

Go	At	Onto	For
L	0.0	East Drive (Central Park) over GW Bridge	8.1
R	8.1	Hudson Ter to END	2.0
L	10.1	CR 505 (E Palisade Ave)	2.2
R	12.3	CR 505 (Knickerboker Ave) to Livingston St	6.7
L	19.0	Blanche Ave	0.6
R	19.6	Tappan Rd to END	1.9
L	21.5	Main St	0.3
X	21.8	Old Tappan	0.1
L	21.9	S Greenbush Rd > Western Hwy	1.3
X	23.2	Veterans Hwy	1.0
L	24.2	Blauvelt Rd to END	0.5
R	24.7	Van Wyck Rd	0.5
L	25.2	5th Ave to END	0.5
R	25.7	Sickletown Rd/Strawtown Rd Rt23	2.5
R	28.2	Old Mill Rd (Germonds Rd is to left)	0.4
R	28.6	Snake Hill Rd	0.1
QL	28.7	Crusher Rd	0.8
L	29.5	Casper Hill Rd to Kings Hwy	0.6
R	30.1	(New) Lake Rd (at traffic light)	0.4
X	30.5	SR 303 traffic light	1.2
X	31.7	US 9W > Rockland State Park	0.1
R	31.8	Rockland Lake Rd (3 laps)	9.9
	41.7	(Rockland Lake)	
L	41.7	US 9W S (Rockland lake)	1.4
L	43.1	Old Mountain Rd N	0.6
R	43.7	N Broadway	1.0
	44.7	Runcible Spoon (Nyack)	

Go	At	Onto	For
L	44.7	N Broadway (Nyack)	0.1
L	44.8	Main St.	0.1
R	44.9	Piermont Ave	3.8
X	48.7	Paradise Ave (at light) onto Ferdon Ave.	0.3
L	49.0	Rockland Rd. (Tallman)	0.6
L	44.8	US 9W	14.4
L	59.2	CR505 (E Palisade Ave)	0.1
R	59.3	Hudson Ter	2.0
L	61.3	GW Bridge to Boathouse	7.8
	69.1	(Central Park)	

Focus / Goals

Practice, Practice, Practice

- Short pulls, keep it smooth, leading the group gracefully
- Pacing to conserve energy early
- Keeping the group together
- Introduction to double rotating paelines