

Thursday Night Training Ride

Dist: 34.49 Mi Ele: +1,824.15 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 |

| 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 |
| 16.08 | 0.70 | ▶ | R - Chestnut Ridge Rd |

Leader: Bruce Wells

Cell: 914 361-9059

Leader: Bruce Wells

Cell: 914 361-9059

| Distance At Turn | Go X Miles | | Then Turn Onto |
|------------------|------------|---|-------------------------------------|
| 18.02 | 1.94 | ▶ | R - Chestnut Ridge Rd |
| 18.88 | 0.86 | ▶ | R - Bedford Rd, NY 22 |
| 21.75 | 2.87 | ◀ | L - North Greenwich Rd, NY 433 |
| 22.15 | 0.40 | | Keep L - North Greenwich Rd, NY 433 |
| 22.48 | 0.33 | | Keep R - Bedford Rd |
| 24.33 | 1.84 | | Keep R - Locust Rd |
| 25.17 | 0.85 | ▶ | R - King St, NY 120A |
| 25.24 | 0.06 | ◀ | L - Lake St, NY 120 |
| 26.62 | 1.38 | ◀ | L - Purchase St, NY 120 |
| 28.40 | 1.78 | ▲ | Continue - Purchase St, NY 120 |
| 30.47 | 2.07 | ▶ | R - Westchester Ave, CR 62 |
| 30.56 | 0.08 | | Keep L - Westchester Ave, CR 62 |

| Distance At Turn | Go X Miles | | Then Turn Onto |
|------------------|------------|---|--|
| 31.52 | 0.97 | ▲ | Continue - Westchester Ave, CR 62 |
| 31.66 | 0.13 | ▲ | Continue - Westchester Ave, CR 62 |
| 31.88 | 0.22 | | Keep L - North Westchester Ave West, CR 62 |
| 32.05 | 0.17 | | Keep L - North Westchester Ave West, CR 62 |
| 32.96 | 0.91 | | Keep L - North Westchester Ave West, CR 62 |
| 33.10 | 0.14 | | Keep L - Westchester Ave, CR 62 |
| 33.25 | 0.15 | | Keep L - Westchester Ave, CR 62 |
| 33.67 | 0.43 | ▲ | Continue - Westchester Ave, CR 71 |

Leader: Bruce Wells

Cell: 914 361-9059

Leader: Bruce Wells

Cell: 914 361-9059

Thursday Night Training Ride

Dist: 34.49 Mi Ele: +1,824.15 ft

| Distance At Turn | Go X Miles | | Then Turn Onto |
|------------------|------------|---|----------------------|
| 33.98 | 0.31 | ◀ | L - Paulding St |
| 34.08 | 0.09 | ▶ | R - Hiram St |
| 34.13 | 0.05 | ◀ | L - Hale Ave |
| 34.26 | 0.14 | ▶ | R - Maple Ave |
| 34.30 | 0.03 | | Keep L - Maple Ave |
| 34.36 | 0.06 | ▲ | Continue - Maple Ave |
| 34.46 | 0.10 | | Sharp R |
| 34.48 | 0.02 | ▶ | R |

Leader: Bruce Wells

Cell: 914 361-9059

Leader: Bruce Wells

Cell: 914 361-9059

Leader: Bruce Wells

Cell: 914 361-9059

Leader: Bruce Wells

Cell: 914 361-9059