.3	R	TRO Rt 225 / Chestnut St (SS) [Pillow]
625.9	25.0	3.2	L	Rt 25 [Berryburg]
631.0	30.0	5.0	Pass	Town of Gratz TRO Rt 25
638.3	37.4	7.4	B R	Rt 4013 / Schwenks Rd (Look for Good Springs 6 sign)
640.2	39.2	1.8	T R	Gap St / Rt 4011
643.5	42.5	3.3	X	RR Tracks (Caution)

Restaurant 24hr

Limited services ahead.

Restaurant, Gas station

644.2	43.3	0.7	X	Main St (SS) (joining Rt 125) [Good Springs]
648.8	47.8	4.5	B R	TRO Rt 125
649.8	48.8	1.0	TL + QBL	TRO Rt 125 [Tremont]
650.1	49.2	0.4	R	TRO Rt 125
650.7	49.7	0.5	X	Caution: Bad angle RR tracks
655.2	54.2	4.5	R	Schulz Rd (Look for Pine Grove Yamaha on right)
656.0	55.1	0.8	2nd R	Keefer Rd (unmarked) (backtrack 1 turn if you reach Rt 125)
657.6	56.7	1.6	T R	Oak Grove Rd
657.8	56.8	0.2	1st L	2 1/2 Mile Rd
659.0	58.0	1.2	T R	Suedberg Rd / Rt 443
659.2	58.3	0.3	Stop	Controle Hampton Inn (on left just past Rt 81 jct)
<b>Controle 15 Hampton Inn Pine Grove (570) 345-450! 481 Suedberg Road, Pine Grove, PA open: 10/01 15:22 close: 10/03 11:35</b>				
659.3	0.0	0.1	Continue	Leave controle turning left onto Rt 443 (away from Rt 81
667.5	8.2	8.2	B L	Rt 72 [Swatara Gap]
671.1	11.8	3.6	L	Lickdale Rd (unmarked) (TFL) Look for Hess mini mart on left
671.5	12.2	0.3	Pass	Darkes Rd (on left) TRO Lickdale Rd
675.6	16.3	4.2	Straight	b/c Main St [Fredericksburg]
676.2	16.9	0.6	X	Rt 22 East (now on Fredericksburg Rd)
676.4	17.1	0.2	B R	TRO Fredericksburg Rd (Chestnut Hill goes left)
677.5	18.2	1.1	T L	Shirksville Rd
677.7	18.4	0.2	1st R	Union Rd
678.1	18.8	0.4	1st L	Grieble Rd
680.1	20.8	2.0	BR + QBL	TRO Greble Rd (at Farmers Rd and Long Rd)
683.4	24.1	3.3	T L	Woleber Rd
683.8	24.5	0.4	X	Lancaster Ave [Mt Aetna] now on Market St b/c Stouchburg Rd
686.1	26.8	2.3	B L	TRO (unmarked) Stouchsburg Rd (SS) (Kreider Rd on right)
686.4	27.1	0.3	R	Wintersville Rd (SS)

Restaurants

Note: Schulz Rd  
joins Rt 125 in  
two places. You  
want the 1st one!  
(The 2nd one is  
at a Hess)

MiniMarts,  
Restaurants,  
Fast Food  
Food in staffed  
hotel room

Minimart

Restaurants

Restaurants

687.0	27.7	0.5	X	Rt 422 (TFL) now on Millardsville Rd
688.7	29.4	1.8	Straight	Entering Richland (now on Chestnut / Main St)
688.9	29.6	0.1	X	RR Tracks Caution: Bad angle
689.4	30.1	0.5	T R	Linden St (mini mart on left)
689.6	30.3	0.2	L	Poplar St (1st SS)
689.8	30.5	0.2	1st B L	Millbach Rd
691.3	32.0	1.5	T L	Rt 419
691.3	32.0	0.1	Q R	S Millbach Rd (unmarked)
693.7	34.4	2.4	T R	Rt 897 [Kleinfeltersville]
693.8	34.5	0.1	Q L	Hopeland Rd / Kleinfeltersville Rd / Rt 1035
699.1	39.8	5.3	R	Rt 1026 / Hopeland Rd (SS)
699.6	40.3	0.5	***1st L	Clay Rd (unmarked) (SS) Turn hidden on downhill [Hopeland]
700.7	41.4	1.1	TL + QR	TRO Clay Rd (crossing Rt 322)
701.6	42.3	0.9	L	TRO Clay Rd (Brunnerville Rd goes straight)
701.9	42.6	0.3	1st L	Middle Creek Rd (Hammer Creek Rd on right)
702.8	43.5	0.9	T L	TRO Middle Creek Rd (Wissler Rd goes right)
703.0	43.7	0.1	B R	TRO Middle Creek Rd (Wissler Rd goes left)
704.0	44.7	1.0	TL + QR	TRO Middle Creek Rd (crossing Lincoln Rd)
705.6	46.3	1.7	R	Meadow Valley Rd (SS)
706.0	46.7	0.4	2nd L	(unmarked) Cocalico Rd
706.6	47.3	0.6	T L	Rothsville Rd
706.7	47.4	0.0	Q R	Millway Rd
708.0	48.7	1.3	T L	Cocalico Creek Rd
708.1	48.8	0.1	X	Oregon Pike (SS) (Caution: Fast traffic) Now on Lauber Rd
708.2	48.9	0.1	TR + QL	Tobacco Rd (crossing Old Akron Rd)
708.7	49.4	0.4	1st R	Pool Rd (SS)
709.3	50.0	0.6	1st L	Metzler Rd (SS)
710.3	50.9	0.9	T R	N. Farmersville Rd
711.7	52.4	1.4	X	E Farmersville Rd (SS) (now on S Farmersville Rd)
712.4	53.1	0.7	1st L	Sheaffers School Rd
712.6	53.3	0.2	Pass	Weavers Bike Shop on left (worth a quick look)
712.9	53.6	0.4	T L	Saw Mill Rd
713.4	54.1	0.4	T R	Fairmount Rd

Restaurants

Minimart

Bike Shop

714.0	54.7	0.6	2nd L	Amishtown Rd (at 5-way intersection)
714.6	55.3	0.6	TR + QL	TRO Amishtown Rd (crossing Voganville Rd)
715.4	56.1	0.8	T R	Shirk Rd
716.1	56.8	0.7	STOP	Controle Scheetz (TFL) at junction of Shirk Rd & Rt 23
<b>Controle 16 Sheetz (717) 355-2456</b>				
<b>698 W Main St, New Holland, PA</b>				
<b>open: 10/01 18:24 close: 10/03 18:24</b>				
716.1	0.0	0.0	Turn	Leave controle turning right out of driveway onto Rt 23
716.5	0.4	0.4	1st L	Western Ave (TFL)
716.7	0.6	0.2	T R	Conestoga St
717.8	1.7	1.1	T L	Rail Road Ave
717.9	1.8	0.1	1st R	Spruce St
718.8	2.7	0.9	R	Weaverland Rd (note: follow Bike-S for next several turns)
720.8	4.7	2.0	T R	Rt 897 / Weaverland Valley Rd
720.9	4.8	0.1	1st L	Weaverland Rd
723.3	7.2	2.4	Straight	Joining Mill Rd (Weaverland Rd bears left)
723.7	7.6	0.4	B L	TRO Mill Rd (at Brendle)
724.5	8.4	0.7	T R	Churchtown Rd
725.4	9.2	0.9	T R	TRO Churchtown Rd (at Hammertown Rd)
725.6	9.5	0.3	T L	Rt 23
729.9	13.8	4.2	L	Morgantown Rd (TFL) [Morgantown]
731.0	14.9	1.2	X	Metal Grate Bridge (Caution)
731.2	15.1	0.2	Pass	Morgan Way (on right)
731.4	15.3	0.1	1st R	Joanna Rd
732.3	16.2	0.9	T R	Elverson Rd
732.7	16.6	0.5	X	Twin Valley Rd (SS) TRO Elverson Rd
732.9	16.8	0.1	1st L	Hopewell Rd / Park Rd
735.2	19.1	2.4	R	Harmonyville Rd (just past "Entering Union Township")
736.7	20.6	1.4	Straight	TRO Harmonyville Rd / Rt 4018 (SS) (X Rt 345) Disregard Road Closed
737.5	21.4	0.9	L	Bethesda Rd (begin Harmonyville detour)
738.1	22.0	0.6	X / Caution	Metal Grate Bridge
738.9	22.8	0.8	T R	(unmarked) Hopewell Rd (SS)

Minimart

Restaurants off-course on Rt 23

Hotel, MiniMarts, Restaurants, Fast Food

Deli  
Limited services ahead

740.4	24.3	1.5	T L	Rt 4018 / Harmonyville Rd (SS) (end Harmonyville detour)	
741.1	25.0	0.7	Straight	TRO Harmonyville Rd (SS) (at School Rd) [Harmonyville]	
741.7	25.6	0.6	B R	Rt 4041/ Harmonyville Rd (at Jones)	
744.3	28.2	2.6	T L	Laurelwood Rd / Rt 4041	
745.1	29.0	0.8	B R	Neiman Rd (SS)	
745.5	29.4	0.4	L	Hanover St	
746.3	30.2	0.8	R	Cedarville Rd	
747.8	31.7	1.5	L	Spiece Rd	
748.6	32.5	0.8	T R	Old Schuylkill Rd	
751.3	35.2	2.6	L	Bethel Church Rd (SS) Just before Rt 724 Jct (TFL on left)	
751.3	35.2	0.0	Q X	Rt 724 (TFL) Joining Linfield Rd	
751.7	35.6	0.4	X	Schuylkill River Bridge (now on Main St)	Pizzeria ahead on right
753.9	37.8	2.2	L	Lewis Rd (TFL) 24-hr WaWa on right corner (jct Rt 422)	24-hr mini mart on right corner
754.5	38.4	0.6	L	W Cherry Ln	
755.0	38.9	0.5	T R	Limerick Ctr Rd / Rt 4024	
755.8	39.7	0.8	T L	Ridge Pike (TFL) (strip mall with stores & restaurants)	several stores (strip mall)
756.2	40.1	0.4	1st R	Nieffer Rd / Rt 4021	
756.9	40.8	0.7	X	Swamp Pike TRO Neiffer Rd	
761.1	45.0	4.2	T L	Rt 73 / Big Rd	
761.3	45.2	0.1	1st R	Perkiomenville Rd / Rt 1028	
764.1	48.0	2.8	T R	(unmarked) Deep Creek Rd (at Perkiomen Trail)	
764.3	48.2	0.2	T L	Rt 29 / Gravel Pike	
764.7	48.6	0.4	1st R + Q B L	Upper Ridge Rd (NOT Crusher Rd)	
765.2	49.1	0.5	1st B R	Perkiomenville Rd	
765.9	49.8	0.7	T R	Rt 63 / Main St	
766.0	49.9	0.2	*** 1st L	Magazine Rd (at Pizzeria)	Restaurant
766.3	50.2	0.2	X	Gerryville Rd (SS) TRO Magazine Rd	
766.5	50.4	0.2	Straight (NOT Right)	Joining Swamp Creek Rd (SS) (Swamp Creek also goes right here)	Road poorly marked here - Magazine Rd is merging with Swamp Creek Rd which goes both straight and right here
766.6	50.5	0.0	Q X	Small stone bridge over creek TRO Swamp Creek Rd / Rt 1030	

769.8	53.7	3.2	T R	TRO Swamp Creek Rd / Rt 1030 (Miller Rd on left)
770.9	54.8	1.1	T R	Upper Ridge Rd / Rt 4033
771.0	54.9	0.1	Q L	(unmarked) Trumbauersville Rd (Finland Inn on left)
772.2	56.1	1.2	L	Canary Rd (look for Jacuzzi sign on right)
772.9	56.8	0.7	1st R	Doerr Rd
774.0	57.9	1.1	B R	at Walnut Ln
774.1	58.0	0.0	Q T L	(unmarked) Kumry Rd
774.2	58.1	0.2	1st R	Krammes Rd
775.5	59.4	1.3	R	Rt 663 / John Fries Hwy (TFL) Almost there!
776.2	60.1	0.7	Stop	Controle Hampton Inn - Congratulations

Restaurant

**Controle 17 Hampton Inn Quakertown (215) 536-7779  
1915 John Fries Hwy / Rt 663, Quakertown, PA  
open: 10/01 21:20 close: 10/04 01:00**