

Go	At	Onto	For
L	0.0	Central Park over GWB	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)	3.0
		DETOUR: Road Closed	
		L on Tryon Ave, R on Liberty Rd, R on Lantana Ave, L on CR 505	
L	15.3	Madison Ave (at circle)	1.1
R	16.4	Johnson Ave	0.3
L	16.7	(New) Milford	0.7
BR	17.4	Main > New Milford	0.3
R	17.7	Boulevard > Grant Ave	0.6
L	18.3	Oradell Ave	2.2
R	20.5	Pascack Rd	1.6
L	22.1	Ridgewood Rd > E Glen Ave	1.3
R	23.4	E Saddle River Rd	0.6
BL	24.0	CR 502 (E Saddle River Rd) to END	2.8
L	26.8	E Allendale Ave	0.4
R	27.2	W Saddle River Rd	3.7
R	30.9	Cherry Ln (at NYS border)	2.0
S	32.9	Spook Rock Rd	0.6
BL	33.5	TRO Spook Rock Rd (NOT Carlton Rd) to END	3.2
R	36.7	IMMEDIATE RIGHT UP Lime Kiln	1.3
L	38.0	NY-306	0.5
R	38.5	New Pomona Rd (CR 86)	1.0
L	39.5	S Camp Hill Rd	1.2
R	40.7	US-202	0.7
	41.4	Davids Bagels	

Go	At	Onto	For
R	41.4	Rte 202 (Davids bagels)	0.3
R	41.7	UP THE HILL SR 45 CLIMB	0.6
L	42.3	South Mountain Rd (before Orchards)	4.0
R	46.3	Ridge Rd (after Haverstraw Rd)	0.2
S	46.5	Strawtown Rd (X Congers)	2.3
L	48.8	TRO Strawtown Rd	2.4
S	51.2	Sickletown Rd	0.1
L	51.3	SR 59A E (just before Rte 59 overpass)	0.4
R	51.7	Western Hwy	3.6
L	55.3	Orangeburg Rd, to end	0.2
QR	55.5	SR 303	0.2
QL	55.7	SR 340 (first TS)	3.1
S	58.8	CR 501 (Piermont Rd)	4.5
BR	63.3	Piermont Rd	1.8
L	65.1	Central Ave	0.1
R	65.2	County Rd (CR 501)	0.4
R	65.6	Dean Dr	0.9
L	66.5	E Ivy Ln to E Hudson Ave	0.5
R	67.0	Elkwood Ter to END	0.3
L	67.3	Davison Pl	0.2
R	67.5	Lydecker St	0.5
L	68.0	Walnut St	0.6
L	68.6	N Woodland St	0.1
QR	68.7	Pershing Rd	0.4
R	69.1	Summit St	0.8
L	69.9	John St to END	0.4
R	70.3	Hudson Ter	1.9
L	72.2	GW Bridge to CP	7.8
	80.0	(Central Park)	

Alternate

R	38.5	New Pomona Rd (CR 86) to END	1.8
L	40.3	SR 45	0.7
R	41.0	South Mountain Rd	0.1
	41.1	Orchards	

Focus / Goals: Endurance + Road Skills

- Position/Breathing – relaxed. Deep/rhythmic breaths
- Climbing – easy effort, pedaling in full circular rotation
- Descending – keep pedaling, no passing, low CG
- Watching out for the GROUP