

At	Go	Notes	For
0.0	R	East Dr; leave Central Park at 72nd St	0.3
0.3	S	E 72nd St	0.5
0.8	R	2nd Ave	0.6
1.4	L	E 60th St	0.1
1.5	R	Queensboro Bridge on bike path	1.4
3.0	L	Sharp left off of bike path	0.1
3.1	L	22nd St/Harry Suna Pl	0.0
3.1	L	Queens Plaza S	0.3
3.5	S	Queens Blvd on ramp over rail lines	0.3
3.7	L	Skillman Ave	0.1
3.9	R	43rd Ave	0.8
4.7	L	48th St	0.3
5	R	39th Ave	0.3
5.3	L	Woodside Ave	0.0
5.3	QR	39th Ave	0.3
5.7	L	60th St	0.3
6	R	34th Ave	2.5
8.5	R	114th St	0.5
9	R	43rd Ave	0.2
9.2	L	111th St	0.2
9.3	L	New York Hall of Science	0.1
9.4	L	Avenue of Science	0.2
9.6	R	Turn right at roundabout	0.1
9.7	L	United Nations Ave N	0.3
9.9	R	Footpath to Unisphere	0.1
10	R	at Unisphere go 3/4 around the world	0.1
10.2	R	head east, towards flag	0.1
10.3	S	Past soccer fields on right	0.2
10.5	BR	Skirt around edge of pond	0.1
10.6	R	1st right at far end of pond	0.1
10.7	S	underneath Van Wyck Expy	0.1
10.8	QR	onto foot path after underpass	0.1
10.8	R	College Point Blvd; move to left lane	0.0
10.9	QL	Booth Memorial Ave	1.3
12.2	L	Kissena Velodrome; do one lap	0.6
12.8	L	Back to Booth Memorial Ave	0.9
13.7	BL	58th Ave	0.5
14.2	R	Underhill Ave	0.1

At	Go	Notes	For
14.3	R	Jump curb to foot path	0.0
14.3	BL	Cross overpass of Long Island Expy	0.4
14.7	R	TRO foot path	0.1
14.8	L	TRO foot path (runs parallel to street)	0.5
15.3	BL	Over bridge	0.2
15.5	R	At ball field	0.1
15.6	R	Into tunnel	0.1
15.7	R	After tunnel exit	1.8
17.5	L	FLUID STOP, Alley Pond Park	0.1
17.6	R	Winchester Blvd	0.0
17.7	QL	Union Turnpike	0.9
18.6	L	Little Neck Pkwy	1.5
20.1	R	Horace Harding Expy	6.7
26.8	L	Wheatley Rd	1.4
28.1	L	TRO Wheatley Rd	3.3
31.4	BL	Brookville Rd > Wolver Hollow Rd	1.6
33.0	R	Chicken Valley Rd	1.3
34.3	R	Oyster Bay/Glen Cove Rd > Mill Hill Rd	1.5
35.9	R	W Main St at bottom of hill, left of pond	0.6
36.4	L	South St	0.0
36.4	-	FLUID STOP at Harborside Deli at right	0.1
36.5	R	W Main St (backtrack)	0.6
37.1	S	W Shore Rd	0.6
37.7	L	Cleft Rd	0.8
38.5	R	Horseshoe Rd	1.4
39.9	R	Cleft Rd	0.3
40.3	R	Factory Pond Rd	1.0
41.3	R	Bayville Rd	0.8
42.1	L	Oak Neck Beach Rd	0.0
42.1	R	Bayville Rd > Horseshoe Hollow Ct	2.1
44.3	L	Birch Hill Rd	0.3
44.5	BL	TRO Birch Hill Rd	0.6
45.1	S	Piping Rock Rd (after tracks)	0.6
45.7	R	Duck Pond Rd > Town Path	1.7
47.3	R	Glen St	0.4
47.8	L	School St/Bridge St	0.1
47.9	R	Glen Cove Ave	0.1
48.0	L	Brewster St/Glen Cove Ave	0.4

