

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Start Ride at Corner of 60th St and 1st Ave - Cross 1st Ave to QB Bridge Bike Path	1.4
L	1.4	Make left U-turn onto Queensboro Bridge Greenway	0.5
R	1.9	Vernon Blvd	1.5
L	3.5	8th St	0.2
R	3.6	27th Ave	0.1
L	3.7	12th St ⇒ Shore Blvd	0.8
L/R	4.6	Turn left/right @ Ditmars Blvd onto bikepath	0.4
R	4.9	20th Ave bikepath	0.9
L	5.8	37th St	0.2
R	6.0	19th Ave	0.7
BR	6.7	81st St	0.3
L	7.0	Ditmars Blvd ⇒ 82nd St	0.2
L	7.2	23rd Ave	0.2
L	7.4	86th St	0.0
BR	7.5	Ditmars Blvd	0.8
S	8.3	Continue straight thru traffic circle	0.4
L	8.7	Flushing Bay Promenade (at 27th Ave)	0.5
BL	9.2	TRO Flushing Bay Promenade	0.5
BR	9.7	into parking lot toward Marina Rd	0.0
QL	9.7	Marina Rd	0.0
QR	9.7	TRO Marina Rd	0.0
QL	9.7	TRO Marina Rd	0.1
QR	9.8	Boat Basin Pl	0.1
R	9.9	Shea Rd	0.5
S	10.4	At Calvert Cir, continue straight TRO Shea Rd⇒Meridian Rd	0.3
L	10.7	into park	0.1
QR	10.8	to continue into park	0.3
BR	11.1	to circle Unisphere; continue in direction of UFO launchers; pass skate park and go over bridge	0.6
PIT	11.7	Pit Stop at left after bridge	0.0
QL	11.7	Continue Left to circle lake	0.2
R	11.9	Cross Bridge and bear right through parking lot	0.2
S	12.1	Brooklyn-Queens Greenway	0.7
L/L	12.8	Sharp Left to exit part and sharp left onto Jewel Ave Sidewalk	0.2

Go	At	On	For
R	13.0	Park Dr. E. {CAUTION}	0.3
L	13.3	72nd Ave	0.2
R	13.5	141st St	0.2
L	13.7	73rd Ave	3.3
R	17.0	210th St	0.3
R	17.3	BQ Greenway/Vanderbilt Pkwy	0.3
L	17.5	- go thru tunnel - left around ball fields	0.2
L	17.7	TRO BQ Greenway	0.7
R	18.5	TRO BQ Greenway	0.1
QL	18.5	TRO BQ Greenway	0.4
R/L	18.9	to exit park; Left onto Underhill Ave	0.7
L	19.6	@ Utopia Pkwy onto sidewalk	0.0
QR	19.6	to continue on BQ Greenway	0.1
S	19.7	Cross Fresh Meadow Ln TRO BQ Greenway	0.2
L	19.9	BQ Greenway/Underhill Ave	0.3
L	20.2	164th St {CAUTION}	0.3
R	20.5	Booth Memorial Ave	0.3
R	20.8	to Velodrome	0.2
R	21.0	TRO Kissena Velodrome	0.2
R	21.2	Turn right	0.1
R	21.4	to return to Booth Memorial Ave	0.4
R	21.8	150th St	0.1
QR	21.9	and straight thru Kissena park	0.2
BR	22.1	Oak Ave	0.3
L	22.3	Bowne St	0.7
L	23.0	Franklin Ave	0.3
PIT	23.3	Dumpling Galaxy - dismount - Right into Parking Garage <i>After lunch exit garage right onto Franklin</i>	0.1
L	23.4	Main St	0.4
R	23.7	Peck Ave	0.1
S	23.8	Elder Ave ⇒ 133rd St	0.3
R	24.1	Booth Memorial Ave	0.1
S	24.2	Cross College Pt Blvd onto sidewalk and Sharp Right	0.1
QL	24.2	into Flushing Meadow Park	0.1
QL	24.3	Continue to cross Meridian Rd toward Reflecting Pool {CAUTION}	0.1

Go	At	On	For
QR	24.4	to circle Reflecting Pool	0.4
R	24.8	Tennis stadium	0.2
PIT	24.9	Pit Stop	0.0
QR	25.0	thru parking lot	0.1
QL	25.0	Meridian Rd	0.3
R	25.4	Shea Rd	0.6
L	26.0	Boat Basin Pl	0.1
QL	26.0	sidewalk / bike path	0.3
R	26.3	Cross Grand Central Svc Rd onto 34th Ave	2.5
L	28.9	59th St	0.3
R	29.2	39th Ave	0.1
L	29.3	56th St	0.2
R	29.6	Skillman Ave	1.4
R	30.9	sidewalk/bike path	0.3
S	31.2	Queensboro Bridge Greenway	0.2
L	31.4	Ed Koch Queensboro Bridge Path	1.4
R	32.9	1st Avenue	0.0
	32.9	End of route	