

Go	At	On	For
	0.0	Start of route	0.0
<b>R</b>	0.0	Grand Central Pkwy service road <i>Bear right as necessary TRO service road</i>	1.4
<b>L</b>	1.4	164th St	0.8
<b>R</b>	2.3	73rd Ave	1.8
<b>R</b>	4.0	199th St	0.2
<b>L</b>	4.2	at 75th Ave onto bike path and bear right onto Vanderbilt Pkwy	0.3
<b>R</b>	4.5	TRO Vanderbilt Pkwy	0.1
<b>R</b>	4.6	to go through tunnel	0.1
<b>QR</b>	4.6	TRO Vanderbilt Pkwy	1.8
<b>L</b>	6.4	into park to sports fields	0.1
<b>QR</b>	6.5	Alley Pond Main Path	0.0
<b>PIT</b>	6.5	Pit stop @ field house	0.0
<b>QR</b>	6.6	Cut across parking lot to exit	0.0
<b>QR</b>	6.6	Winchester Blvd	0.1
<b>L</b>	6.7	Union Turnpike	0.5
<b>L</b>	7.3	Commonwealth Blvd	0.8
<b>R</b>	8.1	Cullman Ave	0.1
<b>L</b>	8.2	Marathon Pkwy	0.5
<b>R</b>	8.7	57th Ave	0.4
<b>R</b>	9.1	Horace Harding Expy/LIE Service Rd	5.1
<b>R</b>	14.2	at Roslyn Rd into shopping strip	0.0
<b>PIT</b>	14.2	Pit stop @ Dunkin' Donuts	0.0
<b>QR</b>	14.2	LIE Service Rd	1.7
<b>L</b>	15.9	W Wheatley Rd	1.4
<b>L</b>	17.3	TRO Wheatley Rd	1.1
<b>L</b>	18.4	Whitney Ln	1.1
<b>L</b>	19.5	Northern Blvd	0.1
<b>R</b>	19.6	Valentines Ln	1.2
<b>R</b>	20.8	Hoaglands Ln	0.7
<b>L</b>	21.5	Cedar Swamp Rd	0.2
<b>R</b>	21.7	Chicken Valley Rd	3.1
<b>R</b>	24.7	Planting Fields Rd	1.1
<b>R</b>	25.8	Glen Cove Rd	0.5
<b>L</b>	26.3	Mill River Rd	0.5
<b>L</b>	26.8	Lexington Ave	0.1
<b>QR</b>	26.9	W Main St	0.1
<b>QL</b>	27.0	Maxwell Ave	0.1
<b>R</b>	27.1	Shore Ave	0.1

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<b>QL</b>	27.1	Audrey Ave	0.0
<b>PIT</b>	27.2	Lunch at Sweet Tomato or pick up food at Deli & go to beach	0.1
<b>QR</b>	27.2	Shore Ave	0.2
<b>BL</b>	27.5	Larrabee Ave	0.2
<b>L</b>	27.6	W Main St	0.1
<b>R</b>	27.7	Lexington Ave	0.5
<b>S</b>	28.3	Berry Hill Rd	3.4
<b>R</b>	31.7	Church St	0.2
<b>S</b>	31.9	1st St	0.2
<b>R</b>	32.1	Muttontown Eastwoods Rd ⇒ Muttontown Rd.	2.6
<b>R</b>	34.7	Brookville Rd	1.0
<b>L</b>	35.7	Sharp left onto Wheatley Rd <i>CAUTION</i>	0.8
<b>BL</b>	36.6	TRO Wheatley Rd	2.4
<b>R</b>	39.0	TRO Wheatley Rd	1.4
<b>L</b>	40.4	Cross over LIE and turn left onto Old Westbury Rd/LIE Service Rd	0.1
<b>R</b>	40.5	TRO Old Westbury Rd	0.5
<b>R</b>	41.0	I U Willets Rd	2.4
<b>BR</b>	43.4	TRO I U Willets Rd	1.3
<b>L</b>	44.7	Shelter Rock Rd	0.5
<b>R</b>	45.2	Old Courthouse Rd	0.8
<b>L</b>	46.0	Meadowfarm Rd	0.3
<b>L</b>	46.2	Marcus Ave	0.1
<b>QR</b>	46.3	First right onto Major Ln	0.1
<b>QR</b>	46.4	Right @ T onto Laurel Dr	0.1
<b>QL</b>	46.4	Second left onto Primrose Dr	0.1
<b>QR</b>	46.5	First right onto Durham Rd to end	0.3
<b>L</b>	46.8	New Hyde Park Rd	0.1
<b>QR</b>	46.9	First right onto Evans St	0.3
<b>L</b>	47.1	Sylvia Ln	0.0
<b>QR</b>	47.2	First right onto Nugent St	0.1
<b>L</b>	47.3	Haddon Rd	0.0
<b>QR</b>	47.4	Evergreen Ln	0.1
<b>L</b>	47.5	TRO Evergreen Ln	0.1
<b>QR</b>	47.6	Lakeville Rd	0.0
<b>QL</b>	47.6	Fairfield Ln	0.2
<b>BR</b>	47.8	81st Ave	1.3
<b>R</b>	49.1	Cross Island Pkwy Exit (2nd R at 244th St.)	0.1

Go	At	On	For
L	49.2	Union Turnpike	2.8
L	52.1	193rd St	0.1
R	52.2	81st Ave	0.2
L	52.4	188th St	0.2
R	52.6	Midland Pkwy	1.0
R	53.6	Hillside Avenue <i>End of ride at 179th St Station E &amp; F trains or continue on Hillside to...</i>	2.1
BR	55.7	Kew Gardens Rd	0.9
L	56.5	81st Ave	0.1
R	56.7	Austin St	0.0
BR	56.7	TRO Austin St	0.1
S	56.8	Take the pedestrian tunnel	0.5
L	57.3	Ascan Ave	0.7
R	58.0	Metropolitan Ave	0.0
PIT	58.0	Pit stop at Theatre Cafe on right side of Metropolitan Ave <i>End of ride</i>	0.0
	58.1	End of route	