



Ridge Training 32 mi

	Leave Holtsville Eco Park	@	for
TR	BUCKLEY RD	0	0.2
R	BLUEPOINT	0.2	1.1
R	LI AVENUE	1.3	0.8
X	NORTH OCEAN	2.1	0.5
L	OLD MEDFORD	2.6	1.5
R	GRANNY	4.1	1.1
X	RT 112	5.2	1.2
R	MILL	6.4	2.2
TL	SILLS	8.6	0.2
C	MIDDLE IS /YAPHANK	8.8	3.1
X	ROUTE 25	11.9	0
C	ROCKY POINT	11.9	1

BL	MILLER PL/ YAPHANK	12.9	0.8
R	WHISKEY	13.7	0.9
X	ROCKY POINT	14.6	2.3
R	RIDGE	16.9	1.3
X	ROUTE 25 (deli stop/McD's)	18.2	0
C	OLD MEDFORD	18.2	1.1
TL	SMITH	19.3	1.1
TR	LONGWOOD	20.4	1.5
TL	MIDDLE IS/ YAPHANK	21.9	2
C	SILLS	23.9	3.3
R	WOODSIDE AVE	27.2	2.5
X	RT 112 NORTH OCEAN	29.7	1.5
R	EXIT RAMP for BUCKLEY RD	31.2	0.1
TR	BUCKLEY RD	31.3	0.3
R	parking lot to car!	31.6	31.6