Go	At	On	For
G, 0	0.0	Start of route	0.0
R	0.0	Ride through Archway under	0.1
		bridge then turn right onto	
		Anchorage PI	
QL	0.1	Front St	0.3
R	0.4	Hudson Ave	0.1
QL	0.5	Navy St	0.2
L	0.7	Flushing Ave	0.5
R	1.2	Clermont Ave	0.4
L	1.6	Willoughby Ave	8.0
R	2.4	Spencer St	0.2
L	2.6	Kosciuszko St	1.4
R	4.0	Broadway	0.1
QL	4.1	Kossuth PI	0.1
R	4.2	Bushwick Ave	0.0
QL	4.2	Himrod St	1.2
R	5.4	Onderdonk Ave	0.8
BL	6.1	Myrtle Ave	0.6
BR	6.7	Cypress Hills St	0.2
L	6.9	Follow bike lane and turn left onto Cooper Ave	0.1
BR	6.9	TRO Cooper Ave	0.7
R	7.6	Jog R/L to cross 73rd Pl onto 78th Ave	0.3
R	7.9	79th St	0.2
R	8.1	bike path into park	0.1
BR	8.3	under the overpass	0.4
L	8.7	TRO Greenway	0.1
S	8.8	Straight onto Forest Park Dr.	0.7
S	9.6	Cross Woodhaven Blvd onto For-	0.0
PIT	0.0	est Park	0.0
S	9.6 9.6	Pit stop @ park bathroom on left Continue around barrier follow	0.0
3	9.6	bike path into park.	0.6
S	10.4	Straight	0.1
S	10.5	Straight	0.1
BR	10.6	Bear right	0.4
S	11.0	Forest Park Dr	0.3
R	11.2	Park Ln	0.1
L	11.4	Onslow PI	0.1
BR	11.4	Grenfell St.	0.0
QL	11.5	82nd Ave	0.2

Go	At	On	For
R	11.7	Kew Gardens Rd	0.1
L	11.8	83rd Ave ⇒ Hoover Ave	1.2
R	13.0	Parsons Blvd	0.1
QL	13.0	84th Rd	0.2
L	13.3	164th St	2.2
L	15.5	into park at Underhill Ave onto BQ Greenway, then bear right at fork	0.2
L	15.6	at T then bear left around lake	0.2
R	15.9	at "T" then first left	0.1
QL	15.9	Oak Ave	0.2
R	16.2	Burling St	0.4
R	16.6	45th Street	0.1
QL	16.7	Cross Parsons Blvd and bear left onto 147th St	0.1
R	16.8	Cherry Ave ⇒ 43rd Ave	0.5
L	17.3	158th St	0.7
S	18.0	Cross 32nd Ave into Brown Park on bike path straight ahead	0.0
S	18.0	Continue straight across the park	0.1
QL	18.1	Left at T then bear right at fork to exit park	0.0
S	18.2	Exit park straight onto 157th St	0.5
R	18.7	Willets Point Blvd	8.0
L	19.5	Utopia Pkwy	0.2
BR	19.6	TRO Utopia Pkwy	0.1
QR	19.7	bike path	0.7
L	20.5	Totten Avenue	0.1
BR	20.6	TRO Totten Avenue	0.1
L	20.7	Weaver Ave	0.0
PIT	20.7	For pit stop, turn left on Murray Ave to end then right to visitor center	0.1
QR	20.8	Pratt Ave	0.3
L	21.1	Shore Rd	0.0
QR	21.1	Gen. R.W. Berry Dr. ⇒ Sgt. Charles M. Beer	0.6
BL	21.7	Totten Ave	0.1
BL	21.8	TRO Totten Ave	0.2
BL	22.0	at fork	0.0
QL	22.0	Joe Michaels Mile	1.6
R	23.6	Cross pedestrian bridge over highway	0.1

Go	At	On	For
QL	23.7	Follow bike path	0.0
BL	23.7	at first fork	0.0
BL	23.8	at fork	0.1
BL	23.9	Bear left	0.0
BL	24.0	Bear left	0.1
L	24.1	out of park	0.0
S	24.1	Cross 35th Ave onto 215th Street	0.4
R	24.5	40th Ave	0.1
L	24.6	Bell Blvd	0.3
R	24.9	Northern Blvd	0.5
L	25.4	204th St	0.1
QR	25.5	45th Rd	0.2
R	25.7	Francis Lewis Blvd into left turn lane	0.0
QL	25.7	45th Ave	1.7
R	27.5	Parsons Blvd	0.0
QL	27.5	45th Ave	0.2
PIT	27.7	Lunch @ Dosa Hutt	0.3
_		Then continue on 45th Ave	
L	28.0	Colden St	0.1
QR	28.1	to enter park on bike path	0.2
L	28.3	at "T"	0.1
QR	28.3	56th Ave	0.0
QR	28.4	Main St	0.1
QL	28.4	Peck Ave ⇒ Elder Ave ⇒ 133rd St	0.4
R	28.8	Booth Memorial Ave	0.1
R	28.9	Cross College Point Blvd and turn right onto sidewalk	0.0
QL	28.9	and under the overpass	0.1
S	29.1	Avenue of Discovery	0.1
QR	29.1	Promenade of Industry ⇒ Herbert Hoover Promenande	0.4
R	29.5	United Nations Ave N	0.1
BL	29.7	TRO United Nations Ave N	0.2
R	29.9	Meridian Rd	0.1
QR	29.9	Meridian Rd	0.2
S	30.1	around circle onto Shea Rd	0.5
L	30.7	Boat Basin Pl	0.1
QL	30.7	Before overpass turn left onto bike path	0.3
S	31.1	Cross 114 St onto 34th Ave	2.5

Go	At	On	For
R	33.9	39th Ave	0.1
L	34.0	56th St	0.2
R	34.3	Skillman Ave	0.7
L	34.9	43rd St	8.0
S	35.7	Cross on sidewalk thru underpass	0.1
R	35.8	follow bike path	0.1
L	35.9	Continue on bike path over Kosciuszko Bridge	1.0
L	36.9	Meeker Ave	0.1
BR	37.1	Driggs Ave	1.6
L	38.7	S 5th St	0.0
QR	38.7	Williamsburg Bridge Bicycle Path	0.0
	38.7	End of route	