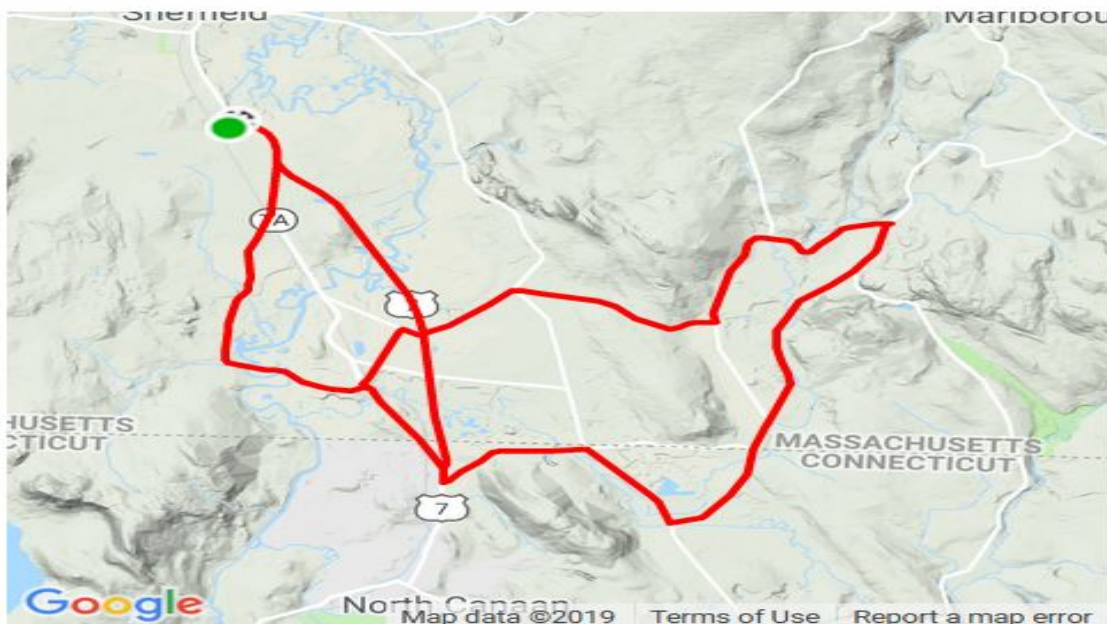


Hopped Up for Health 20 Mile

Steps	mileage		Total mileage
1	.0	Right ONTO SILVER ST.	.0
2	.1	Right ONTO RT. 7	.1
3	.5	Right ONTO RT 7A	.6
✓ 4	1.2	STAY Right AT "Y" over RR TRACKS	1.8
✓ 5	1.5	Gate left	3.3
✓ 6	.9	Right @ STOP SIGN main ST.	4.2
7	1.0	Right ON TO RT 7 (By STATE POLICE)	5.2
8	.1	left ONTO Clayton	5.3
9	1.0	Right ONTO Allendale	6.3
10	.9	Left ONTO Sodom	7.2
11	.9	STOP SIGN go STRAIGHT on CANAAN SOUTH RD	8.1
12	2	Bear Right at "Y" intersection CANAAN SOUTH	8.3



13- 2.2 left on Konkopot (careful ROT Holes) 10.5

14	.8	left on Clayton Mill RD	11.3
15	1.0	Right on Alum Hill RD	12.3
16	1.2	Left on Hewins	13.5
17	.7	CROSS over RT. 7	14.2
18	.1	Left on E main ST	14.3
19	.5	STRAIGHT ACROSS	14.8
20	.9	Barc Right on Rannapo	15.7
21	1.4	Left on 7A	17.1
22	.4	Left on RT 7	17.5
23	.6	Left on Silver 100 yards and home	18.1