

Go	At	Onto	For
		From CP Boat House	
L		East Drive to GWB	8.1
R	8.1	Hudson Terrace	2.0
L	10.1	Palisades Ave.	0.4
R	10.5	Summit (to end)	0.7
L	11.2	Lyncrest (to end)	0.4
R	11.6	Woodland	1.0
R	12.6	Kent (to end)	0.2
L	12.8	E. Clinton (Big Descent)	1.2
R	14.0	Engle (to end)	0.7
L	14.7	Hudson (to end)	0.5
R	15.2	Piermont Road	0.5
L	15.7	Union	0.0
QR	15.7	Grant (to end)	1.6
R	17.3	Washington	0.2
BR	17.5	Schraalenburgh	1.7
L	19.2	Old Hook Rd.	0.7
R	19.9	Bogerts Mill Rd (to end)	0.4

L	20.3	Harriot > Rivervale > Middletown > Henry **LUNCH ALT**	5.7
L	26.0	Franklin (to end)	0.4
R	26.4	Main	0.1
	26.5	Muddy Brook Café: 845.735.5665	

*Lunch Alt.***ZIMI's - on Old Middletown Rd.**

Prior to mile 26 on Henry (just before getting to Franklin... on cue sheet) TURN RIGHT onto Middletown Rd go appx .2 make first left onto Old Middletown Rd... Zimi's is about .25 up on right.

EXITING ZIMI'S:

Exit through the back of the supermarket > L on Central > TRO Sparrow > R Oriole > L Orangeburg Rd

Go	At	Onto	For
L	27.2	Main St.	0.1
L	27.3	Franklin (to end)	0.4
R	27.7	S. Henry	0.0
QL	27.7	Middletown Rd.	0.2
L	27.9	Orangeburg Rd. (to end)	0.9
R	28.8	Sickeltown Rd. EASY!	0.3
		CAUTION: Rough Road at next turn	
R	29.1	TRO Rt23 (to end)	0.8
R	29.9	CR 20 Veterans Mem Dr	0.3
L	30.2	Blue Hill Rd TRO Rt23 (to end)	1.4
L	31.6	Rivervale Rd	0.7
L	32.3	Poplar Rd > N. Washington	1.4
L	33.7	Old Tappan Rd.	2.5
S	36.2	Washington St.	0.1
R	36.3	Washington Lane	0.1
L	36.4	Oak Tree	1.9
R	38.3	9W	9.8
L	48.1	Palisades	0.1

R	48.2	Hudson Ter	2.0
L	50.2	GW Bridge to Central Park	7.8
	58.0	(Central Park)	

Focus / Goals**Rotating Pacelines:**

- Smooth, Predictable Behavior
- Short Pulls (LOOK BACK, pull off, drift back, pull in)
- Fuel Properly (before, during, after)