

Go	At	Onto	For
L	0.0	Boathouse over GWB	8.1
R	8.1	Hudson Ter to END	2.0
L	10.1	CR 505 (E Palisade Ave)	0.4
R	10.5	Summit St to END	0.7
L	11.2	Lyncrest Rd to END	0.3
R	11.5	N. Woodland St	1.1
R	11.5	Kent	0.2
L	12.6	E. Clinton Ave	1.5
R	14.1	Country Rd (Rte. 501)	1.9
BR	16.0	Anderson Ave	1.4
L	17.4	Alpine to END	0.8
R	18.2	Piermont Rd (Rts 501) to SR 340	4.5
L	22.7	Valentine Ave (SR 340)	0.0
L	22.7	Piermont Ave / Orangeburg Rd (SR 340)	1.4
R	24.1	SR 303	0.4
R	24.5	Mountain View to Greenbush Rd	1.3
R	25.8	SR 303	0.1
R	25.9	Greenbush Rd	0.5

R	26.4	Bradley Hill Rd	1.1
BR	27.5	Park Road / Tweed	1.5
L	29.0	South Blvd	1.1
S	30.1	S. Highland Ave	0.4
R	30.5	Main St	0.6
L	31.1	N Broadway	0.1
	31.2	Runcible Spoon (Nyack)	
Alt		Didier Dumas Patisserie 163 Main Street	

Go	At	Onto	For
L	31.2	Broadway	0.1
L	31.3	Main St.	0.6
R	31.9	Piermont Ave to River Road	3.7
S	35.6	Bridge Street to Ferdon Ave	0.3
L	35.9	Rockland Road to END	0.6
L	36.5	9W (Hillside Ave)	11.0
L	47.5	CR 505 (E Palisade Ave)	0.1
R	47.6	Hudson Ter	2.0
L	49.6	GWB to Central Park	7.8
	57.4	Central Park	

Focus / Goals

Sharing the Lead – Your Responsibility up front:

- Eyes & ears of the group – Look ahead (target fixation)
- Maintaining consistent effort and cadence (controlled acceleration at starts & stops; easy on the hills)
- Guiding the group around obstacles/communicating
- Keeping the group together/paying attention to group