

Go	At	Onto	For
L	0.0	East Drive (Central Park)	2.1
BR	2.1	110th St Exit	0.1
L	2.2	110th St Exit	0.5
R	2.7	Morningside Dr	0.5
L	3.2	W120th St	0.4
R	3.6	Riverside Dr	2.7
BR	6.3	181st St exit Ramp	0.4
R	6.7	Lafayette Plaza to 181st St	0.1
QL	6.8	Cabrini Blvd > Ft Tryon Park > HH Pkwy	1.5
R	8.3	HH pkwy to 1st Esit (SLOW)	0.1
QL	8.4	Henshaw St	0.1
R	8.5	Dykman St	0.1
L	8.6	Seaman Ave	0.7
R	9.3	W 218th St	0.2
L	9.5	Broadway to Broadway Bridge	0.5
L	10.0	W 230th St	0.3
R	10.3	Riverdale Ave > HH Pkwy E (N) > Riverdale Ave	3.9
S	14.2	Warburton Ave to END	4.6
L	18.8	US 9 N (Broadway)	1.5
L	20.3	TRO Broadway (CAUTION)	4.4
R	24.7	Neperan Rd. (Climb)	0.5
BR	25.2	TRO Neperan Rd	1.1
L	26.3	Lake Rd	0.7
BR	27.0	SR 448 (Bedford Rd)	2.2
R	29.2	SR 117 (Bedford Rd)	1.1
S	30.3	TRO Bedford Rd (117 goes left)	0.3
R	30.6	TRO Bedford Rd	0.1
R	30.7	Marble Ave (Memorial Plaza)	1.1
S	31.8	Kensico Rd	0.2
	32.0	Thornwood Diner (914)769-8844	

Go	At	Onto	For
R	32.0	Kensico Rd	0.1
R	32.1	Commerce St (SR 141)	1.2
BL	33.3	Commerce St (141 goes R)	3.0
R	36.3	Legion Dr	0.3
R	36.6	SR 100 (Grasslands Rd)	1.1
L	37.7	SR 100 A (Knollwood Rd)	3.6
R	41.3	Ridge Rd (to top of climb)	0.3
BR	41.6	TRO Ridge Rd > Sprain Rd > New Sprain Rd > END	1.7
R	43.3	Underhill Rd	0.1
BL	43.4	Old Sprain Rd to END	1.5
L	44.9	Jackson Ave (bottom of hill)	0.4
R	45.3	Grassy Sprain Rd to END	2.8
L	48.1	Tuckahoe Rd	0.4
R	48.5	Bronxville Rd	0.8
S	49.3	Kimball Ave	0.2
L	49.5	Bronxville Rd	0.6
BR	50.1	Midland Ave	0.3
S	50.4	Bronx River Rd > Webster Ave	4.9
R	55.3	Bedford Park Blvd (200th St)	0.4

Via Grand Concourse

L	55.7	Grand Concourse	4.8
R	60.5	E138th St to Madison Ave Bridge	0.4
L	60.9	5th Ave to E 72nd St	3.9
R	64.8	E 72nd St to Park Dr to CP	0.2
	65.0	Central Park	

Focus / Goals

Practice,Practic,Practice – Rotating Pacelines

- Pacing yourself and the group (short pulls, steady effort)
- Make gradual changes in speed (handling the rollers)
- Cultivate group consciousness

Go	At	Onto	For
R	32.0	Kensico Rd	0.1
R	32.1	Commerce St (SR 141)	1.2
BL	33.3	Commerce St (141 goes R)	3.0
R	36.3	Legion Dr	0.3
R	36.6	SR 100 (Grasslands Rd)	1.1
L	37.7	SR 100 A (Knollwood Rd)	3.6
R	41.3	Ridge Rd (to top of climb)	0.3
BR	41.6	TRO Ridge Rd > Sprain Rd > New	1.7
R	43.3	Underhill Rd	0.1
BL	43.4	Old Sprain Rd to END	1.5
L	44.9	Jackson Ave (bottom of hill)	0.4
R	45.3	Grassy Sprain Rd to END	2.8
L	48.1	Tuckahoe Rd	0.4
R	48.5	Bronxville Rd	0.8
S	49.3	Kimball Ave	0.2
L	49.5	Bronxville Rd	0.6
BR	50.1	Midland Ave	0.3
S	50.4	Bronx River Rd > Webster Ave	4.9
R	55.3	Bedford Park Blvd (200th St)	0.4

Via Northern Manhattan			
L	55.7	Grand Concourse	0.5
R	56.2	Kingsbridge Rd > Bronx River	1.1
L	57.3	Broadway (X Broadway Bridge)	0.3
R	57.6	218 St	0.2
L	57.8	Seaman St	0.8
L	58.6	Riverside	0.0
QR	58.6	Broadway	0.5
R	59.1	Bennett	0.7
R	59.8	181 St.	0.1
L	59.9	Ft. Washington	7.8
	67.7	Boathouse	