



Suffolk Bicycle Riders' Association

RONKONKOMA RR 50 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

S	RANDALL RD	
R	NORTH COUNTRY	24.7
BR	N. COUNTRY @stop past duck ponds*	28.3
	Continue past firehouse to Route 25a	
	Deli stop in shopping center on right	
R	ROUTE 25A	28.7
L	WM FLOYD (caution!!) @light	30.6
R	WHISKEY @light	32.8
L	RIDGE, X Rt 25	34.1
S	OLD MEFORD (McDonald's)	35.4

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
L	RANDALL RD	22.1
X	ROUTE 25A	24.5

TL	SMITH	36.5
TR	LONGWOOD @light	37.6
TL	MIDDLE IS/ YAPHANK	39.1
BL	SILLS (@ light & Mill)	41.1
R	LIE SERVICE ROAD (hill)	41.9
L	BELLPORT @light	42.9
R	LI AVE	43.2
X	RT 112, NORTH OCEAN	45.5
X	PATCHOGUE HOLBROOK	49.7
S	UNION	
L	MILL (at traffic light)	50.9
BR	RAILROAD AVE	51.0
L	parking lot the car!	51.5