

Go	At	On	For
	0.0	Start of route	0.0
	0.0	The Boathouse, Central Park head south on the East Drive	0.8
R	0.8	2nd Ave	0.6
L	1.4	E 60th St	0.1
R	1.5	Queensboro Bridge on bike path	1.4
L	3.0	Sharp left off of bike path	0.1
L	3.1	22nd St/Harry Suna Pl	0.0
QL	3.1	Queens Plaza S	0.3
S	3.5	Queens Blvd on ramp over rail lines	0.3
L	3.7	Skillman Ave	0.1
BR	3.9	43rd Ave	0.8
L	4.7	48th St	0.3
R	5.0	39th Ave	0.3
L	5.3	Woodside Ave	0.0
QR	5.3	Turn quick right onto 39th Ave	0.3
L	5.7	60th St	0.3
R	6.0	34th Ave	2.5
R	8.5	114th St	0.5
R	9.0	43rd Ave	0.2
L	9.2	111th St	0.2
L	9.4	Turn at New York Hall of Science Note: Enter Flushing Meadows Park	0.1
QL	9.4	Avenue of Science	0.2
R	9.6	at roundabout	0.1
L	9.7	United Nations Ave N	0.3
R	9.9	footpath leading up to Unisphere	0.1
QR	10.0	at Unisphere, go 3/4 of the way around the world	0.1
R	10.2	Turn right	0.1
S	10.3	Continue straight past soccer fields on right	0.2
BR	10.5	to skirt around pond	0.1
R	10.6	Avenue of Discovery	0.1
S	10.7	Continue straight underneath Van Wyck Expy	0.1
QR	10.8	foot path immediately after underpass	0.1
QR	10.8	College Point Blvd; get over to left lane	0.0

Go	At	On	For
QL	10.9	Quick left onto Booth Memorial Ave	1.3
L	12.2	to enter the Kissena Velodrome; do one lap around Note: Amen!	0.6
L	12.8	to exit Kissena velodrome and return to Booth Memorial Ave	0.9
BL	13.7	58th Ave	0.5
R	14.2	Underhill Ave	0.1
R	14.3	Near end of Underhill Ave turn right, jump curb to foot path	0.0
QL	14.3	Foot Bridge/Pedestrian Overpass of the Long Island Expy	0.4
R	14.7	at Francis Lewis Blvd TRO foot path	0.1
QL	14.8	TRO footpath as it runs parallel to street	0.5
BL	15.3	Bear left, footpath crosses bridge over Frances Lewis Blvd; path becomes Brooklyn Queens Greenway Note: Cunningham Park	0.2
R	15.5	Right turn at ball field	0.1
R	15.6	into tunnel	0.1
QR	15.7	immediately after exiting tunnel TRO Brooklyn Queens Greenway	1.8
L	17.5	Turn left; FLUID STOP at Alley Pond Park recreational center	0.1
R	17.6	Winchester Blvd	0.0
QL	17.7	Sharp left onto Union Turnpike	0.9
L	18.6	Little Neck Pkwy	1.5
R	20.1	Horace Harding Expy	6.7
L	26.8	W Wheatley Rd	1.4
L	28.1	TRO Wheatley Rd	3.3
BL	31.4	Brookville Rd	1.6
R	33.0	Chicken Valley Rd	1.3
R	34.3	Oyster Bay Rd/Glen Cove Rd ⇒ Mill Hill Rd	1.5
R	35.9	W Main St at bottom of hill, to left of pond	0.6
L	36.5	South St; FLUID STOP at Harbor-side Delicatessen	
QR	36.5	W Main St	0.1

Go	At	On	For
QR	36.5	W Main St	0.6
S	37.1	Straight onto W Shore Rd	0.6
L	37.7	Cleft Rd	0.8
R	38.5	Horseshoe Rd	1.4
R	40.0	Cleft Rd	0.3
R	40.3	Factory Pond Rd	1.0
R	41.3	Bayville Rd	0.8
L	42.1	Oak Neck Beach Rd	
QR	42.1	Bayville Rd ⇒ Horseshoe Hollow Ct	2.1
L	44.3	Birch Hill Rd	0.3
L	44.5	TRO Birch Hill Rd	0.6
S	45.1	After crossing tracks Birch Hill Rd becomes Piping Rock Rd	0.6
R	45.7	Duck Pond Rd ⇒ Town Path	1.7
R	47.4	Glen St	0.4
L	47.8	School St/Bridge St	0.1
QR	47.9	Glen Cove Ave	0.1
QL	48.0	Brewster St/Glen Cove Ave	0.4
R	48.4	Shore Rd	0.7
L	49.1	Sharp left onto Carpenter Ave (climb)	0.1
QR	49.2	Sharp right onto Prospect Ave (climb)	0.3
L	49.5	Sea Cliff Ave (at top of climb)	
QL	49.5	Prospect Ave	0.1
PIT	49.7	Buy LUNCH at Aratas Deli; re-trace to Prospect Ave and picnic at park with scenic overlook	2.2
R	51.9	Glenwood Rd	0.6
R	52.4	Bryant Ave	1.1
R	53.6	Old Northern Blvd	0.4
BR	54.0	W Shore Rd	3.4
R	57.4	Hillcrest Rd ⇒ Longview Rd (near top of hill)	0.6
R	58.0	Port Washington Blvd ⇒ Middle Neck rd	3.4
L	61.4	Lighthouse Rd	0.5
R	61.9	Middle Neck Rd	0.1
QR	62.0	Quick right onto Hoffstot Ln/Cedar Knoll Dr	0.3
R	62.3	Sands Point Rd ⇒ Shore Rd	1.7
PIT	63.9	FLUID STOP at liquor store on right	0.6

Go	At	On	For
R	64.5	Main St ⇒ N Plandome Rd	1.7
R	66.2	Plandome Rd	1.2
R	67.5	Bayview Ave	0.5
L	68.0	TRO Bayview Ave	0.4
R	68.3	TRO Bayview Ave	0.1
QR	68.4	E Shore Rd	0.4
L	68.9	Vista Hill Rd (steep climb)	0.2
R	69.0	Rose Ave	0.2
L	69.2	Wooleys Ln E	0.2
R	69.4	Station Rd ⇒ East Shore Rd	2.4
BR	71.8	Wildwood Rd	0.6
R	72.4	Cherry Ln ⇒ Split Rock Dr	0.9
R	73.3	Kings Point Rd	1.0
L	74.3	Turn around, backtrack .3 miles	0.3
R	74.5	Cricket Ln; pass through gates	0.0
QL	74.6	TRO Cricket Ln	0.2
L	74.8	Pond Rd	0.2
R	74.9	Hamptworth Dr	0.4
R	75.3	Kings Point Rd	1.3
L	76.7	W Shore Rd ⇒ Bayview Ave	2.7
R	79.4	E Mill Dr	0.1
R	79.5	Terrace Cir	0.2
R	79.6	W Mill Dr	0.2
R	79.8	Nassau Rd ⇒ 39th Rd	0.2
R	80.1	Little Neck Pkwy	0.0
QL	80.1	Quick left – cross tracks and turn left onto Railroad Ave/Sandhill Rd (at Whistle Stop Market)	0.3
R	80.3	Douglas Rd	0.0
QL	80.4	Quick left onto Ridge Rd, climb gratuitous steep hill	0.1
L	80.5	Sharp left onto Oak Ln (at top), descend	0.1
L	80.6	Douglas Rd ⇒ Mainette St ⇒ Shore Rd	1.4
R	82.0	235th St/West Dr ⇒ Douglaston Pkwy	0.7
PIT	82.7	FLUID STOP at deli on left	0.0
QR	82.8	Northern Blvd	0.6
R	83.4	up onto sidewalk and take bikepath along Cross Island Pkwy	2.4

Go	At	On	For
L	85.8	Totten Ave/212th St, under Cross Island Pkwy	0.1
QR	85.9	Quick right onto Bell Blvd parallel to Cross Island Pkwy	2.5
S	88.4	Straight on Willets Point Blvd to end	0.1
BL	88.5	Union St	0.7
R	89.2	35th Ave	0.4
L	89.6	College Point Blvd	0.4
R	90.0	Roosevelt Ave	1.0
R	91.1	114th St	0.4
L	91.4	34th Ave	0.8
R	92.2	99th St	0.4
L	92.6	31st Ave	3.0
L	95.6	30th St	1.0
R	96.6	40th Ave	0.2
L	96.8	Crescent St	0.2
R	97.0	Queensboro Bridge bike path	1.5
L	98.5	1st Ave	0.6
L	99.1	E 72nd St	0.8
BR	99.9	East Dr	0.1
	100.0	The Boathouse, Central Park	0.0
	100.0	End of route	