

Training Ride Route – 13.2 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) North Ocean Avenue	(2.4 mi)
(RT) Old Medford Ave	(2.7 mi)
(LT) Jamaica	(3.3 mi)
(RT) Buffalo	(4.7 mi)
(RT) Southaven	(5.9 mi)
(LT) Old Medford	(7.0mi)
(X) Woodside	(7.5 mi)
(RT) onto Katy St.	(7.9 mi)
(LT) Weidner La	(7.95 mi)
Say Hello to Pastor Nick & Corinne	
(RT) Shaber	(8.0 mi)
(X) North Ocean	(8.2 mi)
(LT) Old North Ocean	(8.3 mi)
(RT) Traction	(8.4 mi)
(LT) Prince (Becomes Log Rd)	(8.9 mi)
(X) At end of Log cross grass to right	(9.9 mi)
(RT) Waverly Ave	(9.9 mi)
(RT) Blue Point Rd	(11.1 mi)
(RT) Buckley	(11.4 mi)
(LT) Holtsville Ecology Center	(11.7 mi)
1 lap around track (cooldown) and return to parking lot	(13.2 mi)