

Go	At	On	For	Go	At	On	For
	0.0	Start of route	0.0	<b>S</b>	17.3	Make a U-turn at 19th Ave	0.7
	0.0	Eastern Pkwy/Plaza St W	0.2	<b>R</b>	18.0	29th Ave	0.8
<b>L</b>	0.0	Eastern Pkwy/Plaza St W	0.2	<b>L</b>	18.8	157th St	0.0
<b>R</b>	0.2	Vanderbilt Ave	1.6	<b>QR</b>	18.8	157th St	0.0
<b>R</b>	1.8	Flushing Ave	0.4	<b>BL</b>	18.8	157th St	0.0
<b>L</b>	2.2	Williamsburg St W	0.2	<b>QR</b>	18.9	32nd Ave	0.5
<b>BL</b>	2.4	Kent Ave	2.1	<b>L</b>	19.4	149th St	0.7
<b>L</b>	4.5	Quay St	0.1	<b>R</b>	20.1	Sanford Ave	0.5
<b>QR</b>	4.5	Make right onto West St	0.6	<b>L</b>	20.6	Bowne St	0.1
<b>R</b>	5.1	Eagle St	0.4	<b>QR</b>	20.6	Franklin Ave	0.2
<b>R</b>	5.5	McGuinness Blvd	0.0	<b>L</b>	20.8	Cross Kissena Blvd	0.0
<b>QL</b>	5.5	Pulaski Bridge	0.6	<b>QR</b>	20.8	Continue on Franklin Ave	0.3
<b>R</b>	6.1	Jackson Ave	0.0	<b>L</b>	21.1	Saull St	0.0
<b>QL</b>	6.1	11th St	0.7	<b>QR</b>	21.2	Avery Ave	0.3
<b>R</b>	6.8	Queens Plaza S	0.2	<b>L</b>	21.5	131st St	0.0
<b>L</b>	7.0	21st St	0.0	<b>S</b>	21.5	Fowler Path	0.2
<b>QR</b>	7.0	Queens Plaza N	0.2	<b>R</b>	21.7	after passing under BQE	0.0
<b>L</b>	7.2	25th St/Crescent St	1.3	<b>S</b>	21.8	Avenue of Discovery	0.0
<b>R</b>	8.5	31st Ave	1.0	<b>QR</b>	21.8	Avenue of Progress	0.1
<b>S</b>	9.5	31st Ave	2.3	<b>L</b>	22.0	Avenue of Research	0.1
<b>BR</b>	11.9	Astoria Blvd	0.3	<b>QR</b>	22.0	Promenade of Industry	0.1
<b>L</b>	12.1	31st Dr	0.1	<b>L</b>	22.2	TRO Promenade of Industry	0.0
<b>S</b>	12.2	Cross Ditmars Blvd onto Flushing Promenade	0.0	<b>QR</b>	22.2	Turn right	0.3
<b>QL</b>	12.2	Flushing Bay Promenade	0.1	<b>R</b>	22.4	to go part way around Unisphere	0.1
<b>R</b>	12.3	TRO Flushing Bay Promenade	0.5	<b>QR</b>	22.5	at Unisphere toward Tennis Center	0.1
<b>L</b>	12.8	TRO Flushing Bay Promenade	0.6	<b>QL</b>	22.6	with Tennis Center on your right	0.1
<b>BR</b>	13.4	TRO Flushing Bay Promenade	0.2	<b>S</b>	22.7	Cross Bridge over Grand Central Parkway	0.2
<b>R</b>	13.6	Northern Boulevard Bridge	0.3	<b>S</b>	22.8	@ Circle, take the 1st exit onto Ave. of Science	0.0
<b>Sharp Left</b>	13.9	Turn sharp left as you get off Bridge toward Collins Pl	0.1	<b>S</b>	22.9	Exit the traffic circle onto United Nations Ave N	0.1
<b>QR</b>	14.0	Collins Pl	0.1	<b>R</b>	23.0	111th St	0.6
<b>QR</b>	14.1	35th Ave	0.2	<b>BL</b>	23.6	TRO 111th St	0.0
<b>L</b>	14.3	Linden Pl	0.2	<b>QR</b>	23.6	110th St	0.2
<b>R</b>	14.5	32nd Ave	0.3	<b>L</b>	23.8	34th Ave	2.3
<b>L</b>	14.8	Union St	0.1	<b>L</b>	26.1	59th St	0.3
<b>QR</b>	14.9	Bayside Ave	0.9	<b>R</b>	26.4	39th Ave	0.3
<b>L</b>	15.8	154th St	0.4	<b>L</b>	26.7	Woodside Ave	0.0
<b>R</b>	16.2	23rd Ave	0.7	<b>QR</b>	26.8	39th Ave	0.3
<b>L</b>	16.9	169th St	0.1	<b>L</b>	27.0	48th St/Gosman Ave	0.2
<b>R</b>	17.1	21st Ave	0.1				
<b>QL</b>	17.1	Utopia Pkwy	0.1				
<b>PIT</b>	17.2	Lunch at Utopia Bagels	0.0				

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>R</b>	27.2	Skillman Ave	0.5
<b>L</b>	27.7	39th St	0.6
<b>R</b>	28.4	Greenpoint Ave	0.5
<b>R</b>	28.9	Starr Ave	0.2
<b>S</b>	29.1	Greenpoint Ave/John Jay Byrne Bridge	0.3
<b>L</b>	29.4	Monitor St	0.6
<b>R</b>	30.0	Driggs Ave	0.4
<b>L</b>	30.4	Leonard St	1.3
<b>R</b>	31.7	Moore St	0.0
<b>S</b>	31.8	Wallabout St	0.2
<b>L</b>	31.9	Harrison Ave	0.1
<b>S</b>	32.1	Tompkins Ave	0.8
<b>R</b>	32.9	Lexington Ave	0.9
<b>L</b>	33.8	Grand Ave	0.4
<b>R</b>	34.2	TRO Grand Ave	0.2
<b>R</b>	34.4	Bergen St	0.3
<b>R</b>	34.7	Vanderbilt Ave	1.6
<b>R</b>	36.4	Plaza St E	0.3
<b>L</b>	36.6	Plaza St W - End of Ride	0.0
	36.6	End of route	