



Cuesheet

A-003

## Ronkonkoma Century: 100.1 Miles, Flat

This very flat century begins by heading west on the LIE Service Rd. It then heads east through Bethpage, Wyandanch, Commack and Lake Ronkonkoma and then back west to the lot.

Directions to start: Starts from Westbury High School at the intersection of Post Ave and Jericho Tpke.

| MILES | TOTAL | TURN | ONTO                                                     | MILES | TOTAL | TURN | ONTO                           |
|-------|-------|------|----------------------------------------------------------|-------|-------|------|--------------------------------|
| 0.0   | 0.0   | L    | Post Ave out of Westbury HS lot.                         | 2.8   | 46.2  | L    | Carlls Straight Path           |
| 1.2   | 1.2   | L    | LIE Service Rd West                                      | 1.6   | 47.8  | R    | Rt 495-LIE Service Rd East     |
| 7.8   | 9.0   | L    | Little Neck Pkwy                                         | 1.4   | 49.2  | L    | Commack Rd (CR-4)              |
| 0.0   | 9.0   | L    | LIE Service Rd East                                      | 0.8   | 50.0  | R    | Vanderbilt Motor Pky to end    |
| 1.7   | 10.7  | BR   | Hollow Ln to end                                         | 9.9   | 59.9  | R    | Rosevale Ave at T              |
| 0.2   | 10.9  | R    | New Hyde Park Rd at T                                    | 0.9   | 60.8  | L    | Pond Rd/Lake Shore Dr          |
| 0.3   | 11.2  | L    | Surburban Gate                                           | 0.9   | 61.7  | BL   | Lake Shore Dr / Smithtown Blvd |
| 0.1   | 11.3  | L    | Executive Dr to end                                      | 1.1   | 62.8  | L    | Rosevale Ave                   |
| 0.2   | 11.5  | R    | Old Courthouse Rd at T                                   | 0.1   | 62.9  | R    | Victory Dr / Oneida St         |
| 1.2   | 12.7  | BR   | Shelter Rock/Searingtown Rd                              | 0.4   | 63.3  | R    | Mohican Ave                    |
| 1.1   | 13.8  | R    | IU Willets Rd to end                                     | 0.2   | 63.5  | L    | Uncas St then R Williamsburgh  |
| 3.0   | 16.8  | L    | Old Westbury Rd at T                                     | 0.1   | 63.6  | L    | Townline Rd                    |
| 0.5   | 17.3  | R    | Rt 495 (LIE) Service Rd E                                | 2.8   | 66.4  | L    | Wheeler Rd                     |
| 2.7   | 20.0  | R    | Jericho Tpk W (stay left)                                | 1.4   | 67.8  | R    | Rabro Dr to end                |
| 0.0   | 20.0  | L    | Cantiague Rock Rd to end                                 | 0.9   | 68.7  | R    | Old Willets Path at T          |
| 1.3   | 21.3  | L    | W John St at T                                           | 0.3   | 69.0  | L    | Oser Ave                       |
| 0.1   | 21.4  | R    | Charlotte Ave to end                                     | 1.3   | 70.3  | R    | Adams Ave to end               |
| 0.6   | 22.0  | L    | Old Country Rd at T                                      | 0.4   | 70.7  | L    | New Highway at T               |
| 0.2   | 22.2  | R    | Levittown Pkwy                                           | 1.3   | 72.0  | L    | Marie Crescent to end          |
| 1.3   | 23.5  | R    | Newbridge Rd (Rt 106)                                    | 0.7   | 72.7  | R    | Parkway Dr N at T              |
| 1.4   | 24.9  | R    | Into Krispy Kreme - food stop,<br>then go back up Rt 106 | 0.1   | 72.8  | R    | Harned Rd/Indian Head Rd at T  |
| 3.2   | 28.1  | R    | Duffy Ave to end                                         | 2.7   | 75.5  | L    | Somers Ln                      |
| 0.1   | 28.2  | L    | Nelson Ave                                               | 0.2   | 75.7  | R    | Half Hollow/Old Commack to end |
| 0.1   | 28.3  | L    | Jerusalem Ave                                            | 1.4   | 77.1  | L    | Old Northport Rd at T          |
| 0.1   | 28.4  | R    | E Barclay St / Woodbury Rd                               | 0.5   | 77.6  | L    | Town Line Rd                   |
| 3.4   | 31.8  | R    | Manetto Hill Rd                                          | 0.8   | 78.4  | R    | Clay Pitts Rd                  |
| 0.3   | 32.1  | R    | Central Park/Gerhard Rd to end                           | 3.4   | 81.8  | L    | Manor Rd                       |
| 2.3   | 34.4  | L    | Haypath Rd at T                                          | 1.0   | 82.8  | R    | Little Plains Rd to end        |
| 0.2   | 34.6  | R    | Plainview Rd / Broadway                                  | 1.3   | 84.1  | L    | Park Ave at T                  |
| 1.4   | 36.0  | L    | Powell Ave/Plainview Rd                                  | 0.2   | 84.3  | R    | Maplewood Rd                   |
| 0.6   | 36.6  | BR   | Stymus Ave to end                                        | 0.2   | 84.5  | R    | E Rogues Path to end           |
| 0.3   | 36.9  | L    | Thorne Dr at T to end                                    | 1.2   | 85.7  | L    | Lenox Rd then R E 11th St      |
| 0.1   | 37.0  | BL   | Central Ave                                              | 0.4   | 86.1  | R    | Depot Rd                       |
| 0.5   | 37.5  | BL   | Quaker Meeting House Rd                                  | 0.1   | 86.2  | L    | E 11th St/W Rogues Path        |
| 0.6   | 38.1  | BR   | Bethpage Rd                                              | 2.5   | 88.7  | BL   | Woodbury Rd                    |
| 0.4   | 38.5  | BL   | Powell Pl to end                                         | 3.5   | 92.2  | R    | East Dr                        |
| 0.2   | 38.7  | L    | Melville Rd/Milbar Rd at T to end                        | 0.8   | 93.0  | L    | LIE Service Rd Westbound       |
| 1.8   | 40.5  | L    | New Highway at T to end                                  | 5.9   | 98.9  | L    | Post Ave                       |
| 0.9   | 41.4  | R    | Ruland / Colonial Springs / Main                         | 1.2   | 100.1 | L    | Westbury High School lot       |
| 2.0   | 43.4  | R    | N 22nd St then L Nicolls Rd                              |       |       |      |                                |