

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Van Cortlandt Park, 242nd St & Broadway	0.0
QR	0.0	Broadway	1.4
L	1.4	W 261st St	0.5
L	2.0	W 261st St turns slightly left and becomes Palisade Ave	0.6
L	2.6	W 254th St	0.1
R	2.7	Independence Ave	0.5
R	3.2	Spaulding Ln	0.2
BL	3.4	Palisade Ave	1.4
S	4.8	Johnson Ave	0.6
S	5.4	Irwin Ave	0.1
R	5.5	W 230th St	0.3
S	5.8	Exterior St	0.2
L	6.1	W 225th St	0.1
QR	6.2	Bailey Ave	0.6
S	6.7	Sedgwick Ave	2.2
S	8.9	W 167th St	0.2
R	9.1	Ogden Ave	0.6
L	9.6	Jerome Ave	0.2
R	9.8	Macombs Dam Bridge	0.1
L	9.9	E 161 St	0.0
QR	10.0	into Yancey Track and Field	0.0
QR	10.0	and pass in front of stands	0.1
PIT	10.0	Rest room then continue counter clockwise around track	0.1
S	10.1	Continue through gate and down ramp	0.1
QR	10.2	Turn right	0.1
L	10.3	E 153rd St	0.3
R	10.6	Walton Ave	0.6
L	11.3	E 138th St	0.7
R	12.0	Brook Ave	0.3
L	12.3	E 132nd St	0.7
L	13.0	Locust Ave	0.5
L	13.5	Locust Ave turns slightly left and becomes E 141st St	0.2
R	13.7	Bruckner Blvd	0.4
R	14.1	E 149th St	0.3
L	14.4	E 149th St turns left and becomes Oak Point Ave	0.3

Go	At	On	For
R	14.7	TRO Oak Point Ave	0.5
R	15.3	Tiffany St	0.2
L	15.5	Viele Ave	0.1
R	15.7	Manida St	0.1
L	15.8	Ryawa Ave	0.4
S	16.2	Food Center Dr	1.3
R	17.5	Halleck St	0.5
S	17.9	Edgewater Rd	0.5
R	18.4	Bruckner Blvd sidewalk	0.1
R	18.5	Bronx River Ave	0.1
S	18.7	Story Ave	0.1
QR	18.8	Colgate Ave	0.1
L	18.9	Colgate Ave turns left and becomes Lafayette Ave	0.1
QR	19.0	into Soundview Field House	0.0
PIT	19.0	Rest room	0.0
QR	19.1	Turn right	0.1
QL	19.2	Turn left	0.8
R	20.0	Turn right	0.6
R	20.6	Leland Ave	0.3
S	20.9	Bronx River Ave	0.1
R	21.0	Shore Haven Bikepath	0.1
BL	21.1	TRO Shore Haven Bikepath	0.4
R	21.5	Soundview Ave	0.1
QR	21.5	Clason Point Park	0.1
BR	21.7	TRO Clason Point Park	0.2
S	21.9	Cornell Ave.	0.1
BR	22.0	Soundview Ave	0.0
BR	22.0	Stephens Ave	0.3
R	22.3	Pugsley Creek Park	0.9
BR	23.2	Castle Hill Park	0.3
BL	23.5	Castle Hill Ave	0.1
QR	23.5	Zerega Ave	1.1
R	24.7	Bruckner Blvd sidewalk	0.1
R	24.8	Brush Ave	0.3
	25.1	Optional shortcut left on Lafayette Ave	0.6
S	25.7	Ferry Point Park	0.4
PIT	26.0	Optional rest room stop	0.0
QL	26.1	Turn left	0.0
QR	26.1	Hutchinson River Pkwy Service Road	1.1

Go	At	On	For
R	27.2	Lafayette Ave	0.3
R	27.5	Cross Bronx Expressway Service Road	0.4
R	27.8	Randall Ave	0.2
L	28.0	Balcom Ave	0.1
BR	28.1	Ferry Point Park Greenway	0.1
PIT	28.2	Rest room	0.0
QR	28.3	Balcom Ave	0.1
S	28.4	Balcom Ave and pass barricade	0.1
R	28.5	Miles Ave	0.3
L	28.8	Miles Ave turns left and becomes Emerson Ave	0.2
L	29.1	Emerson Ave turns left and becomes Schurz Ave	1.0
R	30.0	Pennyfield Ave	0.6
L	30.6	Erben Ave	0.6
S	31.2	Hanus St	0.3
S	31.5	Shepard Ave	0.3
R	31.8	Crowninshield St	0.1
L	31.9	Erben Ave	0.3
R	32.2	Pennyfield Ave	0.8
S	33.0	Lawton Ave	0.1
QL	33.1	Throgs Neck Expressway Service Road	0.6
R	33.7	Schley Ave	0.2
S	33.9	Clarence Ave	0.4
R	34.3	Lafayette Ave	0.1
QL	34.4	Lafayette Ave turns left and becomes Shore Dr	0.2
S	34.6	Stadium Ave	0.1
S	34.7	Stadium Ave	0.6
R	35.3	Ampere Ave	0.1
Uturn	35.4	Lunch pickup at Barinos Market then return via Ampere Ave	0.1
QR	35.4	Stadium Ave	0.3
BL	35.7	Keep left	0.0
BR	35.8	Keep right	0.2
PIT	35.9	Lunch and rest room	0.0
BR	35.9	Keep right	0.1
BR	36.1	Keep right	0.3
R	36.3	Pelham Greenway	0.4
S	36.7	Shore Rd Greenway	0.3

Go	At	On	For
R	37.1	Shore Rd Greenway turns right and becomes City Island Greenway	1.1
S	38.1	City Island Ave	0.9
L	39.0	Fordham St	0.1
L	39.2	King Ave	0.2
L	39.3	Ditmars St	0.0
QR	39.4	King Ave	0.2
L	39.6	Beach St	0.0
QR	39.6	Minnieford Ave	0.3
L	39.9	Bridge St	0.1
QR	40.0	City Island Ave	0.3
S	40.3	City Island Greenway	0.5
S	40.8	Orchard Beach Greenway	0.5
R	41.3	Turn right	0.0
QR	41.4	Turn right	0.1
BL	41.5	Slight left	0.1
QL	41.5	Boardwalk	0.1
PIT	41.6	Rest room	0.1
L	41.7	Turn left	0.1
L	41.8	Turn left	0.1
BR	41.9	Orchard Beach Greenway	0.6
R	42.5	Turn right	0.6
S	43.2	crosswalk	0.0
QR	43.2	and pass stables	0.3
S	43.5	crosswalk	0.0
QL	43.6	Hutchinson River Greenway	1.0
L	44.6	Turn left	0.1
QR	44.7	and cross Bartow Ave	0.0
QL	44.7	Bartow Ave	0.1
R	44.8	Co Op City Blvd	0.8
R	45.6	Peartree Ave	0.2
S	45.8	Conner St	0.1
QR	45.8	Tillotson Ave after Taco Bell (on the left)	0.4
R	46.2	Hutchinson Ave	0.1
QR	46.3	Pinkney Ave	0.0
S	46.4	E 233rd St	1.0
R	47.4	Baychester Ave	0.9
S	48.3	E 241st St	0.4
L	48.7	Carpenter Ave, stay on right and use crosswalk	0.4

Go	At	On	For
R	49.1	Nereid Ave	0.3
S	49.4	McLean Ave	0.1
L	49.5	E 241st St	0.3
L	49.8	Van Cortlandt Park E	0.2
PIT	50.0	Rest room	0.4
R	50.4	E 233rd St	0.1
	50.5	Get into middle lane to make left on Jerome Ave	0.1
QL	50.6	Jerome Ave	0.9
R	51.5	W Gun Hill Rd	0.4
R	51.9	Van Cortlandt Park Greenway	0.5
BL	52.3	Keep left	0.3
R	52.7	Turn right	0.0
QR	52.7	Putnam Greenway	0.0
QL	52.8	Turn left	0.0
QR	52.8	Turn right	0.1
L	52.9	Sharp left	0.4
	53.3	242nd St & Broadway	0.0
	53.3	End of route	