

## JOYRIDE CLASSIC: THE RIVER ROAD EXCURSION

We thought it was time for a recap of a favorite and most requested ride: over the George Washington Bridge, through the New Jersey Palisades, and back down route 9W.

**Starting from the Central Park loop, exit at the north end of the park.**

1. At 110th St./Central Park North turn left and travel west on 110th St. to Riverside Drive.
2. Right onto Riverside Drive. North on Riverside Drive to West 165th St.
3. Right onto West 165th St (steep!).
4. Left onto Ft. Washington Ave.
5. Pedal north on Ft. Washington Ave. to West 177th St.
6. Left on West 177th St. a few blocks to Cabrini St.
7. Right onto Cabrini St. (playground on your left)
8. Travel north on Cabrini for one block, to 178th St. Turn left onto the sidewalk at the end of the block. The GWB access ramp will be on your left. *Remember to yield to pedestrians on the bridge.*
9. At the end of the bridge, make a left onto Hudson Terrace, and proceed down through traffic light. (Caution: Steep hill.)
10. Halfway down the hill, make the *second left* onto Henry Hudson Drive (aka River Road). Be careful, this road often has a chain across it to control automobile traffic. (Note: State park regulations mandate helmets on this road.) There is a 1-mile climb (400 ft. elevation) at the end of this road, with a Park Police Station at the top on the right - good for a pit stop.
11. Pass the Police Station, and take a left onto 9W South to return to the bridge.
12. Off 9W South, turn left onto Palisade Ave.
13. Make a right onto Hudson Terrace and follow back to the GWB.
14. Take a right at the ramp exit, then a right at Cabirini (retracing your previous turns).
15. Left on 176 th St.
16. Right on Ft. Washington Ave.

*Here you have two options:*

Either take a right at W. 165th, and a left on Riverside (the way you came); or

Take a left at W. 165th, and a right on St. Nicholas. Ride the extra wide bike lane back to the park.

*Flashback:  
Did you know that police used to bar cyclists from River Road? After several demos and a few arrests, T.A. won bike access in 1989.*

## Cue Sheets from the Information Superhighway

Summer means serious riding! Whether you've been wanting to log some serious distance in training for the last NYC Century Ride [Sept. 12th] of the millennium

or just explore, our on-line research can help. We've compiled some good web sites that furnish you with exact turn sheets for rides throughout the area and beyond. First, start by checking out our last six joyrides (#25 - 30) on the T.A. web site at

<http://www.transalt.org/contents.html>. Turn sheets with mileage are provided with such destinations as the Rockaways, Little Neck, and Red Hook. In addition, you'll find an abundance of links to surf through in our library. Another good resource with free cue sheets on-line is the Fast and Fabulous site, which lists trips to the Kensico Dam and Bear Mountain, among others. Check them out at <http://www.fastnfab.org/cuesheets.htm>. If you're considering tackling the Garden State, Daniel Convissor has put together a fantastic site at <http://www.panix.com/~danielc/routes/micro.cgi>, which links New Jersey cities into an array from which you can navigate via personalized turn sheets. Simply build your route by clicking the path of the cities you wish to travel through, and his Micro Route Builder will print out the way. Just to the north lies Orange County, within reach of many Metro North stops. If you're interested in exploring it, the Orange County Bicycle Club's web site lists dozens of turn sheets at <http://www.sussexonline.com/ocbc/Rides.htm>. Finally, if you're looking to get some good ideas for riding way outside the metro area, visit the oddly named Uncle Barn Bicycle Cue Sheet Exchange at <http://www.unclebarn.turnhere.com>. This site boasts nearly 700 cue sheets from almost every state in the nation. Peruse the list for free, but it will cost you a couple of bucks to get a copy unless the particular county you wish to ride in is underwritten by a local bike shop or you trade in a ride design of your own.