

**CAROL For Heart  
40 Mile Route**

**Girls with Gears**

**Emergency dial 911**

CFH Help Line: 610--888-4455

<u>Miles</u>	<u>Turn</u>	<u>Road</u>	<u>Twp.</u>
0.0	L	Zeigler Rd.	Lim
0.2	L @ SS	Metka Rd.	Lim
0.9	L @ SS	Gamefarm Rd.	Lim
1.1	L @ SS	Neiffer Rd.	Lim
1.8	X @ TL	TSO Neiffer Rd.	Lim
2.5	R @ SS	Ridge Pike	Lim
2.8	R	Fruitville Pike	Lim
3.4	L @ Y	TSO Fruitville Pike	Lim
4.1	R @ SS	Swamp Pike	Lim
4.3	L	Steinmetz Rd.	Lim
5.6	R @ SS	Grebe Rd.	Lim
6.3	L @ SS	Neiffer Rd.	UF
6.9	R	Swamp Creek Rd.	UF/LF
7.8	L	Krause Rd. (no sign)	LF/UF
8.7	L @ SS	Rt. 73	UF
8.9	R	Faust Rd.	UF/LF
9.9	R @ SS	Little Rd.	LF
11.5	L @ SS	Rt. 29 (caution high traffic)	LF
11.7	R	Salford Station Rd.	LF
13.6	R @ SS	TSO Salford Station Rd.	LF/US
14.0	L	Harmon Rd.	US
14.2	R @ SS	Salford St.	US
14.9	R @ SS	Old Skip Rd.	US
15.3	R	Wolford Rd.	US
16.1	L @ SS	Salford Station Rd.	US
17.1	L @ SS	Grubb Rd.	LS
17.7	R @ SS	Salfordville Rd.	LS
18.2	L	Groffs Mill Rd.	LS
18.4	R	Old Skip Rd.	LS
18.6	L	Landis	LS
19.2	X	RT. 113 TSO Landis	LS
20.1	<b>Rest Stop</b>	<b>Heckler Plains Homestead</b>	<b>LS</b>
20.5	L @ SS	Morris Rd.	LS
20.7	R @ SS	Quarry Rd.	LS
22.3	L @ SS	Old Fourty Foot Rd.	Tow
22.4	QR	Kriebel Rd.	Tow
23.3	R	TSO Kriebel Rd.	Tow
23.6	R @ SS	Bustard Rd. (no sign)	Tow
24.1	L	Fisher Rd.	Tow
24.7	R @ SS	Wentz Church Rd.	Wor
25.5	R @ SS	Skippack Pike	Wor
25.7	L	Greenhill Rd.	Wor
26.0	R @ SS	TSO Greenhill Rd.	Wor

<u>Miles</u>	<u>Turn</u>	<u>Road</u>	<u>Twp.</u>
26.9	R @ SS	Anders	Wor
27.3	R @ SS	TSO Anders (no sign)	Skip
27.5	L	TSO Anders (no sign)	Skip
27.8	L	TSO Anders (BC Evansburg Rd.)	Skip
30.4	R @ SS	Township Line Rd.	Skip
30.8	R	Collegeville Rd.	Skip
31.7	X	<b>Rest stop option: Cross Mill Rd. and proceed .2 for bathroom &amp; water only</b>	Skip
31.7	L @ SS	Mill Rd.	Skip
32.2	L	Cardian	Skip
32.5	R @ SS	Wingate	Skip
32.9	X @ SS	Rt. 113 -BC Perk Creek Rd.	Perk
34.2	L @ SS	Graterford Rd.	Perk
34.5	X	cross Rt. 29 - BC Bridge St.	Perk
34.6	L	Wartman Rd.	Perk
36.7	X	Township Line Rd. -BC Graterford Rd.	Lim
37.8	L	Sunset Rd.	Lim
38.5	R @ SS	Ridge Pike	Lim
39.0	R	N. Limerick Rd.	Lim
39.7	L @ SS	Metka Rd.	Lim
40.0	L	Zeigler Rd.	Lim
40.2	R	Right into the park You're Home!	Lim

Note: if you stop at the 2nd rest stop add 0.4 to each mileage point after 31.7

<u>Key:</u>
BC - Becomes
L - Left
QL - Quick Left
QR - Quick Right
R - Right
S - Straight
SS - Stop Sign
TL - Traffic Light
TSO - To Stay On
X - Cross
Y - "Y" junction

<u>Township Codes</u>
Lim- Limerick
US - Upper Salford
LS - Lower Salford
UF - Upper Frederick
LF - Lower Frederick
Tow - Towamencin
Perk - Perkiomen
Wor - Worcester
Skip - Skippack

All Riders assume the risk of all road conditions, traffic and other hazards. Riders must wear a helmet!