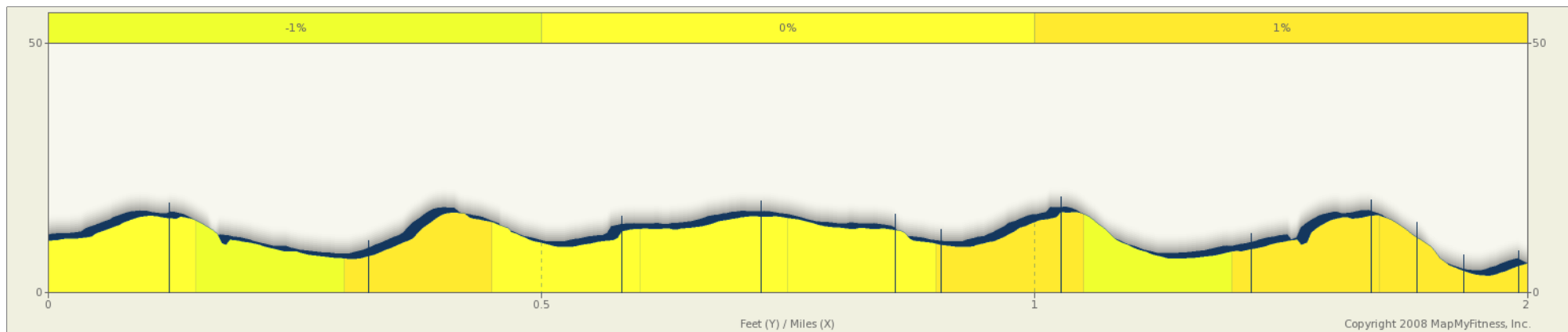
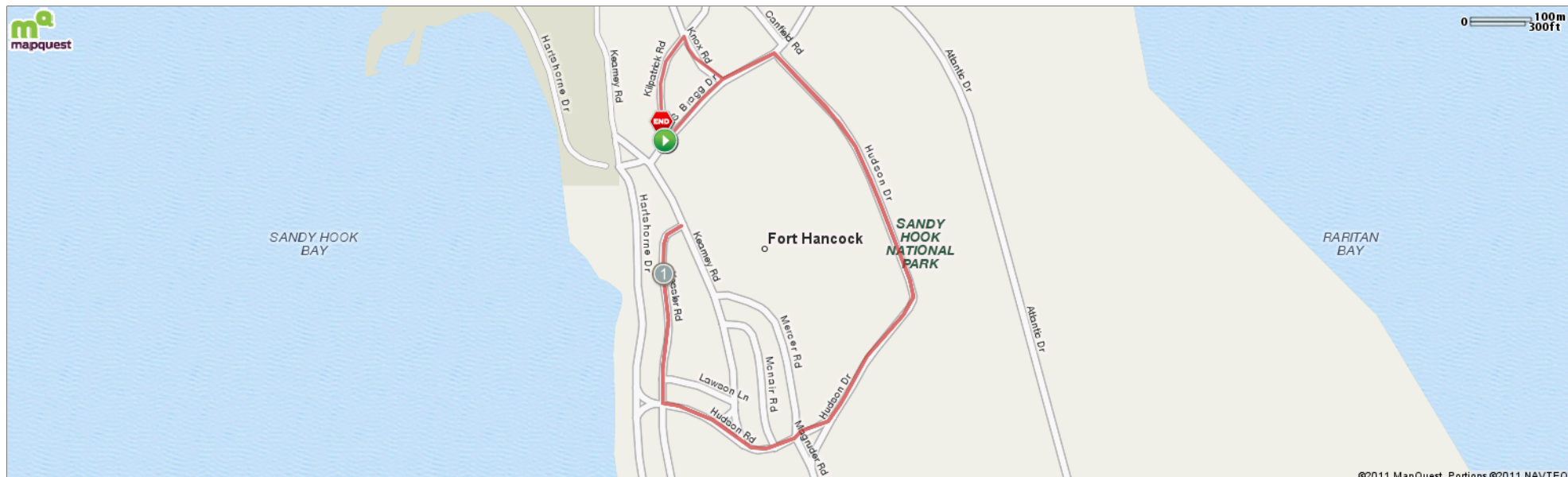


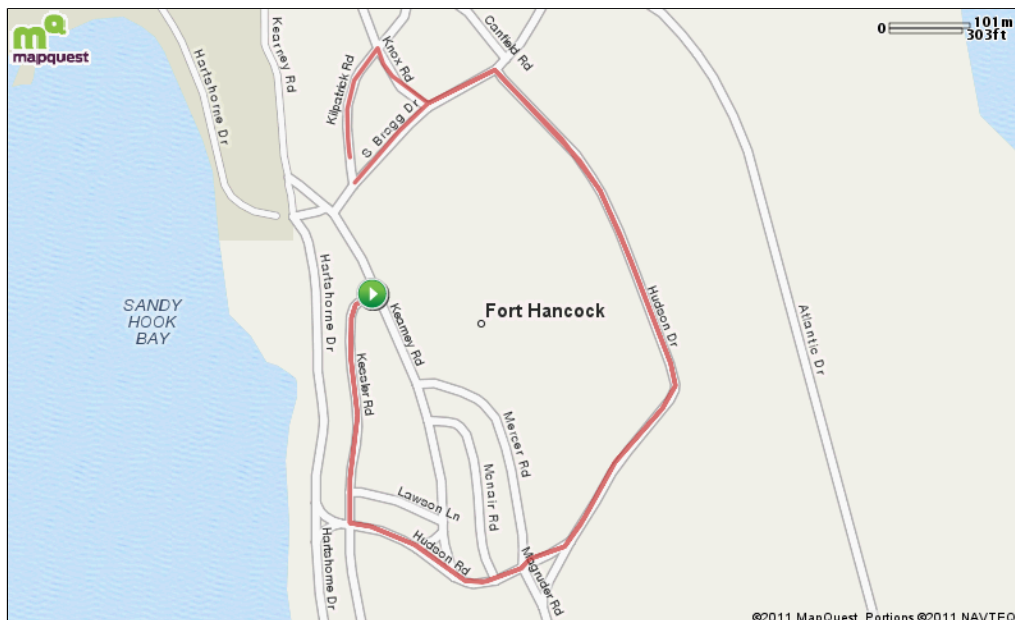
A run mapped on 09/20/2011

Starts In Highlands, New Jersey

1.98 miles



Description
Duathlon 2011 2 mile ru



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 Find this route online at mapmyrun.com/routes/view/51282674
 Distance values on this map may differ slightly from values reported on the route engine.

Notes		
AT	FOR	NOTES
START	748ft	Head northeast on Gateway National Recreation Area
0.14 mi.	135ft	Turn right to stay on Gateway National Recreation Area
0.17 mi.	1400ft	Head southeast on Gateway National Recreation Area
0.43 mi.	1786ft	Head south on Gateway National Recreation Area
0.77 mi.	1011ft	Head north on Gateway National Recreation Area
0.96 mi.	953ft	Head southwest on Gateway National Recreation Area
This segment shows 0.98 mi. (5,169 ft.) of your route.		

Notes		
AT	FOR	NOTES
1.14 mi.	59ft	Head south on Gateway National Recreation Area
1.15 mi.	270ft	Turn left to stay on Gateway National Recreation Area
1.2 mi.	853ft	Head southeast on Gateway National Recreation Area
1.37 mi.	1336ft	Head northeast on Gateway National Recreation Area
1.62 mi.	862ft	Head north on Gateway National Recreation Area
This segment shows 0.82 mi. (4,332 ft.) of your route.		

Notes		
AT	FOR	NOTES
1.78 mi.	302ft	Head southwest on Gateway National Recreation Area
1.84 mi.	317ft	Head northwest on Gateway National Recreation Area
1.9 mi.	9ft	Turn left to stay on Gateway National Recreation Area
1.9 mi.	401ft	Head southwest on Gateway National Recreation Area
1.98 mi.		Head south on Gateway National Recreation Area
This segment shows 0.21 mi. (1,110 ft.) of your route.		