



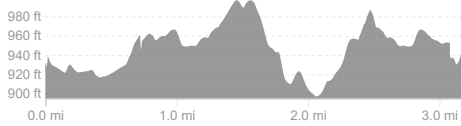
Lenape Valley 5K

<https://www.strava.com/routes/3481102314027481830>

3.1 mi
Distance

252 ft
Elevation Gain

32:53
Est. Moving Time



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws.

DIRECTION	DISTANCE
Proceed onto off-road waypoint. No data available	0.0 mi
Left onto Sparta Road	0.0 mi
Proceed onto Sparta Road	0.0 mi
Proceed onto off-road waypoint. No data available	0.1 mi
Proceed onto off-road waypoint. No data available	0.2 mi
Proceed onto off-road waypoint. No data available	0.3 mi
Right onto Stanhope - Sparta Road	0.3 mi
Proceed onto Stanhope - Sparta Road	0.4 mi
Continue on Sparta Road	0.4 mi
Proceed onto Sparta Road	0.4 mi
Proceed onto Sparta Road	0.6 mi
Proceed onto off-road waypoint. No data available	0.7 mi

DIRECTION	DISTANCE
Proceed onto off-road waypoint. No data available	0.7 mi
Proceed onto off-road waypoint. No data available	0.8 mi
Proceed onto off-road waypoint. No data available	0.9 mi
Proceed onto off-road waypoint. No data available	1.0 mi
Proceed onto off-road waypoint. No data available	1.1 mi
Proceed onto off-road waypoint. No data available	1.3 mi
Continue on Delaware Avenue	1.3 mi
Right onto East Drive	1.5 mi
Left onto West Drive	1.5 mi
Proceed onto West Drive	1.5 mi
Continue on Ridge Road	1.5 mi
Proceed onto Ridge Road	1.7 mi
Proceed onto Sunset Avenue	1.7 mi
Proceed onto Maple Terrace	1.8 mi
Proceed onto Sagamore Road	1.8 mi
Proceed onto Sagamore Road	2.1 mi
Right onto Spencer Street	2.1 mi
Proceed onto Spencer Street	2.2 mi
Continue on Valley Road	2.2 mi
Proceed onto Valley Road	2.3 mi
Right onto Elm Street	2.3 mi
Proceed onto off-road waypoint. No data available	2.4 mi
Proceed onto off-road waypoint. No data available	2.5 mi
Proceed onto off-road waypoint. No data available	2.9 mi
Proceed onto off-road waypoint. No data available	2.9 mi
Proceed onto off-road waypoint. No data available	3.0 mi
Proceed onto off-road waypoint. No data available	3.0 mi
Arrive at Finish	3.1 mi