

## *Training Ride Route – 6.0 miles*

**Starting Point:** Church of the Nazarene  
2 Annanais Avenue  
Patchogue, N.Y.

**Status :**           **Pre-Ridden and Used**

From Church Grounds head south on Bridge Ave, bear left on Falcon Ave then bear right on Avery to Main Street	(1.0 mi)
Cross Main Street onto Grove proceed south to the end	(2.4 mi)
Turn right on to South Breeze Dr. and right on Bay Ave	
Turn left on Smith Street to S. Ocean Ave.	(2.9 mi)
Turn left on South Ocean Ave and make a quick right onto Maiden La.	
Turn right onto Cedar Avenue and proceed to Division Street.	(3.8 mi)
Turn left on Division Street	
Turn right on Clair Rose Blvd (cross tracks), proceed to W. Main Street	(4.1 mi)
Cross W. Main and bear right onto Lake Street.	
Turn left onto Jennings Ave., proceed to W. Lakewood St.	(4.5 mi)
Turn right on W. Lakewood St. proceed past Medford Ave. to Bridge	(5.3 mi)
Turn left on Bridge then proceed to Church	(6.0 mi)