

Go	At	On	For
	0.0	Start of route	0.0
	0.0	MEET: 7am Grant's Tomb	0.0
<b>S</b>	0.0	Riverside Dr	1.7
<b>R</b>	1.7	W 155th St (Riverside Dr)	0.2
<b>L</b>	1.9	Riverside Dr [at TL]	0.3
<b>R</b>	2.2	W 162nd St	0.1
<b>L</b>	2.3	Fort Washington Ave	0.7
<b>L</b>	3.0	W 177th St	0.1
<b>R</b>	3.1	Cabrini Blvd	0.1
<b>QL</b>	3.2	sidewalk ⇒ GWB path	1.3
<b>L</b>	4.5	sidewalk/Hudson Terr [descent]	0.5
<b>L</b>	4.9	River Rd (Henry Hudson Dr)	7.5
<b>Uturn</b>	12.4	Descend to Alpine Boat Basin [climb] <b>No cheating!</b>	1.4
<b>L</b>	13.8	Alpine Approach Rd [END]	0.2
<b>R</b>	14.0	NY 9W [at TL]	6.0
<b>L</b>	20.0	Sharp left onto Hickey St [at TL]	0.1
<b>QR</b>	20.1	Kings Hwy [END]	1.5
<b>R</b>	21.6	NY-303 N [at TL]	0.2
<b>R</b>	21.8	Mountain View Ave [at TL] ⇒ S Greenbush Rd	0.7
<b>R</b>	22.4	Clausland Mtn Rd [steep climb]	1.3
<b>L</b>	23.7	Tweed Blvd [climb & descent] [END] <b>Careful on descent</b>	1.5
<b>L</b>	25.2	Bradley Pkwy	0.4
<b>R</b>	25.7	Schuyler Rd [steep] [END]	0.7
<b>R</b>	26.4	Waldron Ave	0.4
<b>L</b>	26.8	TRO Waldron Ave [at SS]	0.1
<b>PIT</b>	26.9	Mart (no-WC) & McD's (WC) on L	0.0
<b>S</b>	26.9	Mountainview Ave [climb & descent] [END] <i>Cross NY-59 at TL</i>	1.4
<b>L</b>	28.3	Christian Herald Rd [descent]	0.6
<b>S</b>	28.9	Ridge Rd [END] <i>Not L or R onto Lake Rd</i>	1.4
<b>L</b>	30.3	Hwy Ave	0.0
<b>QR</b>	30.3	Medway Ave [END]	0.4
<b>R</b>	30.7	Country Ridge Rd	0.2
<b>L</b>	31.0	CR-80/Lake Rd [at TL]	1.9
<b>R</b>	32.9	Ridge Rd [sharp turn after lake] [END]	1.4
<b>L</b>	34.3	CR-90/S Mountain Rd [rough] [end] <i>Climb begins at 36.9 [at TL]</i>	4.3

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<b>L</b>	38.6	NY-45 S	0.7
<b>R</b>	39.3	Pomona Rd	0.9
<b>R</b>	40.2	S Camp Hill Rd [END]	1.2
<b>R</b>	41.4	US-202 E [at TL]	0.7
<b>R</b>	42.1	Mt Ivy Shopping Center	0.1
<b>PIT</b>	42.2	Lunch: David's Bagels	0.0
<b>QR</b>	42.2	US-202 E	0.3
<b>L</b>	42.5	Thiells Mt Ivy Rd [at TL]	1.4
<b>L</b>	43.9	Ridge Rd <i>Oncoming cars have blind turn</i>	0.7
<b>L</b>	44.6	Letchworth Village Rd [at SS]	0.6
<b>L</b>	45.1	CR-98/Willow Grove Rd [at TL] [steep climb]	1.8
<b>R</b>	46.9	CR-106/Gate Hill Rd [descent]	3.3
<b>L</b>	50.2	Reservoir Rd [at TL] [END]	0.3
<b>L</b>	50.5	CR-108 [at SS] [END]	0.4
<b>R</b>	51.0	Wayne Ave [at SS]	0.0
<b>BL</b>	51.0	CR-65/Bulsontown Rd [climb]	1.6
<b>R</b>	52.6	CR-118/Mott Farm Rd [climb & descent]	2.5
<b>S</b>	55.1	US-202 W [at SS]	0.9
<b>R</b>	56.0	CR-112/Wayne Ave	0.8
<b>L</b>	56.8	Cricketown Rd [at SS] [climb & descent] [END]	0.9
<b>L</b>	57.7	CR-108 [at SS]	3.2
<b>L</b>	61.0	Taneyanns Ln [END]	0.3
<b>L</b>	61.2	Samsondale Ave [at SS]	0.3
<b>BL</b>	61.5	Broadway [at SS]	0.6
<b>R</b>	62.0	W Broad St	0.1
<b>L</b>	62.1	Maple Ave ⇒ Riverside Ave	1.7
<b>S</b>	63.9	Nyack Beach bikepath [gravel] <i>watch pedestrian traffic</i>	4.9
<b>PIT</b>	68.8	Bathrooms and water @ end of bikepath	0.0
<b>S</b>	68.8	N Broadway	2.2
<b>PIT</b>	71.0	Nyack: Gypsy, Runcible, Didier	0.0
<b>QL</b>	71.0	Main St	0.1
<b>QR</b>	71.1	Piermont Ave <i>single file in Piermont</i>	3.5
<b>R</b>	74.6	Ash St <b>[steep climb]</b>	0.1
<b>L</b>	74.7	Hudson Terr [at SS] [climb]	0.2
<b>R</b>	74.9	Broadway St [to 9W]	0.0
<b>QL</b>	74.9	onto US-9W S/Hillside Ave	12.3

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>L</b>	87.2	E Palisade Ave	0.1
<b>R</b>	87.4	Hudson Terrace	2.0
<b>L</b>	89.3	GWB path	1.3
<b>R</b>	90.6	Cabrini Blvd	0.1
<b>QR</b>	90.7	W 177th St	0.0
<b>QL</b>	90.7	Haven Ave	0.5
<b>R</b>	91.2	Fort Washington Ave	0.1
<b>R</b>	91.3	W 165th St	0.1
<b>L</b>	91.4	Riverside Dr	2.4
	93.8	Grant's Tomb	0.0
	93.8	End of route	