



Sunday, September 9th, 2012 100 Mile Route

1	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	-	-	For start from Prospect Park, See Panel 2	
-	-	-	-	From CENTRAL PARK START LINE	
-	-	-	-	West 110th ST / CATHEDRAL PKWY	5,47
1.0	1.0	L		RIVERSIDE DRIVE	7,8
3.1	2.1	L		72nd ST.	17,27
3.1	0.1	R		WEST END AVE. / 11th AVE.	43,53
5.2	2.1	L		30th ST.	22,45
5.5	0.3	R		9th AVE. / HUDSON ST.	1,24
6.6	1.1	BL		BLEEKER ST.	29,46
7.5	0.9	R		BROADWAY	35,37
8.4	0.8	L		WORTH ST.	39
8.5	0.1	R		LAFYETTE ST.	
-	-	P		Federal Plaza	
8.6	0.1	S		CENTRE ST.	
-	-	S		PARK ROW	
8.7	0.1	L		BROOKLYN BR. PED/BIKE PATH	
-	-	-		Welcome to Brooklyn	
10.2	1.5	L		U-Turn at Tillary St. onto	
-	-	-		ADAMS ST / BKLYN BRIDGE BLVD	
10.5	0.3	R		SANDS STREET	5

2	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
10.9	0.4	R		NAVY STREET	11
11.2	0.3	L		FLUSHING AVE	
11.5	0.4	R		VANDERBILT AVE.	25,27
13.1	1.6	R		PLAZA ST EAST	12
-	-	X		FLATBUSH AVE	
-	-	S		PLAZA ST WEST	
13.4	0.3	R		PROSPECT PARK WEST	13,30
-	-	R		PROSPECT PARK 3rd ST ENTRANCE	
-	-	R		PROSPECT PARK WEST DRIVE	
-	-	S		WEST LAKE DRIVE	
-	-	-		Stay Right on Drive. Respect Others!	
-	-	S		SOUTH LAKE DRIVE	
-	-	S		EAST LAKE DRIVE	
-	-	R		ROAD TO CAROUSEL	
16.4	3.0	Stop		PROSPECT PARK REST STOP	
-	-	Exit		Prospect Park	
16.5	0.1	R		FLATBUSH AVE.	
16.5	0.1	R		OCEAN AVE.	
17.3	0.8	R		CATON AVE.	17
18.4	1.1	L		Dayhill Rd	

See attached list for address and phone number of bike shops.
Because of limited space on this page, ID numbers of some bike shops near the route may not be shown.

3	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
18.5	0.1	R		12th Ave	
19.1	0.6	R		41st ST.	14,16
19.8	0.7	L		7th AVE. (Sunset Park)	15
-	-	X		Elevated Highway	
21.1	1.3	R		67th ST.	
21.4	0.3	L		5th AVE.	
21.5	0.1	R		68th ST. (Bay Ridge)	20
21.8	0.3	RL		68th ST. at 3rd Ave.	
22.2	0.4	L		NARROWS AVE	
22.3	0.1	R		BAY RIDGE AVE	
-	-	X		SHORE PARKWAY	
-	-	S		TOWARD 69th ST PIER	
22.4	0.1	L		SHORE PARKWAY BIKE PATH	6
24.6	2.1	BR		Under Verrazano Bridge	
26.8	2.3	BR		SHORE PARKWAY SVC. RD.	
27.9	1.1	BL		BAY 52nd ST.	
28.0	0.1	R		CROPSEY AVE.	
28.3	0.3	S		WEST 17th ST.	
28.6	0.3	TL		SURF AVE. (Coney Island)	
-	-	-		BIKES AND BITES STOP:	

4	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	-		NATHAN'S HOT DOGS	
-	-	-		1301 Surf Avenue	
29.1	0.6	L		WEST 5th ST.	
29.5	0.4	R		NEPTUNE AVE (Brighton Beach)	21
30.4	0.9	S		EMMONS AV.(Sheepshead Bay)	
31.6	1.2	L		KNAPP AVE	
32.8	1.2	BL		GERRITSEN AVE	
32.9	0.1	1R		AVENUE U	
33.1	0.2	Stop		MARINE PARK REST STOP	
-	-	Cont		AVENUE U	
33.3	0.2	R		RYDER ST.	
33.4	0.2	TL		AVE. V	
33.6	0.2	R		HENDRICKSON ST	
33.6	0.1	L		HENDRICKSON PL	
33.7	0.1	R		FLATBUSH AVE BIKE PATH	
-	-	-		Bike path is the sidewalk	
34.9	1.2	X		Over Shore Pkwy	
-	-	S		FLATBUSH AVE BIKE PATH	
36.0	1.2	BR		Sidewalk at Light Before Bridge	
-	-	S		GIL HODGES BRIDGE	

Legend:
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 TL - T Intersection, Turn Left
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5	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	-	-	Stay on Bike/Ped Path	
-	-	-	-	Dismount and Walk Bike	
-	-	-	-	Welcome to Queens	
37.1	1.1	BR		ROCKAWAY POINT BLVD.	
-	-	-	-	Stay on Sidewalk	
37.3	0.2	U		HEINZELMAN RD. (At Traffic Light)	
-	-	-	-	U-Turn on Rockaway Point Blvd.	
37.5	0.2	R		BEACH 169th ST	
37.5	0.1	L		PEDESTRIAN PATH (No Sign)	
-	-	BR		CIRCLE	
-	-	R		PEDESTRIAN PATH (No Sign)	
37.9	0.3	R		ROCKAWAY BEACH BLVD	
40.7	2.8	R		BEACH 108th ST	
40.8	0.1	L		SHORE FRONT PKWY	
-	-	-	-	BIKES AND BITES STOPS:	
-	-	-	-	CARACAS AREPA BAR,	
-	-	-	-	Boadwalk at Beach 106th St.	
-	-	-	-	ROCKAWAY TACO	
-	-	-	-	Boadwalk at Beach 97th St.	
-	-	-	-	MOTORBOAT & BIG BANANA,	

6	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	-	-	Boadwalk at Beach 97th St.	
-	-	-	-	RIPPERS,	
-	-	-	-	Boadwalk at Beach 86th St.	
41.6	0.8	L		BEACH 94th ST.	
41.9	0.3	X		BEACH CHANNEL DRIVE	
-	-	-	-	Use Caution	
41.9	0.0	1L		Bike / Ped. Path On To	
-	-	-	-	VETERAN'S MEMORIAL BRIDGE	
-	-	-	-	Stay on Bike/Ped Path	
-	-	-	-	Dismount and Walk Bike	
42.6	0.7	S		VAN BRUNT RD.	
42.7	0.1	R		CROSS BAY BLVD	
46.4	3.7	L		165th AVE.	
-	-	-	-	BIKES AND BITES STOP:	
-	-	-	-	NEW PARK PIZZA,	
-	-	-	-	156-71 Cross Bay Blvd.	
46.4	0.1	R		92nd ST.	
47.4	0.9	L		157th AVE.	
47.8	0.4	R		84th ST. / 156th AVE.	
-	-	BR		Onto Bike Path	

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7	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	X		Under Belt Pkwy	
-	-	R		SHORE PKWY SERVICE RD.	
47.9	0.2	L		84th ST.	
48.3	0.4	L		151st AVE.	
48.6	0.3	R		AMBER ST.	
48.7	0.1	L		LORING AVE.	
49.5	0.7	RL		LINDEN BLVD. At Fountain Ave.	
-	-	-	-	Onto Local (Outer) Roadway	
49.5	0.1	1R		LOGAN ST.	
50.5	1.0	X		ATLANTIC AVE	
50.9	0.4	L		ETNA ST.	
51.1	0.2	R		FORCE TUBE AVE.	
51.1	0.0	S		HIGHLAND BLVD.	
-	-	R		VERMONT PL.	
-	-	R		CYPRESS AVE	
52.3	1.3	L		CYPRESS HILLS ST.	
52.9	0.6	BR		COOPER AVE.	
53.4	0.5	R		MYRTLE AVE.	
54.0	0.6	R		FOREST PARK GREENWAY	
54.5	0.5	L		FOREST PARK DRIVE	

8	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
-	-	-	-	Stop FOREST PARK REST STOP	
-	-	-	-	Cont FOREST PARK DRIVE	
55.2	0.7	X		WOODHAVEN BLVD.	
56.6	1.4	X		METROPOLITAN AVE.	
56.9	0.3	L		PARK LANE	
56.9	0.0	L		UNION TPKE	
57.1	0.1	R		GREENWAY N	
57.5	0.4	R		ASCAN AVE	
57.7	0.3	L		QUEENS BLVD SVC RD	
-	-	-	-	BIKES AND BITES STOP:	
-	-	-	-	KNISH NOSH,	
-	-	-	-	100-30 Queens Blvd.	
58.5	0.8	BR		102nd ST	
58.6	0.1	R		67TH AVE	
58.8	0.1	L		YELLOWSTONE BLVD	
59.2	0.5	R		63RD AVE	
59.3	0.1	L		108th ST	
59.9	0.6	R		52ND AVE	
-	-	-	-	BIKES AND BITES STOP:	
-	-	-	-	LEMON ICE KING OF CORONA,	

Legend:

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9	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	-	-	-	52-02 108th St.	
	60.1	0.2	R	111th ST	
	60.4	0.3	BL	CORONA AVE	
	60.5	0.1	L	BIKE/PED OVERPASS	
	-	-	X	LONG ISLAND EXPWY	
	-	-	R	RAMP DOWN TO 62ND AVE	
	-	-	R	62ND AVE	
	-	-	RL	Onto GREENWAY at GCP SVC RD.	
	-	-	L	BRIDGE Over GCP	
	-	-	L	DOWN BRIDGE RAMP	
	-	-	RL	MEADOW DRIVE	
	-	-	R	MEADOW LAKE TRAIL	
	61.9	1.4	L	HARRY VAN ARSDALE JR AVE.	
	-	-	-	JEWEL AVE.	
	-	-	X	MAIN ST	
	63.0	1.1	X	KISSENA BLVD	
	63.5	0.5	L	164th ST	
	64.1	0.6	L	59th Ave	
	64.4	0.3	R	PARSON'S BLVD.	
	64.5	0.1	R	BOOTH MEMORIAL DRIVE	

10	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	-	-	-	OPTIONAL - Before taking Booth	
	-	-	-	Memorial Dr., do a lap or two	
	-	-	-	around Kissena Velodrome.	
	-	-	Cont	BOOTH MEMORIAL DRIVE	
	64.8	0.3	L	164th ST	
	65.1	0.3	R	UNDERHILL AVE	
	65.4	0.3	L	170TH ST	
	65.5	0.1	R	UNDERHILL AVE	
	66.5	1.0	R	CUNNINGHAM PK. GREENWAY	
	-	-	-	aka Vanderbilt Motor Parkway	
	69.1	2.7	L	Path to CLOVERDALE BLVD.	
	-	-	R	CLOVERDALE BLVD.	
	-	-	TR	Greenway Bike Path	
	-	-	-	Follow Dotted Green Line	
	-	-	S	CLOVERDALE BLVD.	
	69.6	0.5	R	69th AVE.	
	69.8	0.2	L	230th ST.	
	69.9	0.1	R	67th AVE.	
	70.1	0.2	L	233rd ST	
	70.4	0.3	BL	EAST HAMPTON BLVD	

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11	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	70.9	0.5	BL	232nd ST	
	71.0	0.1	L	50th AVE	
	71.1	0.1	BR	HORATIO PKWY.	
	71.2	0.2	R	CLOVERDALE BLVD	
	71.5	0.2	S	223rd ST	
	71.6	0.1	R	NORTHERN BLVD / NY 25A	12
	-	-	-	Use South Sidewalk	
	-	-	X	Expressway Entr. & Exit Ramps	
	-	-	-	Extreme Caution At Ramps	
	71.8	0.3	L	NORTHERN BLVD. CROSSWALK	
	-	-	-	Use Traffic Light Button	
	-	-	L	JOE MICHAEL'S GREENWAY	
	-	-	-	Along Cross Island Expressway	
	74.3	2.5	R	Totten Ave.	
	-	-	R	BROOKLYN/QUEENS GREENWAY	
	-	-	Stop	PIT STOP: LITTLE BAY PARK	
	-	-	X	Under Throgs Neck Bridge	
	75.0	0.7	L	UTOPIA PKWY.	
	76.0	1.1	R	26th AVE.	11
	76.9	0.9	L	154th ST.	

12	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	77.2	0.3	R	32nd AVE.	
	78.0	0.8	L	PARSONS BLVD. (Flushing)	
	78.2	0.2	R	35th AVE. (Flushing)	
	78.7	0.5	L	PRINCE ST.	
	78.8	0.1	R	NORTHERN BLVD. BRIDGE	
	-	-	-	Extreme caution on Northern Blvd	
	-	-	-	Walk bike on S'walk. Cross at Light.	
	79.2	0.4	L	UNNAMED SERVICE RD.	
	79.4	0.2	BR	FLUSHING BAY PROMENADE	
	-	-	-	Caution - Pedestrians	
	80.7	1.4	L	27th AVE. BRIDGE	
	80.8	0.1	S	27th AVE.	
	81.0	0.2	R	GILMORE ST.	
	81.2	0.2	L	24th AVE.	
	81.7	0.4	R	92nd ST. (East Elmhurst)	
	81.8	0.2	L	23rd AVE.	
	82.3	0.5	R	82nd ST / DITMARS BLVD.	
	82.6	0.2	LR	81st ST.	
	82.8	0.3	L	19th AVE.	
	83.1	0.2	L	49th ST.	

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13	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	83.3	0.2	R	20th AVE.	1,2
	84.6	1.4	L	SHORE BLVD.	
	85.3	0.7	Stop	JAMES LANGERGAARD / ASTORIA PARK REST STOP	
	85.3	-	-	ASTORIA PARK REST STOP	
	-	-	S	PED. / BIKE PATH Up Hill	
	85.4	0.2	R	19th ST.	
	85.5	0.1	L	24th AVE.	
	85.8	0.4	R	27th ST.	1,2
	86.0	0.1	X	HOYT AVE.	
	-	-	-	Onto RFK BRIDGE Ped/Bike Path	
	-	-	-	Dismount and Walk Bike	
	-	-	-	Caution - Many Sets of Stairs	
	87.4	1.4	S	EXIT RAMP onto Randalls Island	
	-	-	L	CENTRAL ROAD	
	-	-	RL	ONTO BIKE PATH UNDER RAILROAD	
	87.4	-	L	CENTRAL ROAD	
	88.7	1.3	R	RFK BRIDGE Ped/Bike Path	
	-	-	-	Dismount and Walk Bike on	
	-	-	-	West (Left) Side of Bridge	
	-	-	-	Welcome to da Bronx!!!	

14	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	-	-	S	Exit Ramp	
	89.1	0.4	L	CYPRESS AVE.	
	89.1	0.1	R	EAST 132nd ST.	
	89.3	0.2	R	ST. ANN'S AVE.	
	89.7	0.5	R	EAST 141st ST. (Mott Haven)	
	90.0	0.3	L	JACKSON AVE.	
	90.1	0.1	R	E. 142nd ST.	
	90.1	0.1	L	CONCORD AVE. (Longwood)	3
	90.6	0.4	R	EAST 150th ST.	
	90.8	0.2	L	PROSPECT AVE	
	92.2	1.5	X	BOSTON RD.	
	92.3	0.1	S	CROTONA AVE	
	93.2	0.9	L	EAST TREMONT AVE	
	93.2	0.0	R	BELMONT AVE	
	93.6	0.4	L	EAST 182nd ST	
	93.7	0.1	BR	ARTHUR AVE	
	93.8	0.1	R	CRESCENT AVE	
	93.9	0.1	L	HUGHES AVE	
	94.0	0.1	L	EAST 187th ST	
	-	-	-	BIKES AND BITES STOP:	

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15	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	-	-	-	TINO'S DELI, 2410 Arthur Avenue	
	94.5	0.5	RL	EAST 187th ST @ WEBSTER AVE	
	94.5	0.1	R	MARION AVE	
	94.7	0.2	L	EAST FORDHAM RD	
	94.8	0.0	R	BAINBRIDGE AVE	
	95.8	1.0	L	MOSHULU PKWY BIKE PATH	
	96.6	0.9	L	W. GUN HILL RD.	
	96.7	0.1	R	VAN CORTLANDT BIKE PATH	
	-	-	P	Van Cortlandt Pk Golf House	
	-	-	Stop	VAN CORTLANDT PARK REST STOP	
	-	-	S	VAN CORTLANDT BIKE PATH	
	-	-	-	to WEST 242nd ST	
	97.4	0.8	X	BROADWAY (US-9)	
	-	-	S	WEST 242nd ST	
	97.5	0.1	BL	MANHATTAN COLLEGE PKWY	
	97.7	0.2	L	BIKE PATH right before Waldo Ave.	
	97.8	0.1	L	WEST 240th ST	
	97.9	0.1	R	TIBBETT AVE. (Kingsbridge)	
	98.6	0.7	L	W. 230th ST	
	98.7	0.1	R	KINGSBRIDGE / MARBLE HILL AVE	

16	Miles Until Turn	Miles This Leg	Turn	Onto	Bike Shops
	98.8	0.1	R	WEST 228th ST	
	98.8	0.1	BL	TERRACE VIEW AVE	
	99.1	0.3	BL	WEST 225th ST	
	99.3	0.2	R	BROADWAY (Marble Hill)	
	-	-	X	Harlem River on Broadway Bridge	
	-	-	-	Welcome Back to Manhattan	
	99.5	0.3	R	W. 218th ST - Bike Lane	
	99.7	0.2	L	SEAMAN AVE - Bike Lane	
	100.5	0.8	L	RIVERSIDE DR. (Inwood)	1
	100.5	0.1	S	DYKMAN ST.	
	-	-	X	10th Ave. At Bike Signal	
	101.1	0.5	R	HARLEM RIVER GREENWAY	2, 3
	103.1	2.0	R	BRIDGE OVER FDR DRIVE	
	-	-	-	U-Turn onto Service Road	
	103.2	0.2	R	FDR HWY Service Road	
	-	-	S	FREDRICK DOUGLAS BLVD.	
	103.4	0.2	R	W. 154th ST.	
	103.5	0.1	L	BRADHURST AVE.	4
	103.9	0.4	R	W. 145th ST.	
	104.0	0.1	L	EDGEcombe AVE.	

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17	Miles	Miles	Turn	Onto	Bike Shops
	Until	This			
	Turn	Leg			
	104.3	0.3	R	W. 139th ST.	
	104.3	0.0	L	ST. NICHOLAS AVE.	
	-	-	YL	ST. NICHOLAS AVE. at 124th St.	47,49
	105.6	1.3	YR	A. C. POWELL BLVD. at 116th St.	
	105.9	0.3	L	W. 110th ST.	
	106.0	0.2	End	CENTRAL PARK FINISH LINE	
	-	-	End	Now Let's Celebrate!	

18	Miles	Miles	Turn	Onto	Bike Shops
	Until	This			
	Turn	Leg			

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19	Miles	Miles	Turn	Onto	Bike Shops
	Until	This			
	Turn	Leg			
<p align="center"><i>GET UP TO SPEED.....subscribe to Transportation Alternatives's E-Newsletter and receive the latest information on bicycling issues, advocacy, events and volunteering delivered to your inbox twice a month! Sign up today at www.transalt.org/newsroom/streetbeat</i></p>					

20	Miles	Miles	Turn	Onto	Bike Shops
	Until	This			
	Turn	Leg			
<p align="center"><i>And don't forget..... Sunday, Oct. 14, 2012 25 & 40 Mile Routes www.TourDeBronx.org</i></p> <p align="center">  IT'S FREE! </p>					

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 - R - Right Turn
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 - 1R, 2R - 1st Right, Etc.
 - BL - Bear Left
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BIKE SHOPS

Some of the bike shops listed below are on or near the route you'll be riding today. They are noted on your cue sheet by number.

The Bronx

- 1 - Arrow Cycle Inc.
4055 White Plains Rd / 718-547-2656
- 2 - Crosstown Bicycles
33 East 170th St / 718-293-8837
- 3 - Neighborhood Cycle, Inc.
571 Courtlandt Avenue / 718-665-6031
- 4 - Castle Hill Bicycle Center
3467 E. Tremont Avenue / 718-597-2083
- 5 - Westchester Bicycle Pro Shop
2611 Westchester Ave / 718-409-1114

Brooklyn

- 1 - Bicycle Doctor
133 Grand St / 718-302-3145
- 2 - Spokes and Strings
140 Havemeyer St / 718-599-2409
- 3 - Graham's Bicycle Discount Center
178 Graham Ave / 718-782-5741
- 4 - Nelson's Bicycle Shop
251 Bushwick Ave / 718-821-4811
- 5 - Recycle-a-Bicycle
35 Pearl St / 718-858-2972
- 6 - Bay Ridge Bicycle World
8916 Third Avenue / 718-238-1118
- 7 - Terrific's Video and Bikes
1547 Broadway / 718-453-1575
- 8 - Brooklyn Heights Bike
278 Atlantic Ave / 718-625-9633
- 9 - Bike Shop
514 Court St / 718-797-0326
- 10 - R&A Cycles
105 5th Ave / 718-636-5242
- 11 - Bicycle Station
171 Park Ave / 718-638-0300
- 12 - Dixon's Bicycle Shop
792 Union St / 718-636-0067
- 13 - On the Move
400 7th Ave / 718-768-4998
- 14 - Arnold's Bicycles
4220 8th Ave / 718-435-8558
- 15 - Mr. C's Cycles
4622 7th Ave / 718-438-7283
- 16 - Weber's Bicycles
4715 New Utrecht Ave / 718-871-4321
- 17 - Brooklyn Bicycle Center
673 Coney Island Ave / 718-941-9095
- 18 - Larry's Cycle Shop
1854 Flatbush Ave / 718-377-3600
- 19 - Ferrara Cycle Shop
6304 20th Ave / 718-232-6716
- 20 - Verrazano Bicycle Shop
7308 5th Ave / 718-680-6521
- 21 - Roy's Sheephead Cycle
2679 Coney Island Ave / 718-646-9430
- 22 - Bravo Bike Repair
187 Wilson Ave / 718-602-5150
- 23 - Fulton Bikes
1580 Fulton St / 718-776-2887
- 24 - B's Bikes
262 Driggs Avenue / 718-349-1212
- 25 - Bespoke Bicycles
64-B Lafayette Ave / 718-643-6816
- 26 - Affinity Cycles
616 Grand Street / 718-384-5181

Brooklyn (cont.)

- 27 - Brooklyn Bike and Board
560 Vanderbilt Ave / 347-295-2339
- 28 - Lit Fuse Cyclery
409 Willoughby Ave / 347-442-1672
- 29 - King Kog
455 Graham Ave / 347-689-2299
- 30 - 9th Street Cycles
375 9th St / 718-768-2453
- 31 - Ride Brooklyn
468 Bergen St / 347-599-1340

Manhattan

- 1 - Tread Bike Shop
250 Dyckman St / 212-544-7055
- 2 - Mani's Bicycle Shop
8 Bennett Ave / 212-927-8501
- 3 - Victor's Bike Repair
4125 Broadway / 212-740-5137
- 4 - Junior Bicycle Shop
1820 Amsterdam Ave / 212-690-6511
- 5 - Innovation Bike Shop
105 W 106th St / 212-678-7130
- 6 - Heavy Metal Bike Shop
2016 Third Ave / 212-410-1144
- 7 - Champion B cycle
896 Amsterdam St. / 212-662-2690
- 8 - 96th Street Metro Bikes
231 W 96th St / 212-663-7531
- 9 - Eddie's Bicycles Shop
490 Amsterdam Ave / 212-580-2011
- 10 - Bicycle Renaissance
430 Columbus Ave / 212-724-2350
- 11 - Metro Bicycles
1311 Lexington Ave / 212-427-4450
- 12 - Larry's Bikes Plus
1690 2nd Ave / 212-722-2201
- 13 - Nyce Wheels
1603 York Ave / 212-737-3078
- 14 - Bicycles Plus NYC
1400 3rd Ave / 212-794-2929
- 15 - Pedal Pusher Bikes.
1306 Second Ave / 212-288-5592
- 16 - Bike Heaven
348 E 62nd St / 212-230-1919
- 17 - Master Bike Shop
225 W 77th / 212-580-2355
- 18 - Liberty Bicycles
846 9th Ave / 212-757-2418
- 19 - Manhattan Bicycles
791 9th Avenue / 212-262-0111
- 20 - Bike and Roll (multiple locations)
18 Battery Place (year round) / 212-260-0400
- 21 - Midtown Metro Bicycles
360 W 47th / 212-581-4500
- 22 - City Bicycles & Hobbies
315 W 38th / 212-563-3373
- 23 - Conrad's Bike Shop
25 Tudor City Pl / 212-697-6966
- 24 - Sid's Bike Shop
235 E 34th St / 212-213-8360
- 25 - B-Fold
224 E 13th St / 212-529-7247

Manhattan (cont.)

- 26 - Busy Bee Bikes
437 East 6th St / 212-228-2347
- 27 - Toga Bike Shop
110 West End Ave / 212-799-9625
- 28 - A Bicycle Shop
163 W. 22nd St / 212-691-6149
- 29 - 6th Ave Metro Bicycles
546 6th Ave / 212-255-5100
- 30 - Paragon Sports
867 Broadway / 212-255-8036
- 31 - 14th Street Metro Bicycles
332 E 14th St / 212-228-4344
- 32 - Sid's Bike Shop
151 W 19th St / 212-989-1060
- 33 - Recycle-a-Bicycle
75 Avenue C / 212-475-1655
- 34 - Bike Works
106 Ridge St / 212-388-1077
- 35 - Bicycle Habitat
244 Lafayette St / 212-431-3315
- 36 - Spokesman Cycles
34 Irving Place / 212-995-0450
- 37 - Canal St Metro Bicycles
1 Hudson Square / 212-334-8000
- 38 - Frank's Bike Shop
553 Grand St / 212-533-6332
- 39 - Gotham Bike Shop
116 W Broadway / 212-732-2453
- 40 - Manhattan Velo
141 E 17th St / 212-253-6788
- 41 - NYC Velo
64 2nd Avenue / 212-253-7771
- 42 - Continuum Cycles
199 Ave B / 212-505-8785
- 43 - Enoch's Bike Shop
480 Tenth Ave / 212-582-0620
- 44 - Landmark Bicycles
136 East 3rd St / 212-674-2343
- 45 - Chelsea Bicycles
130 W 26th / 646-230-7715
- 46 - Hudson Urban Bicycles (HUB)
139 Charles St / 212-965-9334
- 47 - ModSquad Cycles
2119 F. Douglas Blvd. / 212-865-5050
- 48 - Waterfront Bike Shop
391 West St / 212-969-9729
- 49 - Harlem Bike Doctors
2001 5th Ave / 917-428-3727
- 50 - Harlem Bike Doctors II
65 St. Nicholas Ave / 917-518-4187
- 51 - Central Park Bicycle Shop
315 W 57th Store #6 / 646-722-7083
- 52 - Eastern Mountain Sports
530 Broadway / 212-966-8730
- 53 - Al's Cycle Solutions
693 10th Ave / 212-247-3300

Queens

- 1 - Tony's Bicycle
35-01 23rd Ave / 718-278-3355
- 2 - Bike Stop
37-19 28th Ave / 718-278-2453
- 3 - Bill's Cycle
63-24 Roosevelt Ave / 718-335-1906
- 4 - Grand Bicycle Center
70-13 Grand Ave / 718-779-4691
- 5 - LIC Cycles
25-11 Queens Plaza North / 718-472-4531
- 6 - Cigi Bicycle Shop II
91-07 37th Ave / 718-457-1093
- 7 - Metropolis Bicycles
92-64 Queens Blvd / 718-478-3338
- 8 - Cigi Bicycle Shop
42-20 111th St / 718-271-1473
- 9 - Century Bicycle Shop
14-18 150th St / 718-767-2772
- 10 - Flushing Bicycle Center
45-70 Kissena Blvd / 718-358-0986
- 11 - Roberts Bicycle
33-13 F Lewis Blvd / 718-353-5432
- 12 - Peak Mountain Bike Pro Shop
42-42 235th St / 718-225-5119
- 13 - Spokesman Cycles
80-16 Cooper Ave / 718-366-0450
- 14 - Spin City Cycle
110-50 Queens Blvd / 718-793-8850
- 15 - Twin Bicycles
75-20 Metropolitan Ave / 718-326-7725
- 16 - Gray's Bicycle
82-34 Lefferts Blvd / 718-441-9767
- 17 - Hardware City Ltd.
79-06 Jamaica Ave / 718-296-2000
- 18 - Arc de Triomphe Bicycles
114-01 Jamaica Ave / 718-846-2099
- 19 - Belittle Bicycles
169-20 Jamaica Ave / 718-739-3795
- 20 - Bicycle Barn
107-34 Springfield Blvd / 718-479-3119
- 21 - Laurelton Bicycle Shop
232-20 Merrick Blvd / 718-528-6886
- 22 - Lightwheels Bike and Boat Rental
Olmstead Center / 718-271-3005
- 23 - Mini Mall
430 Beach 129th St / 718-945-6787
- 24 - Bicycle Repairman Corp.
40-21A 35th Ave / 718-706-0450
- 25 - Spokesman Cycles
49-04 Vernon Blvd / 718-433-0450

Staten Island

- 1 - Bennett's Bicycles
517 Jewett Ave / 718-447-8652
- 2 - The Bike Shop
4026 Hylan Blvd / 718-948-5080



FAQs

Q: Who are those friendly riders in the orange vests?

A: They're experienced NYC cyclists who have volunteered to help out as riding marshals.

Q: How do I use this cue sheet?

A: First, fold it into four quadrants. You can then clip it to your handlebar to keep it handy.

A typical line on the cue sheet tells you:

- The total miles you've ridden so far,
- The miles to your next turn,
- If you should turn right, left, etc,
- The street or road you will turn onto.

Each time you reach a turn, note the "Miles Until Turn" on the line below. That will tell you when to expect your next turn.

Besides this basic information, the cue sheet also includes caution notes, the names of neighborhoods you'll be riding through and landmarks that you will pass.

Q: Do I have to use the cue sheet?

A: No, you can always follow the painted "C"s and direction arrows that mark the route. When in doubt though, check the cue sheet.



Q: What if I get lost?

A: Backtrack to the last intersection on the cue sheet. If you're not sure where that intersection is, don't be shy. Just ask a local citizen.

Q: What if my bike breaks?

A: Our riding marshals may be able to help you with minor repairs on the road. For major repairs though, go to the bike repair stand at the next rest stop or to one of the bike shops listed on the previous page.

Q: What if I need a SAG wagon?

A: We've got the best SAG team in the world - the NYC subway system. Wherever you are on the route there's a train station nearby. Remember though, when boarding a train, board at the front or rear in an uncrowded car.

Q: What if there's an accident?

A: Call 911 then flag down the next passing marshal. He/she will contact TA headquarters. Be prepared to help the EMS team and TA marshal as needed.

Q: What are the rest stop closing times?

City Hall Park.....	10:15 AM
Prospect Park	12:00 PM
Marine Park	2:00 PM
Forest Park	4:00 PM
Astoria Park, James Langergaard Rest Stop ..	4:30 PM
Van Cortland Park	5:30 PM
Central Park	6:00 PM

Q: What time does the tour end?

A: The tour ends at 6:00 pm sharp. If you get to a rest stop and it's already closed, there's a good chance that you won't finish on time. If that happens, we suggest you start thinking about catching the nearest train.

