

Turn	Total Miles	Street	For
	0.0	across from entrance to BB	1.0
L	1.0	Tillary St	0.7
BR	1.7	Park Ave	0.7
R	2.4	Washington Ave	1.4
L	3.8	Park Pl	2.0
R	5.8	Buffalo Ave	0.3
BL	6.1	Rockaway Pkwy	1.1
L	7.2	Linden Blvd	2.4
BR	9.6	Loring Ave	0.7
R	10.3	Amber	0.1
QL	10.4	Stanley Ave	0.1
QR	10.5	79th Ave	####
L	10.8	156th Ave	0.3
S	11.1	TRO 156th> 84th St	1.0
L	12.1	165th Ave	0.7
R	12.8	Cross Bay Blvd	2.2

Turn	Total Miles	Street	For
QR	31.4	Freeport Ave to end	0.1
L/R	31.7	enter beach on right	0.1
L	31.8	Ocean Blvd> Parkside	0.5
L	32.3	Lido Blvd	3.3
L	35.6	Roosevelt Blvd	0.1
R	35.7	E Beech St > Park	5.0
R	40.7	to enter bike path CAUTION	1.3
L	42.0	end of bike path, to road	0.1
L	42.1	Seagirt Ave	0.4
L	42.5	Seagirt Blvd	0.5
L	43.0	Rockaway Fwy	1.8
R	44.8	Beach 73rd St	####
R	49.7	onto sidewalk/bike path	0.1
S	49.8	over Marine Pkwy Brdge	1.2
R/L	51.0	cross road TRO bike path	0.1
S	51.1	<a href="#">L across Rd @ 3rd cross wk</a>	3.7

R	15.0	into nature center- PIT	0.0
R	15.0	Cross Bay Blvd	1.7
L	16.7	onto bike path on bridge	0.8
L	17.5	Beach Channel Dr	0.8
R	18.3	Beach 73rd St	0.1
QL	18.4	Rockaway Fwy	1.8
R	20.2	Seagirt Blvd	1.2
BR	21.4	Seagirt Ave	0.2
L	21.6	around corner, get off bike	0.0
S	21.6	onto bike path on bridge	1.9
L	23.5	Park>Beech St	1.8
R	25.3	New York Ave	0.1
S	25.4	onto boardwalk	2.1
S	27.5	exit boardwalk at end	0.0
S	27.5	Neptune Blvd	0.1
R	27.6	Shore Rd	0.2
L	27.8	2nd L Pacific Blvd	0.2
S	28.0	Maple Blvd	0.3
R	28.3	Lido Blvd	3.0
L	31.3	market on left for lunch	0.0
L	31.3	onto Lido Blvd	0.1

R	54.8	Brigham @ end of bike path	0.0
QL	54.8	Emmons Ave	0.6
R	55.4	Bedford Ave	3.5
L	58.9	Glenwood Rd (after college)	0.2
R	59.1	Ocean Ave	1.6
BL	60.7	into Prospect Park	0.1
R	60.8	around loop to Grnd Army	1.2
L	62.0	Prospect Park West	0.1
R	62.1	President St	0.9
R	63.0	3rd Ave	0.6
L	63.6	Pacific St	0.7
L	64.3	Court St	0.0
QR	64.3	Pacific St	0.1
QR	64.4	Clinton St	0.6
BR	65.0	Tillary St	0.1
L	65.1	onto BB bike path	0.9
End	66.0		####
			0.0
			0.0
			0.0
			0.0