

**Suffolk Bicycle Riders' Association****RONKONKOMA RR 30 mile Training Ride**

L	RAILROAD	
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
R	into Parking Lot @ ROUTE 25	16.3
	(deli just south of light)	
TL	MIDDLE IS/ YAPHANK	
BL	SILLS (at traffic light)	19.6
R	LIE SERVICE ROAD (hill)	20.5
L	BELLPORT	21.5
R	LI AVE	21.8
X	RT 112, NORTH OCEAN	24.1
X	PATCHOGUE HOLBROOK	28.3
S	UNION	
L	MILL (at traffic light)	29.4
BR	RAILROAD AVE	29.6
L	parking lot ☺ the car!	30.0