The Knot Timothy McCarthy July 15, 2011

AT	DIR	NOTE	FOR
0.0	R	START Riverside Dr	2.2
2.2	R	W 165th St	0.1
2.3	L	Fort Washington Ave	0.6
2.9	L	W 177th St	0.1
3.0	R	Cabrini Blvd	0.1
3.0	L	George Washington Bridge bike path	1.3
4.3	L	Pathway alongside Hudson Terrace	0.5
4.7	L	River Rd (Henry Hudson Dr)	7.1
11.8	BR	Descend to boat basin, return	0.5
12.4	R	Continue on River Rd.	0.9
13.3	X	Water stop at Police station	0.3
13.6	R	US-9W N	6.0
19.6	L	Hickey St	0.1
19.7	R	Kings Hwy	1.5
21.2	R	NY-303 N	0.2
21.4	R	S Greenbush Rd	0.7
22.0	R	Clausland Mountain Rd	1.3
23.3	L	Co Rd 5/Tweed Blvd	1.5
24.8	R	Bradley Hill Rd	0.3
25.1	L	Highland Ave	0.2
25.3	R	South Blvd	1.1
26.5	S	Clausland Mountain Rd	1.3
27.7	R	Greenbush Rd	0.7
28.4	BR	NY-303 N, ride shoulder	0.1
28.5	R	Greenbush Rd	0.5
29.0	R	Bradley Hill Rd	1.0
30.0	R	Tweed Blvd	1.5
31.5	L	Co Rd 28/South Blvd	1.1
32.7	R	S Highland Ave	0.4
33.0	R	Depew Ave	0.6
33.6	L	S Broadway Ave	0.1
33.7	X	Get food, Lunch at Memorial Park	0.0

AT	DIR	NOTE	FOR
33.7	S	Continue on Broadway	1.1
34.8	L	Old Mountain Rd	0.2
35.0	R	N Midland Ave	0.0
35.1	BL	To stay on Old Mountain Rd N	0.3
35.3	S	Christian Herald Rd	0.7
36.0	L	Mountainview Ave	1.4
37.4	S	Waldron Ave	0.2
37.6	R	To stay on Waldron Ave	0.3
37.9	L	Schuyler Rd to end	0.7
38.7	L	Bradley Hill Rd	0.4
39.1	R	Tweed Blvd, use CAUTION at end!	3.7
42.8	R	9W	2.3
45.1	L	Washington Spring Rd	0.3
45.4	R	Ludlow Ln (to observatory)	1.0
46.4	L	US-9W	3.2
49.6	L	River Rd (Henry Hudson Dr)	8.3
57.9	R	pathway alongside Hudson Terrace	0.5
58.4	R	George Washington Bridge path	1.3
59.7	R	Cabrini Blvd	0.1
59.7	R	W 177th St	0.0
59.7	L	Haven Ave	0.5
60.2	R	Fort Washington Ave	0.1
60.3	R	W 165th St	0.1
60.4	L	Riverside Dr	2.3
62.7	L	far end of Grant's Tomb	0.1
62.8	L	Riverside Dr, FINISH at Sakura Park	0.0