

| Go | At   | Onto                          | For |
|----|------|-------------------------------|-----|
| S  |      | W. 76th St (Middle School 44) | 0.1 |
| R  | 0.1  | Columbus Avenue               | 0.1 |
| R  | 0.2  | W. 75th Street                | 0.4 |
| R  | 0.6  | Riverside Drive               | 4.7 |
| R  | 5.3  | 165th St                      | 0.1 |
| L  | 5.4  | Ft Washington Ave             | 0.6 |
| L  | 6.0  | W 177th St                    | 0.1 |
| R  | 6.1  | Cabrini Blvd                  | 0.1 |
| L  | 6.2  | George Washington Bridge      | 1.2 |
| R  | 7.4  | Hudson Ter to END             | 2.0 |
| L  | 9.4  | CR 505 (E. Palisade Ave)      | 0.1 |
| R  | 9.5  | US 9W                         | 4.6 |
| L  | 14.1 | Hillside Ave                  | 2.0 |
| R  | 16.1 | County Rd.                    | 0.6 |
| BR | 16.7 | Anderson Rd.                  | 0.5 |
| L  | 17.2 | Hardenburgh Ave. to END       | 2.0 |

| Go | At   | Onto   | For |
|----|------|--|-----|
| QL | 23.3 | Center Ave   | 0.1 |
| QR | 23.4 | Bergen St. to END                                  | 0.2 |
| L  | 23.6 | Lexington Ave. to END                              | 0.1 |
| R  | 23.7 | Harrington Ave to Westwood Ave                     | 1.2 |
| R  | 24.9 | Rivervale Rd. to Harriot Ave                       | 1.3 |
| R  | 26.2 | Parkside Rd to La Roche Ave<br>(SLOW TURN: Gravel) | 0.8 |
| R  | 27.0 | Elm St. to END                                     | 0.1 |
| R  | 27.1 | Schraalenburgh Rd                                  | 1.8 |
| L  | 28.9 | Hardenburgh Ave                                    | 1.2 |
| R  | 30.1 | County Rd (Piermont Rd)                            | 0.3 |
| BR | 30.4 | Piermont Rd  | 1.2 |
| L  | 31.6 | Hudson Ave   | 0.3 |
| R  | 31.9 | Magnolia Ave to END                                | 0.6 |
| L  | 32.5 | Hillside Ave to END                                | 0.2 |
| R  | 32.7 | Engle St   | 0.5 |
| L  | 33.2 | Woodland Park Dr to END                            | 0.4 |

|    |      |   |     |
|----|------|---|-----|
| R  | 19.2 | Schraalenburgh Rd.                              | 1.2 |
| L  | 20.4 | Old Hook Rd.                                    | 2.8 |
| BR | 23.2 | Jefferson Ave. (right turn lane)                | 0.1 |
| L  | 23.3 | Your Way Café (on left) (201)<br>383-0507 - Pat |     |
| L  | 23.3 | Continue on Jefferson                           | 0.0 |

|    |      |                                  |     |
|----|------|----------------------------------|-----|
| R  | 33.6 | Leroy St                         | 0.1 |
| QL | 33.7 | Churchill Rd (1st Left) to END   | 0.7 |
| R  | 34.4 | Woodland St                      | 0.7 |
| L  | 35.1 | Lyncrest Rd to END               | 0.4 |
| R  | 35.5 | Summit St                        | 0.8 |
| L  | 36.3 | John St to END                   | 0.4 |
| R  | 36.7 | Hudson Ter                       | 1.9 |
| L  | 38.6 | George Washington Bridge         | 1.2 |
| R  | 39.8 | Cabrini Blvd                     | 0.1 |
| R  | 39.9 | W. 177th St.                     | 0.1 |
| S  | 40.0 | Haven Ave to 168th St            | 0.6 |
| R  | 40.6 | St Nicholas Ave to Manhattan Ave | 3.0 |
| L  | 43.6 | 110th St (Enter Central Park)    | 0.1 |
| R  | 43.7 | Park Drive to Boathouse          | 2.7 |
|    | 46.4 | (Central Park)                   |     |

### Focus / Goals

#### Awareness of Riding in the group

- \* Ride in line (as close as comfortable)
- \* Pedal at all times (feathering brakes)
- \* Ride proactively (anticipate stops, starts, slows)

#### Also:

- \* eyes on the road
- \* spin (no grinding)

| <b>Westwood Diner: 301 Old Hook Rd</b> |      |                                 |     |
|--|------|---------------------------------|-----|
| R                                      | 19.2 | Schraalenburgh Rd.              | 1.2 |
| L                                      | 20.4 | Old Hook Rd. to Main St light   | 1.5 |
| L                                      | 21.9 | Main St.                        | 0.1 |
| QR                                     | 22.0 | Bergenline Ave                  | 0.2 |
| R                                      | 22.2 | Rear antrance of parking lot    |     |
| Leaving Westwood Diner                 |      |                                 |     |
| L                                      | 22.2 | Bergenline Ave to End           | 0.2 |
| L                                      | 22.4 | Main St.                        | 0.1 |
| L                                      | 22.5 | Old Hook Rd to Broadway         | 1.4 |
| R                                      | 23.9 | Jefferson Ave (right turn lane) | 0.1 |
| L                                      | 24.0 | Center Ave                      | 0.1 |
| R                                      | 24.1 | Bergen St                       | 0.2 |

**It's Greek to Me: 487 Broadway (201) 722-3511**

|                          |      |                                 |     |
|--------------------------|------|---------------------------------|-----|
| R                        | 19.2 | Schraalenburgh Rd.              | 1.2 |
| L                        | 20.4 | Old Hook Rd to Broadway         | 3.0 |
| R                        | 23.4 | It's Greek to Me (park in back) |     |
| Leaving It's Greek to Me |      |                                 |     |
| R                        | 23.4 | Broadway                        | 0.1 |
| R                        | 23.5 | Irvington St                    | 0.1 |
| R                        | 23.6 | Center Ave                      | 0.1 |
| L                        | 23.7 | Bergen St                       | 0.2 |