

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 (Knickerbocker Ave)	3.0
L	15.3	Madison Ave (at circle)	2.0
R	17.3	Boulevard > Grant Ave	1.0
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 - Caution near end	3.2
R	36.7	SHARP RIGHT - up Lime Kiln Rd steep & rough (don't take 202)	1.3
L	38.0	NY-306	0.5
R	38.5	New Pomona Rd (CR 86) CAUTION - Rough on downhill	1.0
L	39.5	Camp Hill Rd - Caution	1.2
R	40.7	US-202	0.7
R	41.4	Davids Bagels	eat

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) - Caution on downhill	4.3
R	46.6	Ridge Rd (after Haverstraw Rd)	1.5
S	48.1	Strawtown Rd (X Congers)	2.3
L	50.4	TRO Strawtown Rd	2.2
L	52.6	W Nyack Rd (at light just before Rte 59 overpass)	0.4
R	53.0	Western Hwy	3.6
L	56.6	Orangeburg Rd, to end	0.2
QR	56.8	SR 303	0.2
QL	57.0	SR 340 (first TS)	1.5
R	58.5	TRO SR 340	1.5
S	60.0	CR 501 (Piermont Rd)	4.5
BR	64.5	Piermont Rd - Caution	1.8
L	66.3	Central Ave	0.1
R	66.4	County Rd (CR 501)	0.4
R	66.8	Dean Dr	0.9
L	67.7	E Ivy Ln to E Hudson Ave	0.5
R	68.2	Elkwood Ter to END	0.3
L	68.5	Davison Pl	0.2
R	68.7	Lydecker St	0.5
L	69.2	Walnut St	0.6
L	69.8	N Woodland St	0.1
QR	69.9	Pershing Rd	0.4
R	70.3	Summit St	0.8
L	71.1	John St to END	0.4
R	71.5	Hudson Ter	1.9
L	73.4	GW Bridge to CP	7.8
	81.2	(Central Park)	end

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