

Training Ride Route – 10.1 miles

Starting Point: Holtsville Ecology Center
249 Buckley Road
Holtsville, N.Y.

Status : **Pre-Ridden and Used**

Exit Holtsville Ecology Center parking lot	(0.0 mi)
(RT) (North) onto Buckley Rd.	(0.1 mi)
(RT) onto BLUE POINT RD.	(0.35 mi)
(RT) (East) onto Long Island Ave	(1.4 mi)
(X) Jamaica	
(X) Bartlet	
(X) North Ocean	(2.3 mi)
(RT) Old Medford Ave	(2.7 mi)
(X) Woodside	(4.3 mi)
(RT) onto Katy St.	(4.7 mi)
(LT) Weidner La	(4.75 mi)
Say Hello to Pastor Nick & Corinne	
(RT) Shaber	(4.8 mi)
(X) North Ocean	(5.1 mi)
(LT) Old North Ocean	(5.3 mi)
(RT) Willmarth (just before sunrise service rd)	(5.8 mi)
(LT) Cameron	(6.0 mi)
(RT) Sunrise Service Rd	(6.1 mi)
(RT) Patchogue-Holbrook Rd	(6.6 mi)
(RT) (Quick) onto Station Ave.	(6.7 mi)
(LT) Risley	(6.85 mi)
(LT) Log (or Prince St.)	(7.5 mi)
(RT) Buckley	(7.6 mi)
(RT) Holtsville Ecology Center	(8.6 mi)
1 lap around track (cooldown) and return to parking lot	(10.1 mi)