

Go	At	On	For
	0.0	Start of route	0.0
	0.0	MEET: 8:45am CP Boathouse	0.0
⚠	0.0	GOALS: 1) Ride in a straight line 2) Keep pedaling 3) Relaxed, athletic position 4) Modulate speed	0.0
QL	0.0	Central Park East Dr	2.2
BR	2.2	Exit park	0.0
QL	2.2	Central Park N ⇒ W 110th St	0.4
R	2.6	Morningside Dr	0.5
L	3.1	W 120th St [END]	0.4
R	3.5	Riverside Dr	1.8
R	5.3	W 155th St (Riverside Dr)	0.2
L	5.6	TRO Riverside Dr	0.3
R	5.8	W 162nd St	0.1
L	5.9	Fort Washington Ave	0.7
L	6.7	W 177th St	0.1
R	6.8	Cabrini Blvd [END]	0.1
QL	6.8	sidewalk ⇒ GWB path [END]	1.3
R	8.1	Hudson Terrace [END]	2.0
L	10.1	E Palisade Ave <i>Caution: descent w/cars</i>	2.0
S	12.1	At circle, take 2nd right TRO Palisade Ave	0.3
R	12.3	CR-505/Knickerbocker Rd	3.0
S	15.3	At circle, take 2nd right TRO CR-505/Knickerbocker Rd	3.0
S	18.3	Livingston St	0.7
L	19.0	Blanch Ave [at TL] <i>Rough road—take lane</i>	0.6
R	19.6	Tappan Rd	2.1
BL	21.7	Main St	0.1
S	21.9	Greenbush Rd [at TL] [END]	0.5
BR	22.3	Western Hwy [at SS]	1.7
R	24.0	Mountain View Ave [at TL]	0.3
S	24.3	Greenbush Rd [at TL] <i>Cross NY-303. Quick light.</i>	1.1
L	25.4	E Erie St	0.1
R	25.5	NY-303 N	0.1
PIT	25.6	Blauvelt Diner [on R]	0.0
QR	25.7	Con't on NY-303 N	0.1
R	25.8	Greenbush Rd [sharp turn]	1.3
L	27.1	NY-303 S [at TL]	0.2
L	27.3	Kings Hwy [END]	1.5

Go	At	On	For
L	28.8	Hickey St	0.1
R	28.9	NY-9W S [climbs]	10.3
R	39.2	Sage Rd [at TL] [END]	0.1
L	39.3	Johnson Ave	0.4
L	39.7	Van Wagoner Dr [END]	0.1
R	39.9	Floyd St [END]	1.0
L	40.9	E Palisade Ave [at TL]	0.2
R	41.1	Hudson Terrace	2.0
L	43.1	GWB bike path [END]	1.3
R	44.4	Cabrini Blvd [END]	0.1
QR	44.5	W 177th St	0.0
QL	44.5	Haven Ave	0.5
R	44.9	Fort Washington Ave	0.1
R	45.1	W 165th St	0.1
L	45.2	Riverside Dr	4.8
	50.0	W 72nd St	0.0
	50.0	End of route	