RONKONKOMA RR 80 Training Ride

	RONKONKON	<u>IA R</u>	R 80		
L	RAILROAD	0		TL	NORTH COU
L	POND	0.5			(walk bike o
L	EASTON	0.6		BR	at stop sign,
R	at parking lot	1.1		L	NORTH W
TL	RAILROAD	1.2			(little flowe
R	LINCOLN	2.5			HULSE LAN
L	FURROWS	2.9			SOUND (@li
L	BLUEPOINT	5.6		Х	EDWARDS (
R	LI AVE (light)	5.8		R	OSBORN (ed
	NORTH OCEAN			BR	MILL
L	OLD MEDFORD	7.1		Х	ROUTE 58
R	GRANNY	8.5		S	MILL
Х	RT 112	9.6		TR	ROUTE 25
S	GRANNY			L	FORGE (just
Χ	MILL @light	10.8		BR	DAM RD/FO
L	WEST BARTLETT	11.8		TR	SOUTH RIVE
BL	EAST BARTLETT @stop	13.3		TL	ROUTE 24
L	ROUTE 25 @light	13.8		R	CR 51
				R	EASTPORTM
R	CHURCH	14		QL	HEAD OF NE
R	OAKCREST	14.8		TR	CHAPMAN
TL	EVERGREEN	15.3		L	RT 111 (deli/
QR	MILL LOT	15.3		TR	RYERSON
TR	SWEZEY	15.6			NORTH
Χ	WHISKEY	16		R	NORTH (at n
S	CANAL			R	MORICHES I
BR	MILLER PL/ MT SINAI CORAM	16.3			WM FLOYD
	(follow cemetery)			S	MORICHES I
	at 4 way stop intersection	17.1			Nibbles deli.
BR	MILLER PLACE RD	17.1			MIDDLE IS/ \
TL	MILLER PLACE-YAPHANK	18.7		BL	SILLS (at tra
Х	ROUTE 25A	18.9			LIE SERVICE
S	MILLER PLACE/NORTH COUNTRY	20.3		L	BELLPORT
	LOWER ROCKY PT (at cement pond)	20.5			LI AVE
TR	NORTH ROCKY PT LANDING	20.6		Χ	RT 112, NOR
L	APRICOT	24.1		Χ	PATCHOGU
QR	KING	24.15		S	UNION
R	BROADWAY (at traffic light)	24.7		L	MILL (at traft
L	PRINCE (stop signs "not all way"!!)	24.7		BR	RAILROAD A
R	WATER	25.5		L	parking lot t
			-		

Ira	ining Ride	
TL	NORTH COUNTRY	25.6
	(walk bike on side walk, then ride when road becomes two w	ıy)
BR	at stop sign, past duck ponds	
L	NORTH WADING RIVER	29.2
	(little flower hill)	
R	HULSE LANDING RD (deli)	31.4
L	SOUND (@light)	32.5
Х	EDWARDS (light)	34.9
R	OSBORN (edwards, twomey, osborn)	36.5
BR	MILL	38
Χ	ROUTE 58	
S	MILL	39.4
TR	ROUTE 25	40.2
L	FORGE (just before overpass)	41.1
BR	DAM RD/FORGE RD	41.5
TR	SOUTH RIVER	41.7
TL	ROUTE 24	43.2
R	CR 51	47.1
R	EASTPORTMANOR @light	
QL	HEAD OF NECK/CLANCY	

QL	HEAD OF NECK/CLANCY	
TR	CHAPMAN	
L	RT 111 (deli/McDonalds)	53.2
TR	RYERSON	57.5
TL	NORTH	57.7
R	NORTH (at north, south, weeks,)	60.6
R	MORICHES MIDDLE IS.	62.7
Х	WM FLOYD	63.8
S	MORICHES MIDDLE IS/ MAIN	
	Nibbles delipossible stop	
TL	MIDDLE IS/ YAPHANK	66.5
BL	SILLS (at traffic light)	66.7
R	LIE SERVICE ROAD (hill)	67.6
L	BELLPORT	68.7
R	LI AVE	69
X	RT 112, NORTH OCEAN	71.2
Χ	PATCHOGUE HOLBROOK	75.4
S	UNION	
L	MILL (at traffic light)	76.6
BR	RAILROAD AVE	76.8
L	parking lot the car!	77.2