

**Suffolk Bicycle Riders' Association****RONKONKOMA RR 39 mile Training Ride**

L	RAILROAD	0.0
L	POND @light	0.5
L	EASTON	0.6
R	at parking lot	1.1
TL	RAILROAD	1.3
R	LINCOLN	2.5
L	FURROWS	2.9
L	BLUE POINT	5.6
R	LI AVENUE @light	5.8
X	NORTH OCEAN	6.6
L	OLD MEDFORD @4way stop	7.1
R	GRANNY @light	8.5
X	RT 112 (pitstop)	9.6
R	MILL @light	10.9
BL	SILLS @light...bottom of hill	13.0
BL	MIDDLE IS /YAPHANK @light	13.2
X	ROUTE 25 (deli just south of light)	16.3
S	ROCKY POINT	
BL	MILLER PL/ YAPHANK	17.3
R	WHISKEY @4way stop	18.1
X	ROCKY POINT	19.0
R	RIDGE	21.3
X	ROUTE 25 (deli stop/mcdonalds)	22.6
S	OLD MEDFORD	
TL	SMITH	23.7
TR	LONGWOOD	24.8
TL	MIDDLE IS/ YAPHANK	26.3
BL	SILLS (at traffic light)	28.3
R	LIE SERVICE ROAD (hill)	29.1
L	BELLPORT	30.1
R	LI AVE	30.5
X	RT 112, NORTH OCEAN	32.7
X	PATCHOGUE HOLBROOK	36.9
S	UNION	
L	MILL (at traffic light)	38.1
BR	RAILROAD AVE	38.2
L	parking lot ☺ the car!	38.6