

Ride 1: Northvale
B17, B18

| Turn | Total Miles | Street | For |
|------|-------------|--|-----|
| L | 0.0 | Park Drive East | 2.0 |
| L | 2.0 | W. 110th St [exit park] | 0.9 |
| R | 2.9 | Riverside Drive | 2.3 |
| R | 5.2 | W. 155th St. [BL up hill] | 0.2 |
| L | 5.4 | W. 158th St. [up RSD ramp] | 0.3 |
| R | 5.7 | W. 162nd St. | 0.1 |
| L | 5.8 | Ft. Washington Ave. | 0.7 |
| R | 6.5 | Cabrini Blvd. | 0.1 |
| L | 6.6 | W. 177th St. | 0.1 |
| L | 6.7 | GWB Bike Path [cross] | 1.3 |
| R | 8.0 | Hudson Terrace [to end] | 2.0 |
| L | 10.0 | Palisade Ave. | 0.4 |
| R | 10.4 | Summit St. [to end] | 0.7 |
| L | 11.1 | Lyncrest Rd. [to end] | 0.4 |
| R | 11.4 | N. Woodland St. [to end] | 1.3 |
| L | 12.7 | E. Clinton Ave. | 1.5 |
| R | 14.3 | County Rd. [Rte. 501] [P] | 1.4 |
| L | 15.7 | Union Ave cross Piermont Ave pass triangle w/ Grant Ave. | 0.4 |

| Turn | Total Miles | Street | For |
|------|-------------|---|-----|
| R | 28.0 | Livingston St. cross Harrington Ave. | 3.0 |
| BR | 31.0 | Knickerbocker Rd. | 1.7 |
| L | 32.7 | Hardenburgh Ave. | 0.7 |
| R | 33.4 | County Rd. | 0.2 |
| BR | 33.6 | Piermont Rd. [at fork] | 1.3 |
| L | 34.9 | Hudson Ave. | 0.3 |
| R | 35.2 | Magnolia Ave. | 0.6 |
| L | 35.8 | Hillside Ave. | 0.1 |
| QR | 35.9 | Serpentine Rd. | 0.4 |
| L | 36.3 | Westervelt Ave. | 0.2 |
| R | 36.4 | Engle St. | 0.6 |
| L | 37.0 | E. Hudson Ave. [at light] | 0.3 |
| R | 37.3 | Elkwood Terr | 0.1 |
| L | 37.4 | Lydecker St. [hill] | 0.1 |
| R | 37.6 | To stay on Lydecker | 0.2 |
| X | 37.8 | Glenwood Rd. [L then R] | 0.0 |
| BR | 37.8 | To stay on Lydecker | 0.6 |
| L | 38.4 | Walnut St. [uphill to end] | 0.6 |
| L | 38.9 | N. Woodland St. | 0.1 |
| R | 39.0 | Pershing Rd. | 0.3 |

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| R | 16.1 | Madison Ave. | 0.7 |
| U | 16.8 | Through traffic circle to stay on E. Madison Ave. | 2.1 |
| R | 18.9 | Boulevard → Grant St. | 0.8 |
| BR | 19.7 | Lake Shore Dr. → Sunset Ave. [to end] | 1.8 |
| L | 21.5 | Park Ave. | 0.4 |
| R | 21.9 | Haworth Ave. | 0.3 |
| L | 22.2 | Valley Road | 0.6 |
| R | 22.8 | Durie Ave. | 0.1 |
| L | 22.9 | Schraalenburgh Rd. | 1.2 |
| BL | 24.1 | to stay on Schraalenburgh [@ Harrington Ave.] | 0.2 |
| R | 24.3 | Tappan Rd. [to end] | 2.8 |
| L | 27.1 | Main St. | 0.1 |
| QR | 27.2 | Washington St. | 0.2 |
| R | 27.4 | Jane St. [to end] | 0.1 |
| R | 27.5 | Oak Tree Rd. | 0.1 |
| QL | 27.6 | Livingston St. | 0.4 |
| R | 28.0 | NORTHVALE DINER LUNCH | |
| | | Exit from front of diner to continue on Livingston St. | |

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| R | 39.4 | Summit St. | 0.4 |
| L | 39.7 | E. Palisade Ave. | 0.4 |
| R | 40.1 | Hudson Terrace | 2.0 |
| L | 42.1 | GW Bridge [cross] | 1.3 |
| R | 43.4 | Cabrini Blvd. | 0.1 |
| R | 43.5 | W. 177th St. | 0.1 |
| L | 43.6 | Haven Ave. | 0.4 |
| R | 44.0 | Ft. Washington Ave. | 0.2 |
| R | 44.2 | W. 165th St. | 0.1 |
| L | 44.3 | Riverside Dr. | 4.9 |
| L | 49.1 | W. 72nd St. | 0.6 |
| S | 49.7 | Central Park | 1.2 |
| End | | Boathouse | |
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