

## RONKONKOMA RR 70 Training Ride

L	RAILROAD	0.0
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)	5.7
X	NORTH OCEAN	6.6
L	OLD MEDFORD	7.0
R	GRANNY	8.5
X	RT 112 (9.84 miles)	9.6
S	GRANNY	
R	MILL	10.9
BL	MIDDLE IS. YAPHANK	13.0
L	EAST BARTLETT	14.8
TR	EAST BARTLETT	15.4

L	ROUTE 25	16.9
R	CHURCH	17.1
R	OAKCREST	18.0
TL	EVERGREEN	18.4
QR	MILL LOT	18.5
TR	SWEZEY	18.7
X	WHISKEY	19.1
S	CANAL	
BR	MILLER PL/ MT SINAI CORAM	19.4
	(follow cemetery)	
BR	at 4 way stop intersection	20.1
	MILLER PLACE	20.1
TL	MILLER PLACE-YAPHANK	21.8
X	ROUTE 25A	22.1
S	MILLER PLACE/NORTH COUNTRY	
R	LOWER ROCKY PT (at cement pond)	23.4
TR	NORTH ROCKY PT LANDING	23.5
L	APRICOT	27.2
QR	KING	27.2
R	BROADWAY (at traffic light)	27.8

L	PRINCE (stop signs "not all way"!!)	27.9
R	WATER	28.6
TL	NORTH COUNTRY	28.8
	(walk bike on side walk, then ride when road becomes two way)	
BR	at stop sign, past duck ponds	
L	NORTH WADING RIVER (little flower hill)	32.3
R	HULSE LANDING RD (deli) aprox 35 miles	34.5
L	SOUND (@light)	35.6
X	EDWARDS (light)	38.0
R	OSBORN (edwards, twomey, osborn)	39.7
R	YOUNGS (animal shelter)	40.7
X	TWOMEY	42.0
S	RILEY	
TL	EDWARDS	43.1
X	ROUTE 25 (light)	
X	RR tracks	
R	MILL	44.8
	Hess station...possible stop	

BL	NORTH	49.3
S	WEEKS, @north, south, weeks	52.2
X	MORICHES MIDDLE IS.	53.9
R	BARNES /N SERVICE ROAD/VICTORY	54.6
X	WM FLOYD	56.7
S	VICTORY	
R	GERRARD (just past southaven pk)	57.8
TR	YAPHANK	59.6
L	LI AVE @light after LIE bridge	60.5
TL	SILLS (at traffic light)	61.6
R	LIE SERVICE ROAD (hill)	61.7
L	BELLPORT	62.7
R	LI AVE	63.0
X	RT 112, NORTH OCEAN	65.3
X	PATCHOGUE HOLBROOK	69.5
S	UNION	
L	MILL (at traffic light)	70.7
BR	RAILROAD AVE	70.8
L	parking lot the car!	71.3