

Go	At	Onto	For
		From CP Boat House	
L		East Drive to GWB	8.0
R	8.0	Hudson Terrace	2.0
L	10.0	Palisades Ave.	0.4
R	10.4	Summit to END	0.7
L	11.1	Lyncrest (to end)	0.4
R	11.5	Woodland	1.0
R	12.5	Kent (to end)	0.2
L	12.7	E. Clinton (Big Descent)	1.2
R	13.9	Engle (to end)	0.7
L	14.6	Hudson (to end)	0.5
R	15.1	Piermont Road	0.5
L	15.6	Union	0.0
QR	15.6	Grant (to end)	1.6
R	17.2	Washington	0.3
BR	17.5	Schraalenburgh	1.6
L	19.1	Old Hook Rd.	0.7
R	19.8	Bogerts Mill Rd (to end)	0.4

L	20.2	Harriot > Rivervale > Middletown > Henry **LUNCH ALT**	5.7
L	25.9	Franklin (to end)	0.4
R	26.3	Main	0.1
	26.4	Muddy Brook Café: 845.735.5665	

Lunch alts: 1. ZIMI's - Old Middletown (845) 735-8000

Prior to mile 26 on Henry (just before getting to Franklin on cue sheet) TURN R onto Middletown Rd; go appx .2 make first left onto Old Middletown Rd. Zimi's is about .25 up on right.

2. Pearl River Bagel & Deli (845) 735-2424

Continue on Henry past the turn onto Franklin; one block later turn L on E Central; it's one block down hill.

3. Jane on Main 845-920-1100

Continue one block north past Muddy Brook; it's on the left side of Main street

Go	At	Onto	For
L	26.4	Main St.	0.1
L	26.5	Franklin (to end)	0.4
R	26.9	S. Henry	0.0
QL	26.9	Middletown Rd.	0.2
L	27.1	Orangeburg Rd. (to end)	0.9
R	28.0	Sickeltown Rd. EASY!	0.3
		CAUTION: Rough Road at next turn	
R	28.3	Blue Hill (Sign for Rt 23) (to end)	0.8
R	29.1	CR 20 Veterans Mem Dr	0.3
L	29.4	Blue Hill Rd > Orangeburg (to end)	1.4
L	30.8	Rivervale Rd	0.7
L	31.5	Poplar Rd > N. Washington	1.5
L	33.0	Old Tappan Rd.	2.5
S	35.5	Washington St.	0.1
R	35.6	Washington Lane	0.1
L	35.7	Oak Tree	1.9
R	37.6	9W	9.8
L	47.4	Palisades	0.1

R	47.5	Hudson Ter	2.0
L	49.5	GW Bridge to Central Park	7.8
	57.3	(Central Park)	

EXITING ZIMI'S:

Exit through the back of the supermarket > L on Central > TRO Sparrow > R Oriole > L Orangeburg Rd

Focus / Goals

Rotating Pacelines:

- Smooth, Predictable Behavior
- Short Pulls (LOOK BACK, pull off, drift back, pull in)
- Fuel Properly (before, during, after)