

Go	At	Onto	For
		Boathouse out via. St Nicholas Ave (Grants Tomb Crit)	
L	0.0	East Drive	2.2
S	2.2	7th Ave (Adam Clayton Powell)	0.3
L	2.5	W 117th St	0.1
R	2.6	St. Nicholas Ave	0.4
BR	3.0	St. Nicholas Ave	1.8
L	4.8	W 159th St > Fort Washington Ave	1.1
L	5.9	W 177th St	0.1
R	6.0	Cabrini Blvd	0.1
L	6.1	George Washington Bridge	1.2
R	7.3	Hudson Ter to END	2.0
L	9.3	CR 505 (E Palisade Ave)	2.3
R	11.6	CR 505 (Knickerboker Ave) to Livingston St	6.7
L	18.3	Blanche Ave	1.0
BL	19.3	TRO Blanche Ave > Cripplebush > Washington Ave > Poplar Rd >END	3.1

R	22.4	Rivervale Rd	0.1
L	22.5	Prospect Ave (2nd left)	0.9
R	23.4	Park Ave to END	1.5
R	24.9	Pascack Rd to END	0.6
R	25.5	W Grand Ave	0.5
	26.0	Eleni's Pancake House 201-666-8651	

### Focus / Goals

#### Individual awareness on the bike

- Your "relationship" with the road
- Controlling speed - (shifting, soft pedaling, feathering brakes; shift early and often)
- Establishing Relaxed/Athletic Position

Go	At	Onto	For
L	26.0	W Grand Ave (Park Ridge)	0.1
R	26.1	Kinderkamack Rd	0.6
L	26.7	Park Ave	1.1
S	27.8	Ruckman Rd to END	0.8
L	28.6	Piermont Ave to END	0.7
R	29.3	Rivervale Rd to Harriot Ave	2.4
R	31.7	Parkside Rd to LaRoche	0.8
R	32.5	Elm St to END	0.1
L	32.6	Schraalenburg Rd to END	0.1
R	32.7	CR 502 (Harrington Ave )	0.1
X	32.8	CR 505 (Knickerboker Ave)	0.0
S	32.8	CR 502 (Harrington Ave) > Closter Dock	1.2
R	34.0	Closter Dock (at light - no sign)	0.3
R	34.3	County Rd (Piermont Rd)	0.7
BR	35.0	Piermont Rd	2.1

L	37.1	Central Ave	0.1
R	37.2	County Rd (CR 501)	0.4
R	37.6	Dean Dr	0.9
L	38.5	E Ivy Ln > E Hudson Ave to END	0.5
R	39.0	Elkwood Ter to END	0.3
L	39.3	Davison Pl	0.2
R	39.5	Lydecker St	0.5
L	40.0	Walnut St	0.6
L	40.6	N Woodland St	0.1
QR	40.7	Pershing Rd	0.4
R	41.1	Summit St	0.8
L	41.9	John St to END	0.4
R	42.3	Hudson Ter	1.9
L	44.2	GW Bridge to Central Park	7.8
	52.0	(Central Park)	