

## RONKONKOMA RR 80 Training Ride

L	RAILROAD	0
L	POND	0.5
L	EASTON	0.6
R	at parking lot	1.1
TL	RAILROAD	1.2
R	LINCOLN	2.5
L	FURROWS	2.9
L	BLUEPOINT	5.6
R	LI AVE (light)	5.8
X	NORTH OCEAN	
L	OLD MEDFORD	7.1
R	GRANNY	8.5
X	RT 112	9.6
S	GRANNY	
X	MILL @light	10.8
L	WEST BARTLETT	11.8
BL	EAST BARTLETT @stop	13.3
L	ROUTE 25 @light	13.8

R	CHURCH	14
R	OAKCREST	14.8
TL	EVERGREEN	15.3
QR	MILL LOT	15.3
TR	SWEZEY	15.6
X	WHISKEY	16
S	CANAL	
BR	MILLER PL/ MT SINAI CORAM	16.3
	(follow cemetery)	
BR	at 4 way stop intersection	17.1
BR	MILLER PLACE RD	17.1
TL	MILLER PLACE-YAPHANK	18.7
X	ROUTE 25A	18.9
S	MILLER PLACE/NORTH COUNTRY	20.3
R	LOWER ROCKY PT (at cement pond)	20.5
TR	NORTH ROCKY PT LANDING	20.6
L	APRICOT	24.1
QR	KING	24.15
R	BROADWAY (at traffic light)	24.7
L	PRINCE (stop signs "not all way"!!)	24.7
R	WATER	25.5

TL	NORTH COUNTRY	25.6
	(walk bike on side walk, then ride when road becomes two way)	
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
X	EDWARDS (light)	34.9
R	OSBORN (edwards, twomey, osborn)	36.5
BR	MILL	38
X	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	
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
X	WM FLOYD	63.8
S	MORICHES MIDDLE IS/ MAIN	
	Nibbles deli....possible 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
X	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