

Go	At	Onto	For
L	0.0	East Drive (Central Park)	2.1
BR	2.1	110th St Exit	0.1
L	2.2	110th St Exit	0.5
R	2.7	Morningside Dr	0.5
L	3.2	W120th St	0.4
R	3.6	Riverside Dr	2.7
BR	6.3	181st St exit Ramp uphill (just before overhead GWB)	0.4
R	6.7	Lafayette Plaza to 181st St	0.1
QL	6.8	Cabrini Blvd	0.6
S	7.4	Traffic Circle: 2nd exit to Margaret Corbin (straight/soft left)	0.7
BL	8.1	Downhill ramp to HH pkwy north	0.2
R	8.3	HH pkwy to 1st Exit (SLOW)	0.1
QL	8.4	Henshaw St	0.1
R	8.5	Dykman St	0.1
L	8.6	Seaman Ave	0.7
R	9.3	W 218th St	0.2
L	9.5	Broadway to Broadway Bridge (WALK bikes)	0.4
L	9.9	W 228th St	0.1
R	10	Marble Hill Ave	0.1
L	10.1	W 230th St	0.2
R	10.3	Riverdale	0.1
BL	10.4	TRO Riverdale > HH Pkwy E (N)	1.3
BL	11.7	TRO HH Pkwy E (NOT 253rd)	2.3
S	14	Warburton Ave to END	4.5
L	18.5	US 9 N (Broadway)	1.5
L	20	TRO US 9 Broadway	4.4
R	24.4	Neperan Rd. (Climb)	0.5
BR	24.9	TRO Neperan Rd	1.1
L	26	Lake Rd	0.7
BR	26.7	SR 448 (Bedford Rd)	2.2
R	28.9	SR 117 (Bedford Rd)	1.1
S	30	TRO Bedford Rd (117 goes left)	0.3
R	30.3	TRO Bedford Rd	0.1
	30.4	Jean Jacques on the right	eat
R	30.4	Marble Ave (Memorial Plaza)	1.1
S	31.5	Kensico Rd	0.2
	31.7	Thornwood Diner (914)769-8844	eat

Go	At	Onto	For
R	31.7	Kensico Rd	0.1
R	31.8	Commerce St (SR 141)	1.2
BL	33.0	TRO Commerce St (141 goes S) 1st train: Hawthorne metro-North	1.7
S	34.7	Cross Taconic highway at light	1.2
BR	35.9	Legion Dr	0.3
R	36.2	SR 100 (Grasslands Rd)	1.0
L	37.2	SR 100 A (Knollwood Rd)	3.6
R	40.8	Ridge Rd (to top of climb)	0.3
BR	41.1	TRO Ridge Rd > Sprain Rd > New Sprain Rd > END	1.7
R	42.8	Underhill Rd	0.2
BL	43.0	Old Sprain Rd to END	1.5
L	44.5	Jackson Ave (bottom of hill)	0.4
R	44.9	Grassy Sprain Rd to END	2.6
L	47.5	Tuckahoe Rd; 2nd train: Tuckahoe	0.4
R	47.9	Bronxville Rd	0.9
S	48.8	Kimball Ave	0.2
L	49.0	Bronxville Rd (just past Sprain pkwy overpass)	0.6
BR	49.6	Midland Ave	0.3
S	49.9	Bronx River Rd > Webster Ave	4.8
R	54.7	Bedford Park Blvd (200th St); Subway option	0.4
BL	55.1	TRO Bedford Park (underpass) ** or east side - Grand Concourse	0.5
L	55.6	Goulden Ave	0.4
R	56	W 195th st	0.2
L	56.2	Sedgwick	0.1
R	56.3	W Kingsbridge	0.3
S	56.6	W 225th	0.3
L	56.9	Broadway to bridge - WALK bikes	0.3
R	57.2	W 218th	0.2
L	57.4	Seaman	0.7
L	58.1	Riverside	0.1
R	58.2	Broadway	0.5
R	58.7	Bennet	0.4
R	59.1	W 187th	0.1
R	59.2	Overlook Terrace	0.2
L	59.4	Ft. Washington	0.6
R	60	W 177th	7
x	67.0	End at Central Park	end

Focus / Goals

Practice, Practic, Practice – Rotating Pacelines

- Pacing yourself and the group (short pulls, steady effort)
- Make gradual changes in speed (handling the rollers)
- Cultivate group consciousness

Via Grand Concourse

BR	55.1	TRO Bedford Park Blvd (NOT the overpass)	0.1
L	55.7	Grand Concourse (access road?)	4.8
R	60.5	E138th St to Madison Ave Bridge	0.4
L	60.9	5th Ave to E 72nd St	3.9
R	64.8	E 72nd St to Park Dr to CP	0.2
	65.0	Central Park	end

1st train: Hawthorne Metro-North

S	33.0	SR 141 to train	0.2

2nd train: Tuckahoe Metro-North

S	47.5	Tuckahoe Rd	0.6
BR	47.9	Garrett	0.1
BL	48.0	Lake to train station	x

Subway options:

R	54.7	Bedford park to R-Grand Concourse: B,D (D only-wknd)	0.3
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R	54.7	Bedford park to L-Jerome Bedford Park Blvd (4)	0.5
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L	54.7	Bedford Park: Botanical Garden metro-north	0.1
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