

Go	At	Onto	For
S		W. 76th St (Middle School 44)	0.1
R	0.1	Columbus Avenue	0.1
R	0.2	W. 75th Street	0.4
R	0.6	Riverside Drive	4.7
R	5.3	165th St	0.1
L	5.4	Ft Washington Ave	0.6
L	6.0	W 177th St	0.1
R	6.1	Cabrini Blvd	0.1
L	6.2	George Washington Bridge	1.2
R	7.4	Hudson Ter to END	2.0
L	9.4	CR 505 (E. Palisade Ave)	0.1
R	9.5	US 9W	4.6
L	14.1	Hillside Ave	2.0
R	16.1	County Rd.	0.6
BR	16.7	Anderson Rd.	0.5
L	17.2	Hardenburgh Ave. to END	2.0

R	19.2	Schraalenburgh Rd.	1.2
L	20.4	Old Hook Rd. to END	2.8
BR	23.2	Broadway	0.1
R	23.3	Seville Diner (Westwood) (201) 664-8696	

Focus / Goals

Awareness of Riding in the group

- * Ride in line (as close as comfortable)
- * Pedal at all times (feathering brakes)
- * Ride proactively (anticipate stops, starts, slows)

Also:

- * eyes on the road
- * spin (no grinding)

Go	At	Onto	For
L	23.3	Center Ave (back of parking lot)	0.1
QR	23.4	Bergen St. to END	0.2
L	23.6	Lexington Ave. to END	0.1
R	23.7	Harrington Ave to Westwood Ave	1.2
R	24.9	Rivervale Rd. to Harriot Ave	1.3
R	26.2	Parkside Rd to La Roche Ave (SLOW TURN: Gravel)	0.8
R	27.0	Elm St. to END	0.1
R	27.1	Schraalenburgh Rd	1.8
L	28.9	Hardenburgh Ave	1.2
R	30.1	County Rd (Piermont Rd)	0.3
BR	30.4	Piermont Rd	1.2
L	31.6	Hudson Ave	0.3
R	31.9	Magnolia Ave to END	0.6
L	32.5	Hillside Ave to END	0.2
R	32.7	Engle St	0.5
L	33.2	Woodland Park Dr to END	0.4

R	33.6	Leroy St	0.1
QL	33.7	Churchill Rd (1st Left) to END	0.7
R	34.4	Woodland St	0.7
L	35.1	Lyncrest Rd to END	0.4
R	35.5	Summit St	0.8
L	36.3	John St to END	0.4
R	36.7	Hudson Ter	1.9
L	38.6	George Washington Bridge	1.2
R	39.8	Cabrini Blvd	0.1
R	39.9	W. 177th St.	0.1
S	40.0	Haven Ave to 168th St	0.6
R	40.6	St Nicholas Ave to Manhattan Ave	3.0
L	43.6	110th St (Enter Central Park)	0.1
R	43.7	Park Drive to Boathouse	2.7
	46.4	(Central Park)	