

## *Training Ride Route – 11.6 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)
<b>Say Hello to Pastor Nick &amp; Corinne</b>	
(RT) Shaber	(4.8 mi)
(X) North Ocean	(5.0 mi)
(LT) Old North Ocean	(5.1 mi)
(RT) Traction	(5.2 mi)
(LT) Prince (Becomes Log Rd)	(5.7 mi)
(RT) Buckley	(6.1 mi)
(LT) Blue Point Rd	(7.5 mi)
(LT) Waverly Ave	(7.8 mi)
(X) Near end of Waverly cross grass to left (onto Log Rd)	(8.6 mi)
(LT) Buckley	
(RT) Holtsville Ecology Center	(9.9 mi)
1 lap around track (cooldown) and return to parking lot	(11.6 mi)