# Thursday Night Training Ride

Dist: 47.87 Mi Ele: +2,513.12 ft

| Distance At Turn | Go X Miles | | Then Turn Onto |
|---|---|---|---|
| 0.07 | 0.07 | ◄ | L - Waller Ave |
| 0.13 | 0.06 | ➤ | R - East Post Rd, NY 22 |
| 0.36 | 0.23 | | Keep L - Armory Pl, NY 22 |
| 0.44 | 0.08 | | Keep R - North Westchester Ave West, NY 22 |
| 0.61 | 0.17 | ▲ | Continue - North Broadway, NY 22 |
| 0.67 | 0.06 | ▲ | Continue - North Broadway, NY 22 |
| 0.75 | 0.08 | | Keep R - North Broadway, NY 22 |
| 2.73 | 1.98 | | Keep R - Mount Kisco Rd, NY 22 |
| 6.69 | 3.96 | ▲ | Continue - King St, NY 22, NY 120 |

Leader: Bruce Wells Cell: 914 361-9059

| Distance At Turn | Go X Miles | | Then Turn Onto |
|---|---|---|---|
| 6.88 | 0.19 | | Keep L - King St, NY 120 |
| 7.07 | 0.19 | | Keep R - Whippoorwill Rd |
| 10.48 | 3.42 | ◄ | L - Whippoorwill Rd |
| 11.07 | 0.59 | | Sharp L - Whippoorwill Rd |
| 11.29 | 0.22 | ▲ | Continue - Whippoorwill Rd |
| 11.69 | 0.40 | ➤ | R - Whippoorwill Rd |
| 11.87 | 0.18 | ➤ | R - Bedford Rd, NY 117 |
| 13.06 | 1.19 | ▲ | Continue - Bedford Rd, NY 117 |
| 14.28 | 1.22 | | Keep R |
| 14.35 | 0.07 | ▲ | Continue - S Bedford Rd, NY 172 |
| 15.38 | 1.03 | ▲ | Continue - S Bedford Rd, NY 172 |
| 17.10 | 1.72 | ▲ | Continue - S Bedford Rd, NY 172 |

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|---|---|---|---|
| 18.14 | 1.04 | ◄ | L - Old Post Rd, NY 22, NY 172 |
| 19.15 | 1.01 | | Keep L - Old Post Rd, NY 22 |
| 19.50 | 0.35 | | Keep R - Cantitoe St, NY 22 |
| 19.53 | 0.03 | | Keep R - RT 121, NY 121 |
| 21.26 | 1.74 | | Sharp R - Stone Hill Rd |
| 23.11 | 1.85 | ▲ | Continue - Stone Hill Rd, NY 137 |
| 24.09 | 0.98 | | Keep R - NY 137 |
| 24.31 | 0.21 | | Keep R - Westchester Ave |
| 24.37 | 0.07 | | Slight R - Pound Ridge Rd, NY 172 |
| 24.68 | 0.31 | | Keep L |
| 24.80 | 0.11 | | Slight L - Pound Ridge Rd, NY 172 |

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| Distance At Turn | Go X Miles | | Then Turn Onto |
|---|---|---|---|
| 24.96 | 0.16 | | Slight R - Pound Ridge Rd, NY 172 |
| 26.96 | 2.00 | ▲ | Continue - Pound Ridge Rd, NY 172 |
| 27.37 | 0.41 | ▲ | Continue - Pound Ridge Rd, NY 172 |
| 28.16 | 0.79 | ▲ | Continue - Pound Ridge Rd, NY 172 |
| 35.13 | 6.98 | ◄ | L - North Greenwich Rd, NY 433 |
| 35.54 | 0.40 | | Keep L - North Greenwich Rd, NY 433 |
| 35.87 | 0.33 | | Keep R - Bedford Rd |
| 37.71 | 1.84 | | Keep R - Locust Rd |
| 38.56 | 0.85 | ➤ | R - King St, NY 120A |

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|---|---|---|---|
| 38.62 | 0.06 | ◀ | L - Lake St, NY 120 |
| 40.00 | 1.38 | ◀ | L - Purchase St, NY 120 |
| 41.79 | 1.78 | ▲ | Continue - Purchase St, NY 120 |
| 43.86 | 2.07 | ➤ | R - Westchester Ave, CR 62 |
| 43.94 | 0.08 | | Keep L - Westchester Ave, CR 62 |
| 44.91 | 0.97 | ▲ | Continue - Westchester Ave, CR 62 |
| 45.04 | 0.13 | ▲ | Continue - Westchester Ave, CR 62 |
| 45.26 | 0.22 | | Keep L - North Westchester Ave West, CR 62 |
| 45.44 | 0.17 | | Keep L - North Westchester Ave West, CR 62 |

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| Distance At Turn | Go X Miles | | Then Turn Onto |
|---|---|---|---|
| 46.35 | 0.91 | | Keep L - North Westchester Ave West, CR 62 |
| 46.48 | 0.14 | | Keep L - Westchester Ave, CR 62 |
| 46.63 | 0.15 | | Keep L - Westchester Ave, CR 62 |
| 47.06 | 0.43 | ▲ | Continue - Westchester Ave, CR 71 |
| 47.37 | 0.31 | ◀ | L - Paulding St |
| 47.46 | 0.09 | ➤ | R - Hiram St |
| 47.51 | 0.05 | ◀ | L - Hale Ave |
| 47.65 | 0.14 | ➤ | R - Maple Ave |
| 47.69 | 0.03 | | Keep L - Maple Ave |
| 47.75 | 0.06 | ▲ | Continue - Maple Ave |
| 47.85 | 0.10 | | Sharp R |

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| Distance At Turn | Go X Miles | | Then Turn Onto |
|---|---|---|---|
| 47.87 | 0.02 | ➤ | R |

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