

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
	0.0	Start of route	0.0
	0.0	McLaughlin Park, NE corner of Jay St & Tillary St	0.0
<b>QR</b>	0.0	Jay St	0.2
<b>R</b>	0.3	Manhattan Bridge Bicycle Path	1.4
<b>L</b>	1.6	Canal St	0.0
<b>QR</b>	1.7	Chrystie St	0.1
<b>QR</b>	1.7	Hester St	0.0
<b>PIT</b>	1.8	Rest room and Manhattan meeting place	0.1
<b>L</b>	1.9	Allen St	0.5
<b>S</b>	2.4	1st Avenue	6.2
<b>S</b>	8.6	Willis Avenue Bridge Bike Path	0.5
<b>S</b>	9.2	Willis Avenue	0.6
<b>R</b>	9.8	Willis Ave turns right and becomes E 148th St	0.3
<b>L</b>	10.1	St Ann's Ave	0.6
<b>R</b>	10.7	E 161 St	0.5
<b>L</b>	11.2	Prospect Ave	1.0
<b>S</b>	12.2	Crotona Ave	1.6
<b>L</b>	13.8	E 187th St	0.2
<b>R</b>	14.0	Hughes Ave	0.0
<b>QL</b>	14.0	Lunch and rest room at Ciccarone Park	0.0
	14.0	End of route	