

# 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        |

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|------------------|------------|-----------------------------------|
| 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                    |
| 24.30            | 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  |

| 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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