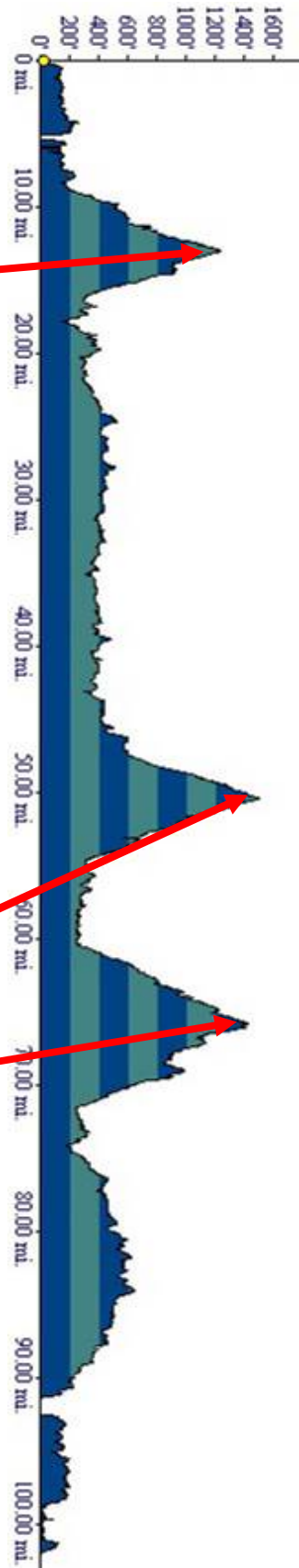
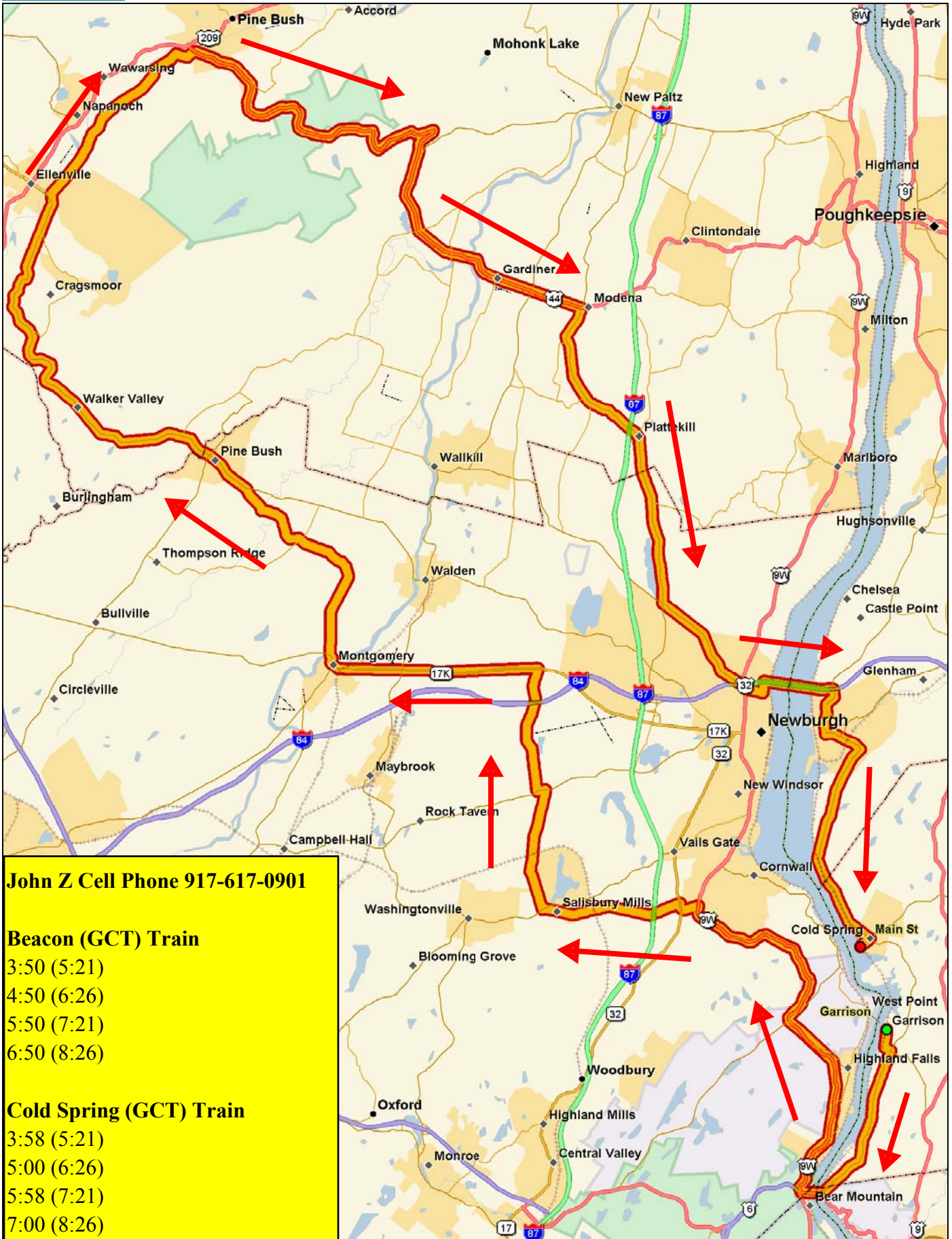


Garrison-Ellenville-Beacon

102 Miles, 7000 Vertical Feet

Dist.	Turn	Total	Cue
0.0	-	0.0	Lower Station Rd South
0.6	R	0.6	Route 9D
4.5	BR	5.1	Cross Bear Mountain Bridge
0.7	R	5.8	At Circle to 9W North
11.0	R	16.8	Cornwall Heights Exit
0.2	L	17.0	At Island on to Route 107, unmarked
0.6	R	17.6	Route 32 North
0.3	QL	17.9	Route 20, Orrs Mills Rd
3.9	R	21.8	Station Rd, just after "Y"
3.6	L	25.4	Route 207
0.4	QR	25.8	Drury Lane, unmarked
3.5	L	29.3	Route 17K
5.8	-	35.1	Cross Walkill River Bridge
0.2	QR	35.3	Route 18/14, Albany Post Rd
2.3	L	37.6	At "Y", Hill Ave
4.2	BL	41.8	Route 52
1.3	-	43.1	Pine Bush Water Stop, if needed
11.7	R	54.8	Berme Rd, after descent
6.0	R	60.8	Route 44/55
10.0	-	70.8	Water Stop if needed, continue on Route 44/55
7.3	R	78.1	Route 32
9.0	L	87.1	Route 32/300
3.4	R	90.5	Route 9W
0.3	L	90.8	Plank Ave
0.5	L	91.3	Grand Ave
0.3	L	91.6	Bridge Access
2.0	R	93.6	Route 9D
8.0	R	101.6	Main St
0.4	-	102.0	Cold Spring Station





John Z Cell Phone 917-617-0901

Beacon (GCT) Train
 3:50 (5:21)
 4:50 (6:26)
 5:50 (7:21)
 6:50 (8:26)

Cold Spring (GCT) Train
 3:58 (5:21)
 5:00 (6:26)
 5:58 (7:21)
 7:00 (8:26)

