

Suggested Training Routes

Your Velocity Your Way

For our Your Way Participants looking to get some steps in, Alison Taylor shared this waterfront route. Last Velocity Day, Alison walked from the CUIMC to the main Columbia campus along the Hudson.

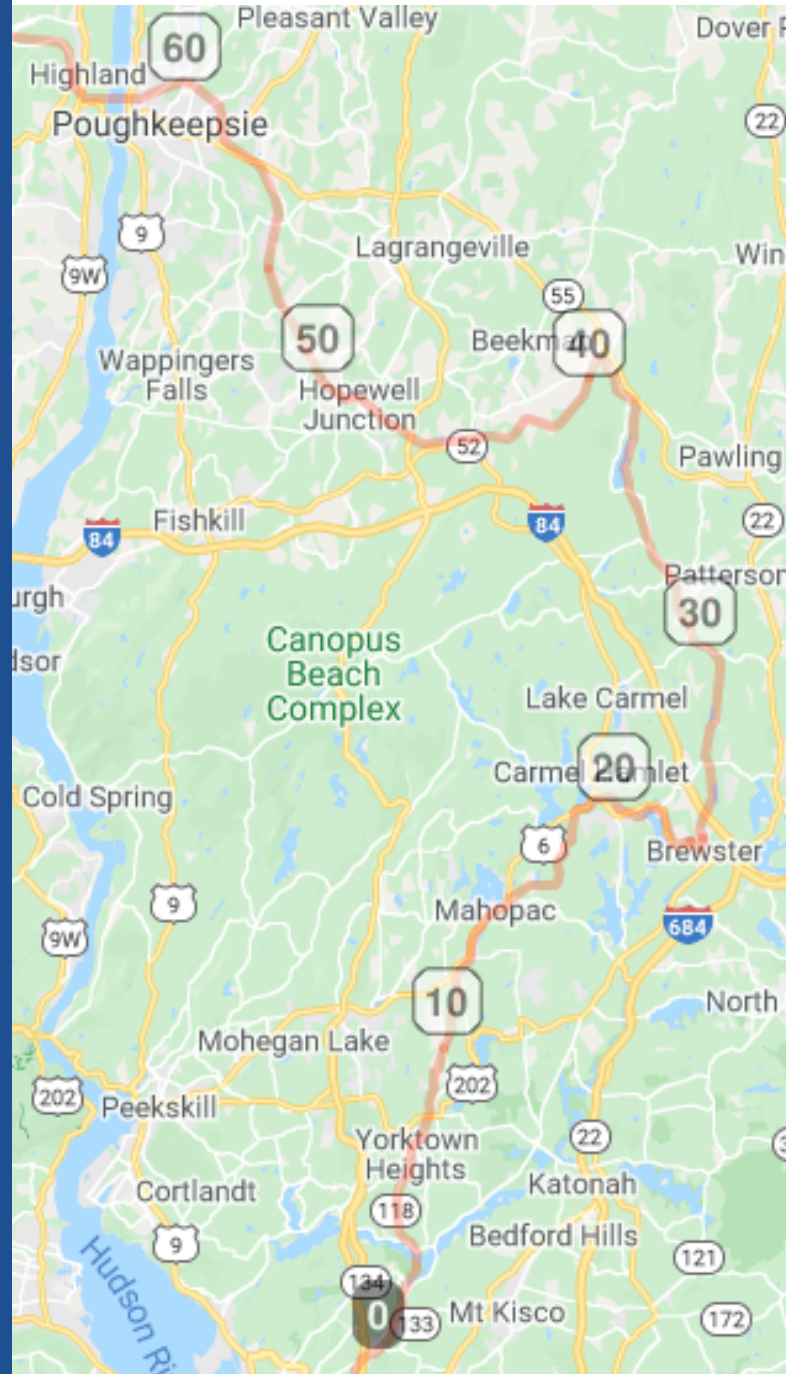
This scenic 5K route offers stunning views of the Hudson River and is perfect for beautiful spring weather.

Follow this route by visiting onthegomap.com/s/v6b5k2re



your VELOCITY

COLUMBIA'S RIDE TO END CANCER



Your Velocity Riders

For our Your Velocity Riders, we recommend checking out the Empire State Trail. This route was suggested to us by your fellow Your Velocity Rider, Scott Manner!

Scott let us know that he plans to ride from Millwood to Poughkeepsie on the Empire State Trail this Velocity Day.

Visit empiretrail.ny.gov to plan your next ride!