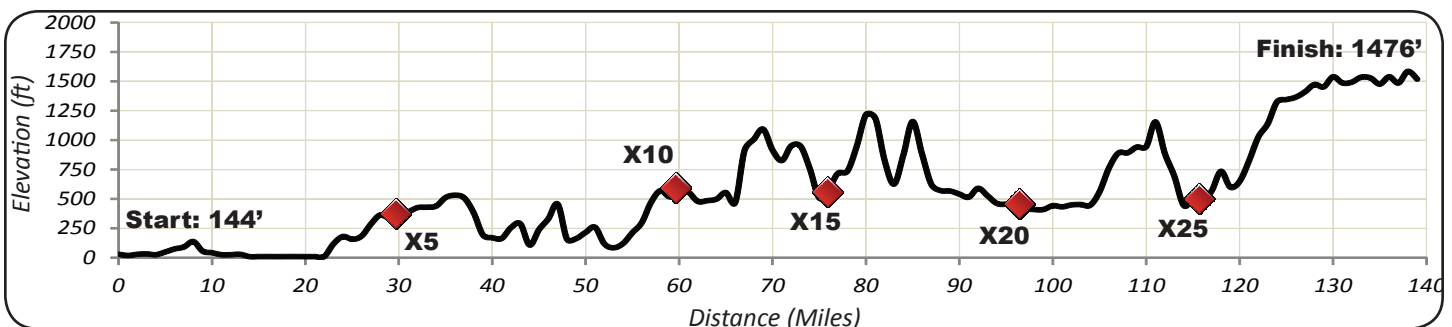
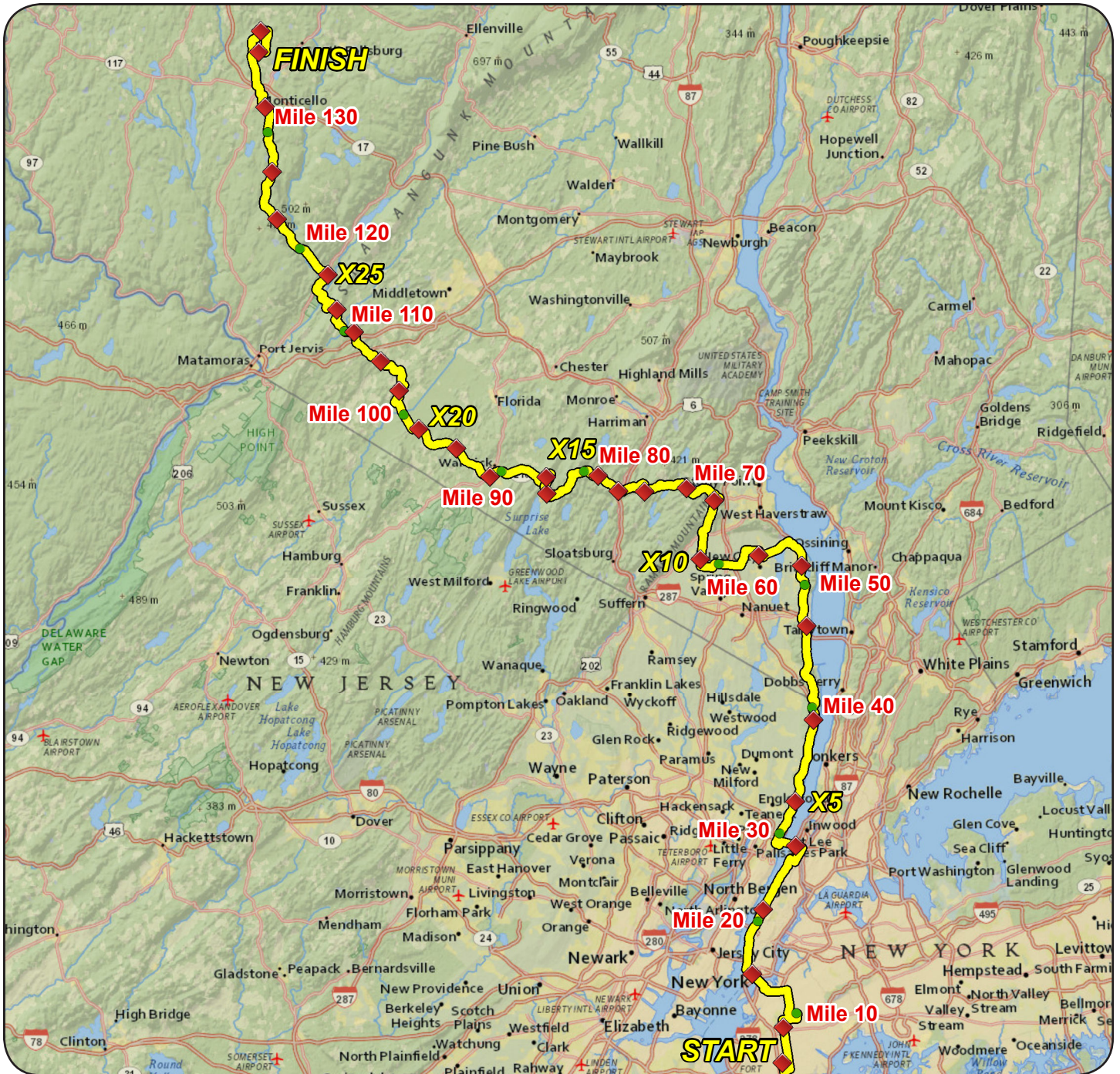
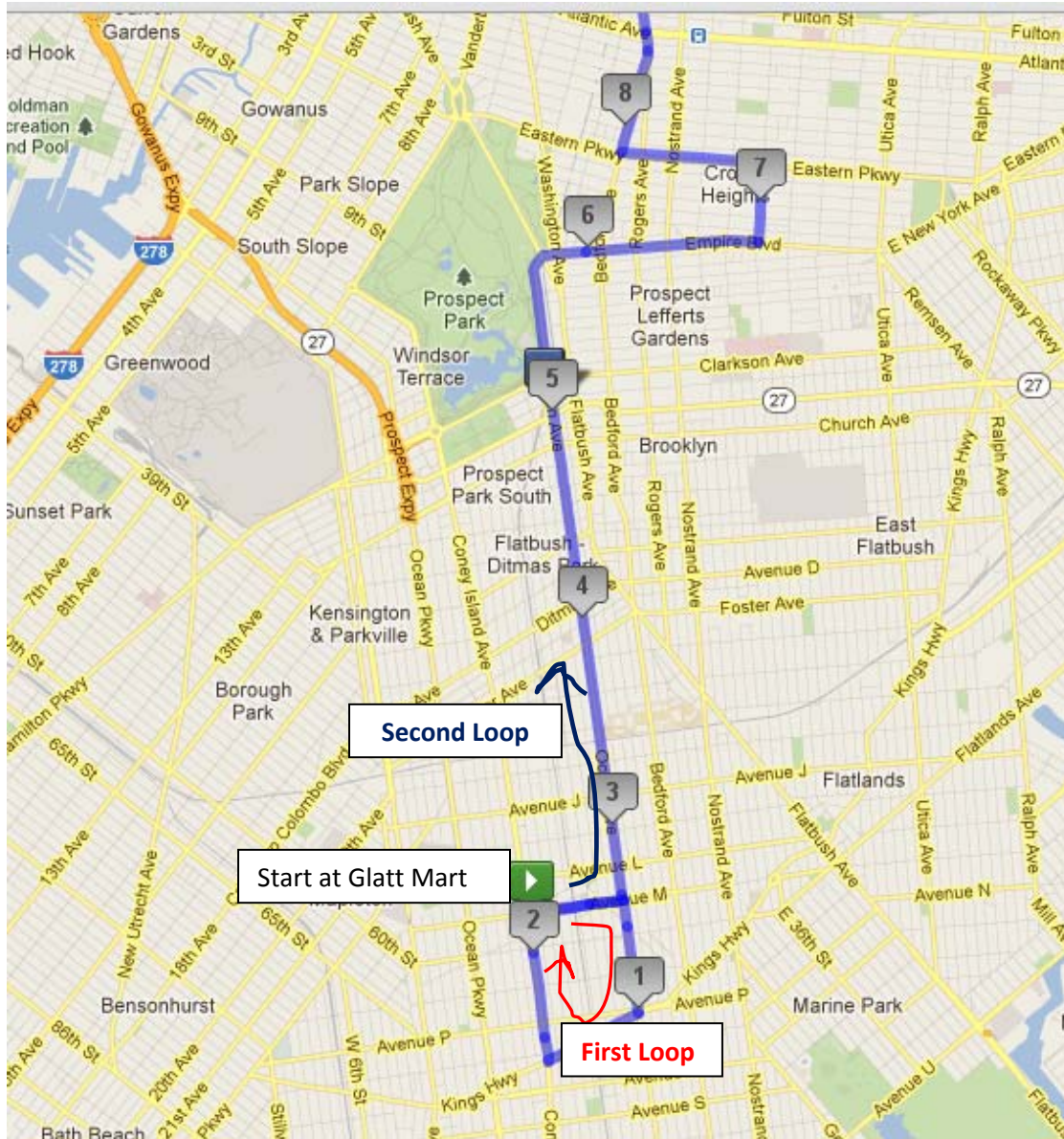


Overview - 139.0

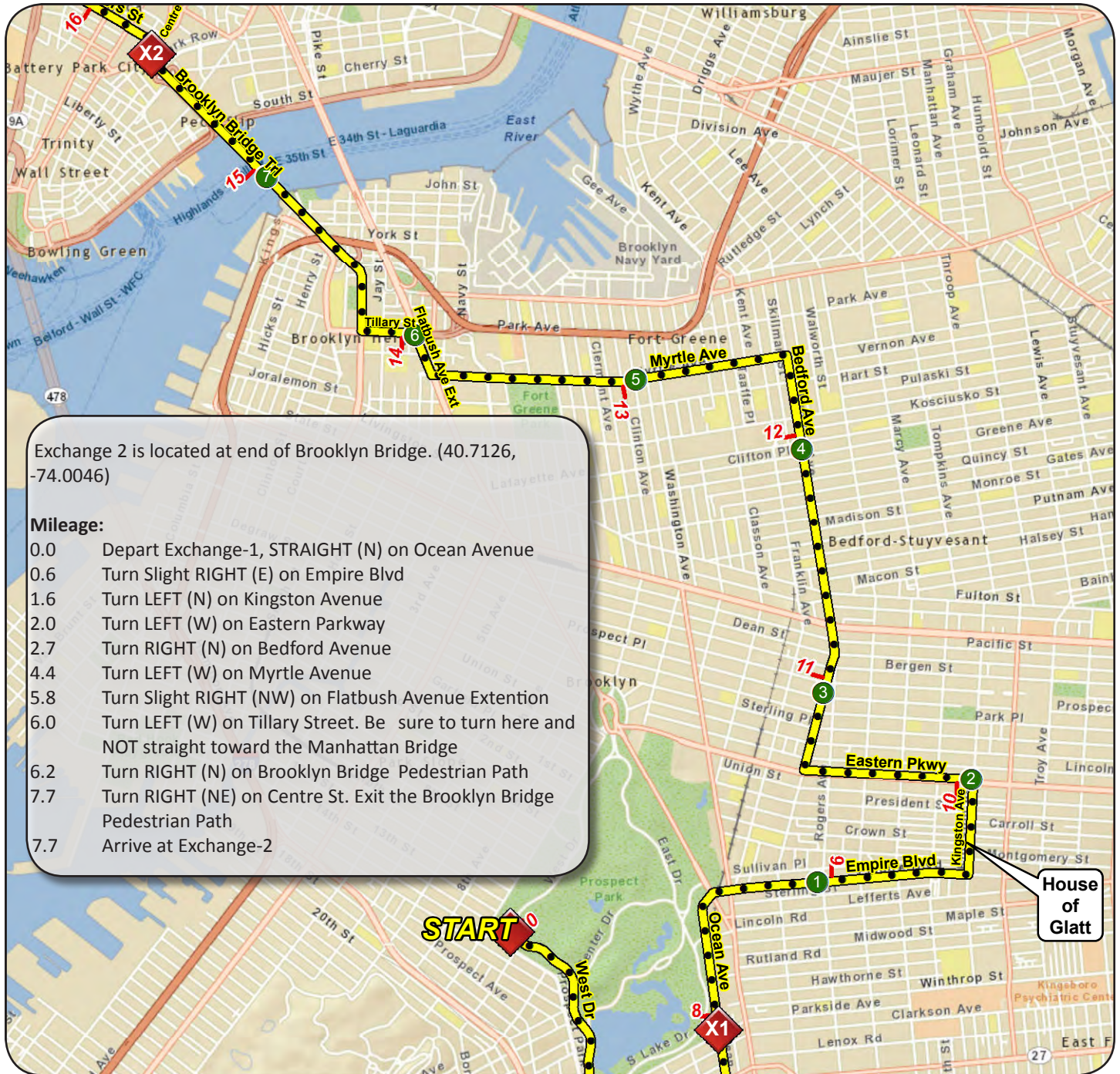


LEG 1 – 5.2 Miles



Road	Mileage/Directions	Special Notes
Chestnut Avenue	o STRAIGHT, [NE] Glatt Mart on Chestnut Ave between Avenue M and Coney Island Ave.	Glatt Mart on Chestnut Ave between Avenue M and Coney Island Ave.
Avenue M	0.04 Slight RIGHT, [E]	
Ocean Avenue	0.45 RIGHT, [S]	
Kings Highway	1.01 Slight RIGHT, [SW]	
Coney Island Avenue	1.49 RIGHT, [N]	
Chestnut Avenue	2.18 Slight RIGHT, [NE]	
Avenue M	2.22 Slight RIGHT, [E]	
Ocean Avenue	2.67 LEFT, [N]	
Ocean Avenue	5.21 At Next Exchange, Exchange-1 at the SE tip of Prospect Park	Exchange-1 at the SE tip of Prospect Park

Leg 2 - 7.7 Miles

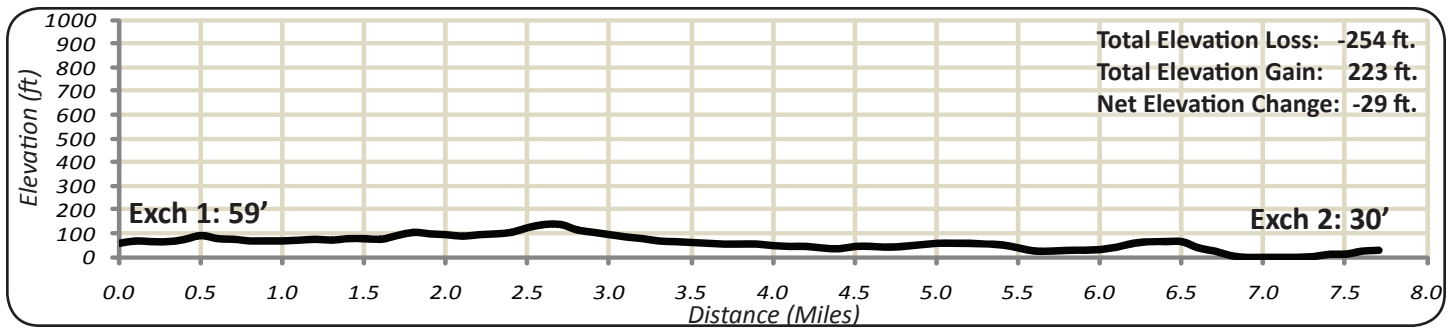


Exchange 2 is located at end of Brooklyn Bridge. (40.7126, -74.0046)

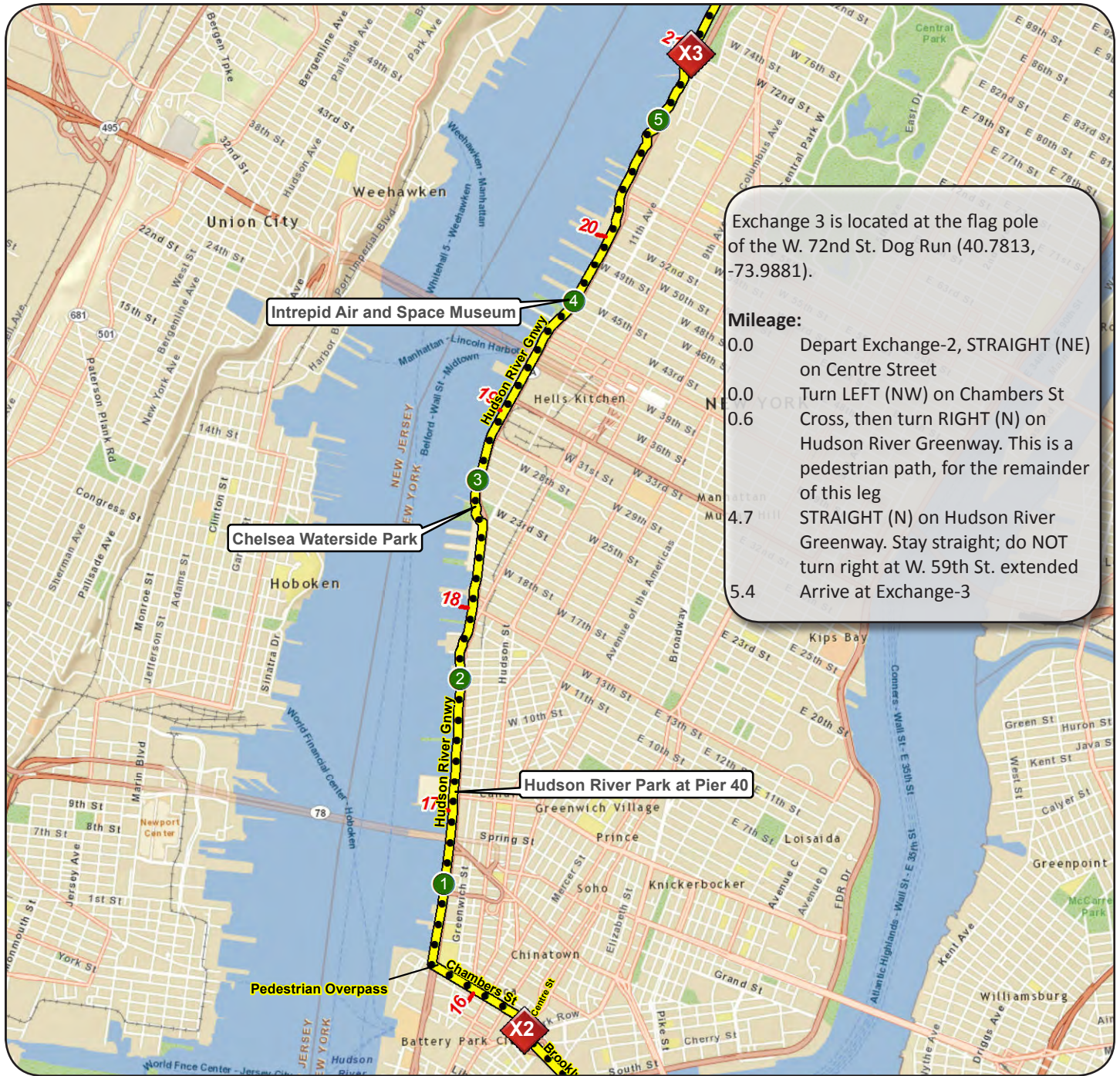
Mileage:

- 0.0 Depart Exchange-1, STRAIGHT (N) on Ocean Avenue
- 0.6 Turn Slight RIGHT (E) on Empire Blvd
- 1.6 Turn LEFT (N) on Kingston Avenue
- 2.0 Turn LEFT (W) on Eastern Parkway
- 2.7 Turn RIGHT (N) on Bedford Avenue
- 4.4 Turn LEFT (W) on Myrtle Avenue
- 5.8 Turn Slight RIGHT (NW) on Flatbush Avenue Extension
- 6.0 Turn LEFT (W) on Tillary Street. Be sure to turn here and NOT straight toward the Manhattan Bridge
- 6.2 Turn RIGHT (N) on Brooklyn Bridge Pedestrian Path
- 7.7 Turn RIGHT (NE) on Centre St. Exit the Brooklyn Bridge Pedestrian Path
- 7.7 Arrive at Exchange-2

House of Glatt



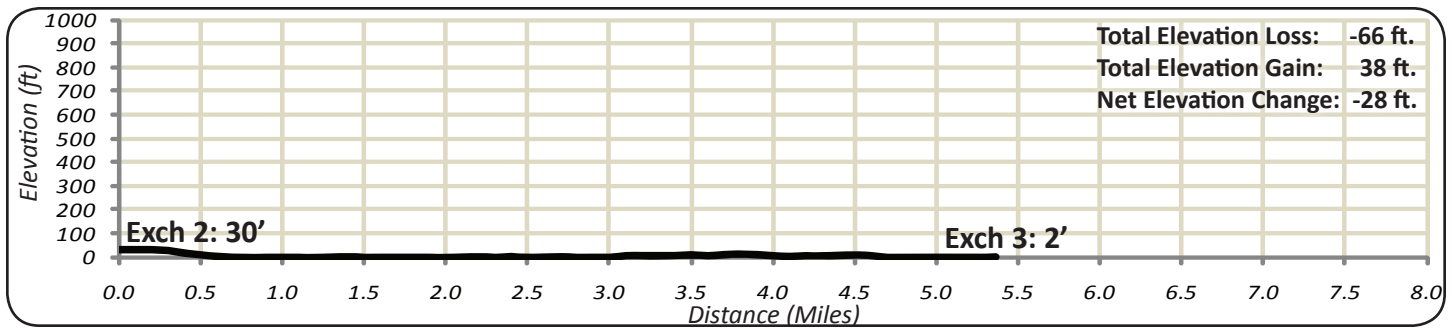
Leg 3 - 5.4 Miles



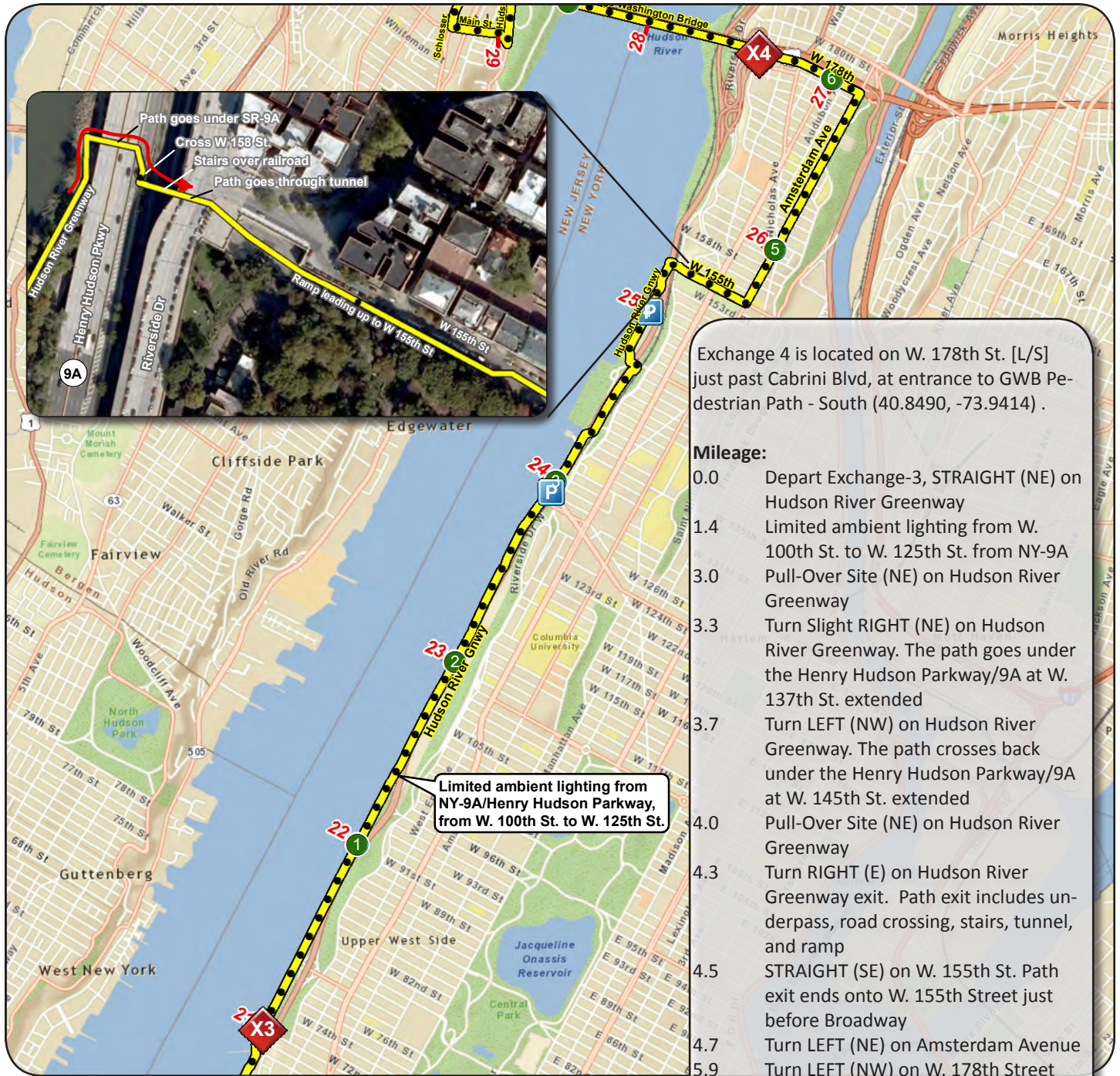
Exchange 3 is located at the flag pole of the W. 72nd St. Dog Run (40.7813, -73.9881).

Mileage:

- 0.0 Depart Exchange-2, STRAIGHT (NE) on Centre Street
- 0.0 Turn LEFT (NW) on Chambers St
- 0.6 Cross, then turn RIGHT (N) on Hudson River Greenway. This is a pedestrian path, for the remainder of this leg
- 4.7 STRAIGHT (N) on Hudson River Greenway. Stay straight; do NOT turn right at W. 59th St. extended
- 5.4 Arrive at Exchange-3



Leg 4 - 6.4 Miles

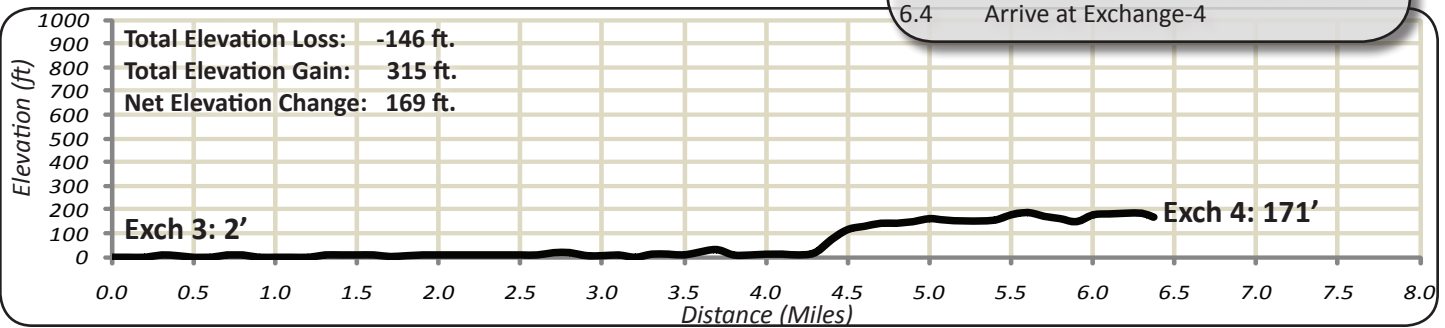


Exchange 4 is located on W. 178th St. [L/S] just past Cabrini Blvd, at entrance to GWB Pedestrian Path - South (40.8490, -73.9414) .

Mileage:

- 0.0 Depart Exchange-3, STRAIGHT (NE) on Hudson River Greenway
- 1.4 Limited ambient lighting from W. 100th St. to W. 125th St. from NY-9A
- 3.0 Pull-Over Site (NE) on Hudson River Greenway
- 3.3 Turn Slight RIGHT (NE) on Hudson River Greenway. The path goes under the Henry Hudson Parkway/9A at W. 137th St. extended
- 3.7 Turn LEFT (NW) on Hudson River Greenway. The path crosses back under the Henry Hudson Parkway/9A at W. 145th St. extended
- 4.0 Pull-Over Site (NE) on Hudson River Greenway
- 4.3 Turn RIGHT (E) on Hudson River Greenway exit. Path exit includes underpass, road crossing, stairs, tunnel, and ramp
- 4.5 STRAIGHT (SE) on W. 155th St. Path exit ends onto W. 155th Street just before Broadway
- 4.7 Turn LEFT (NE) on Amsterdam Avenue
- 5.9 Turn LEFT (NW) on W. 178th Street
- 6.4 Arrive at Exchange-4

Limited ambient lighting from NY-9A/Henry Hudson Parkway, from W. 100th St. to W. 125th St.



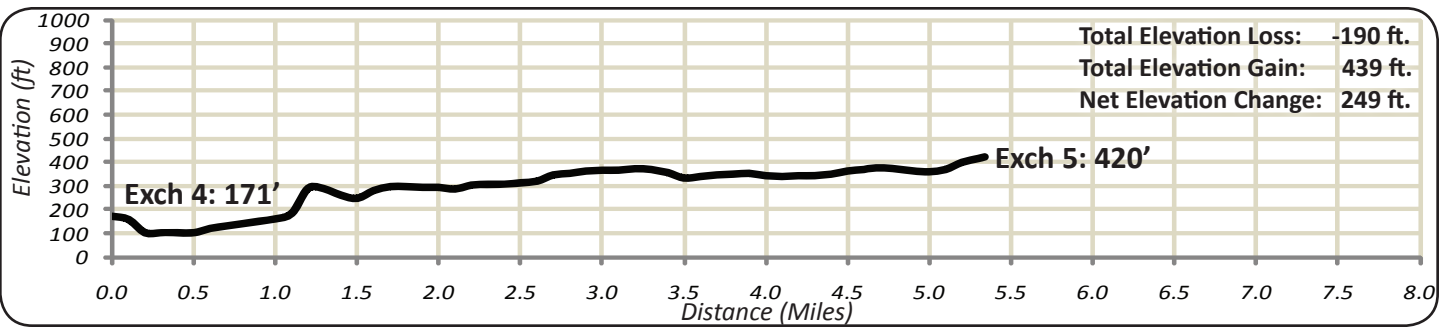
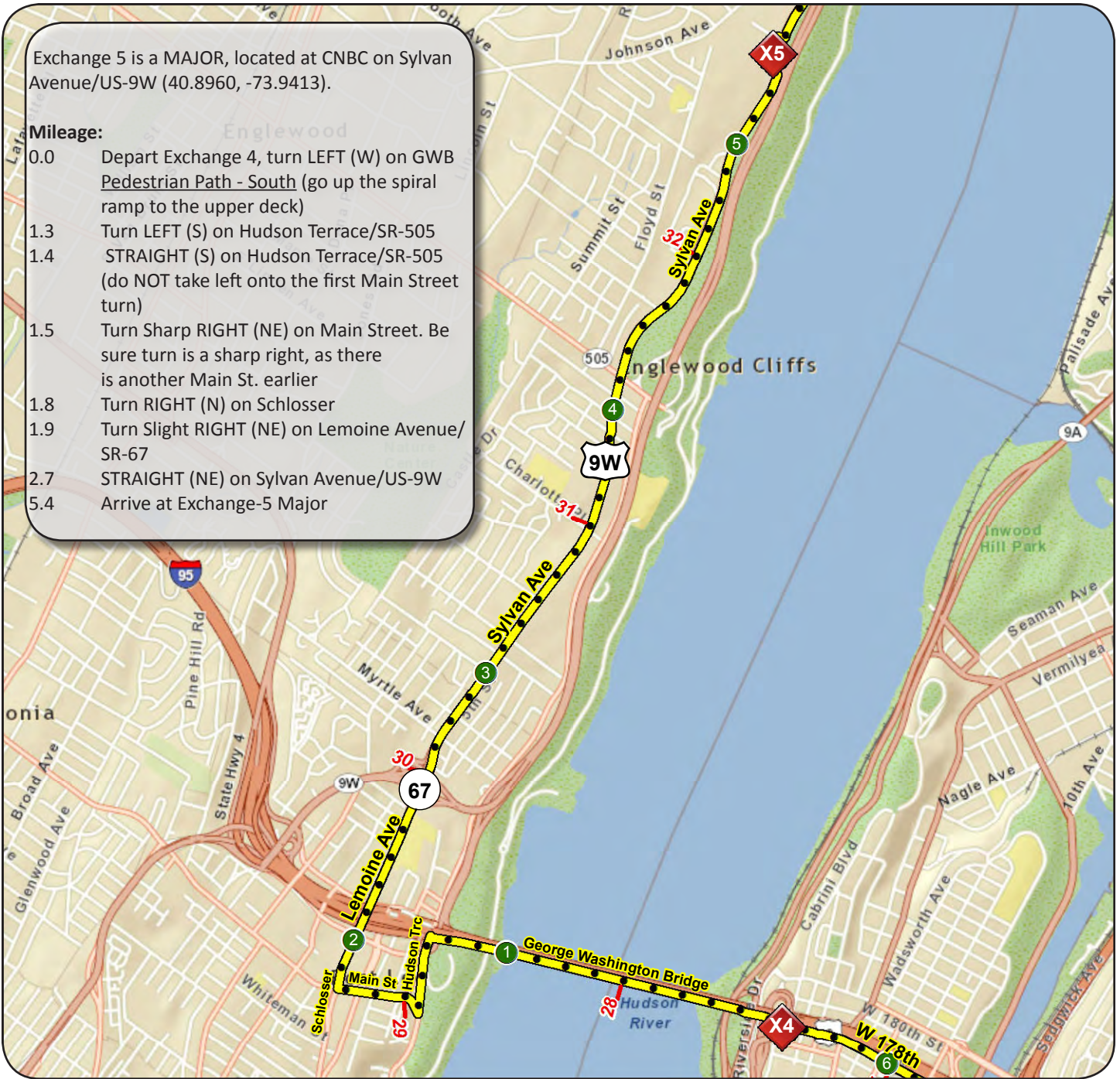
Leg 5 - 5.4 Miles



Exchange 5 is a MAJOR, located at CNBC on Sylvan Avenue/US-9W (40.8960, -73.9413).

Mileage:

- 0.0 Depart Exchange 4, turn LEFT (W) on GWB Pedestrian Path - South (go up the spiral ramp to the upper deck)
- 1.3 Turn LEFT (S) on Hudson Terrace/SR-505
- 1.4 STRAIGHT (S) on Hudson Terrace/SR-505 (do NOT take left onto the first Main Street turn)
- 1.5 Turn Sharp RIGHT (NE) on Main Street. Be sure turn is a sharp right, as there is another Main St. earlier
- 1.8 Turn RIGHT (N) on Schlosser
- 1.9 Turn Slight RIGHT (NE) on Lemoine Avenue/SR-67
- 2.7 STRAIGHT (NE) on Sylvan Avenue/US-9W
- 5.4 Arrive at Exchange-5 Major



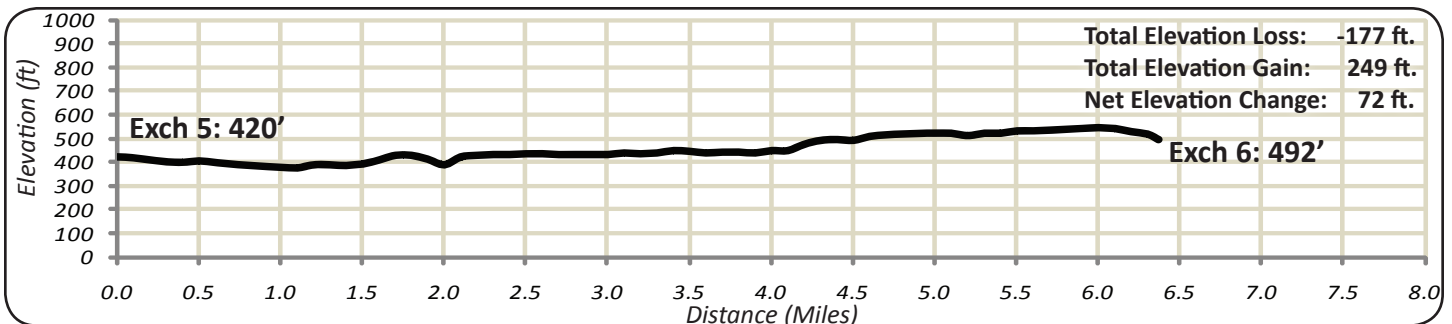
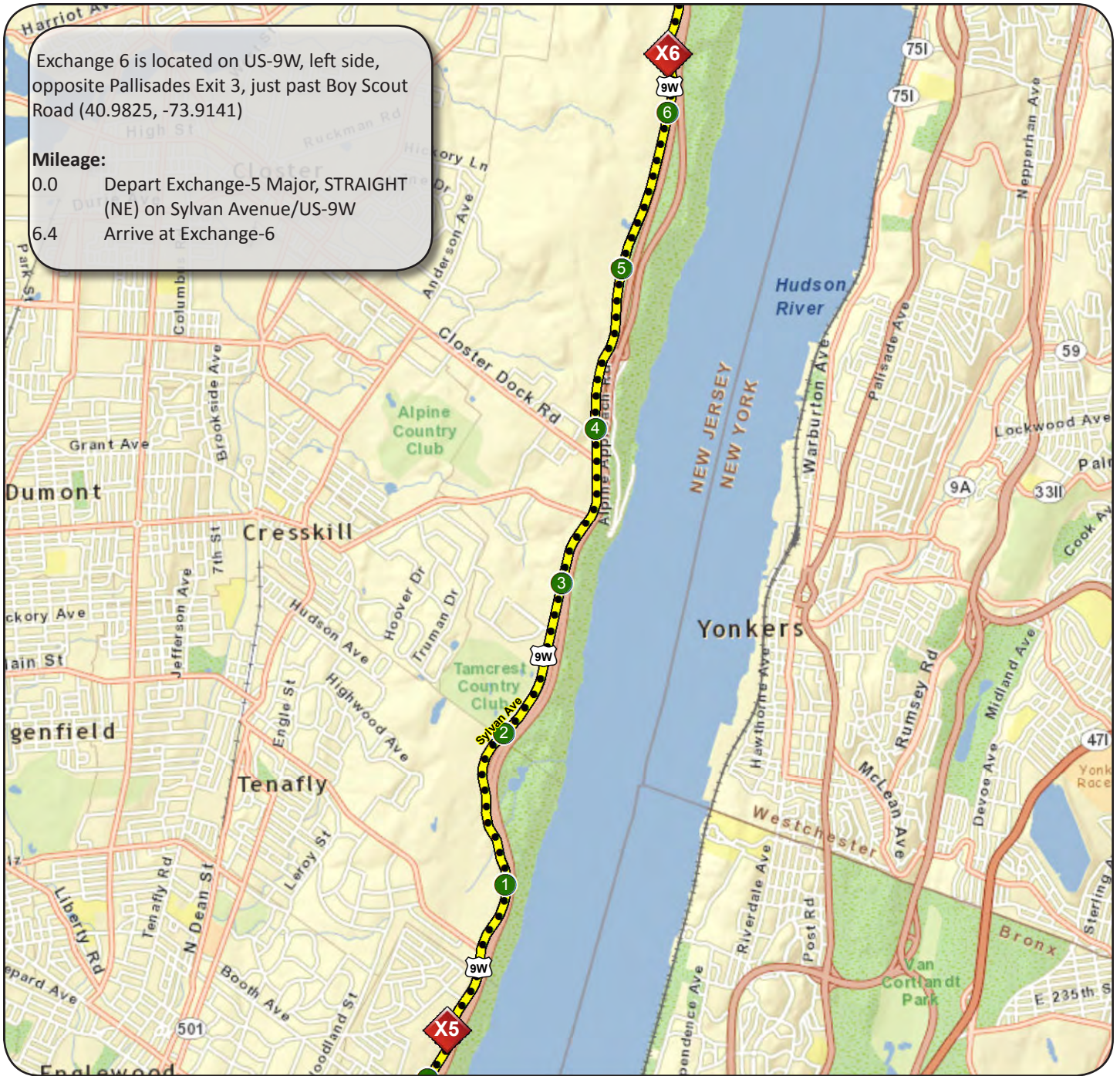
Leg 6 - 6.4 Miles



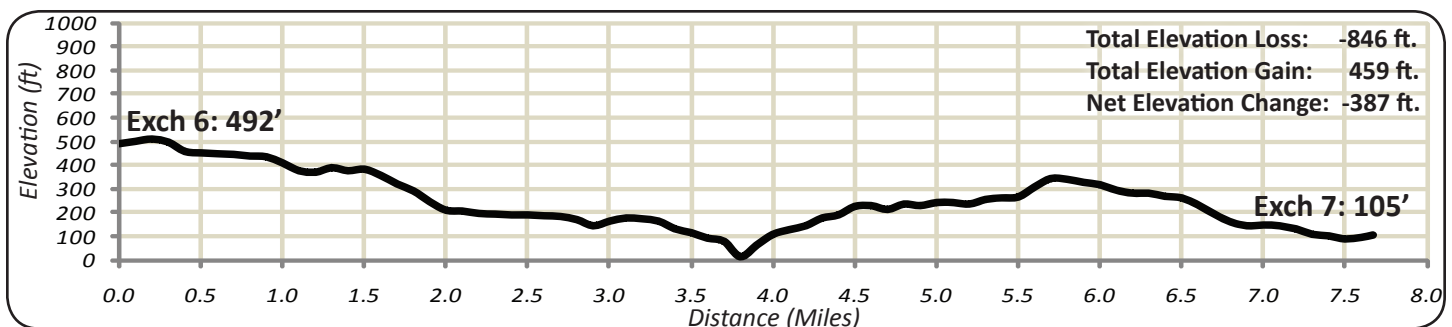
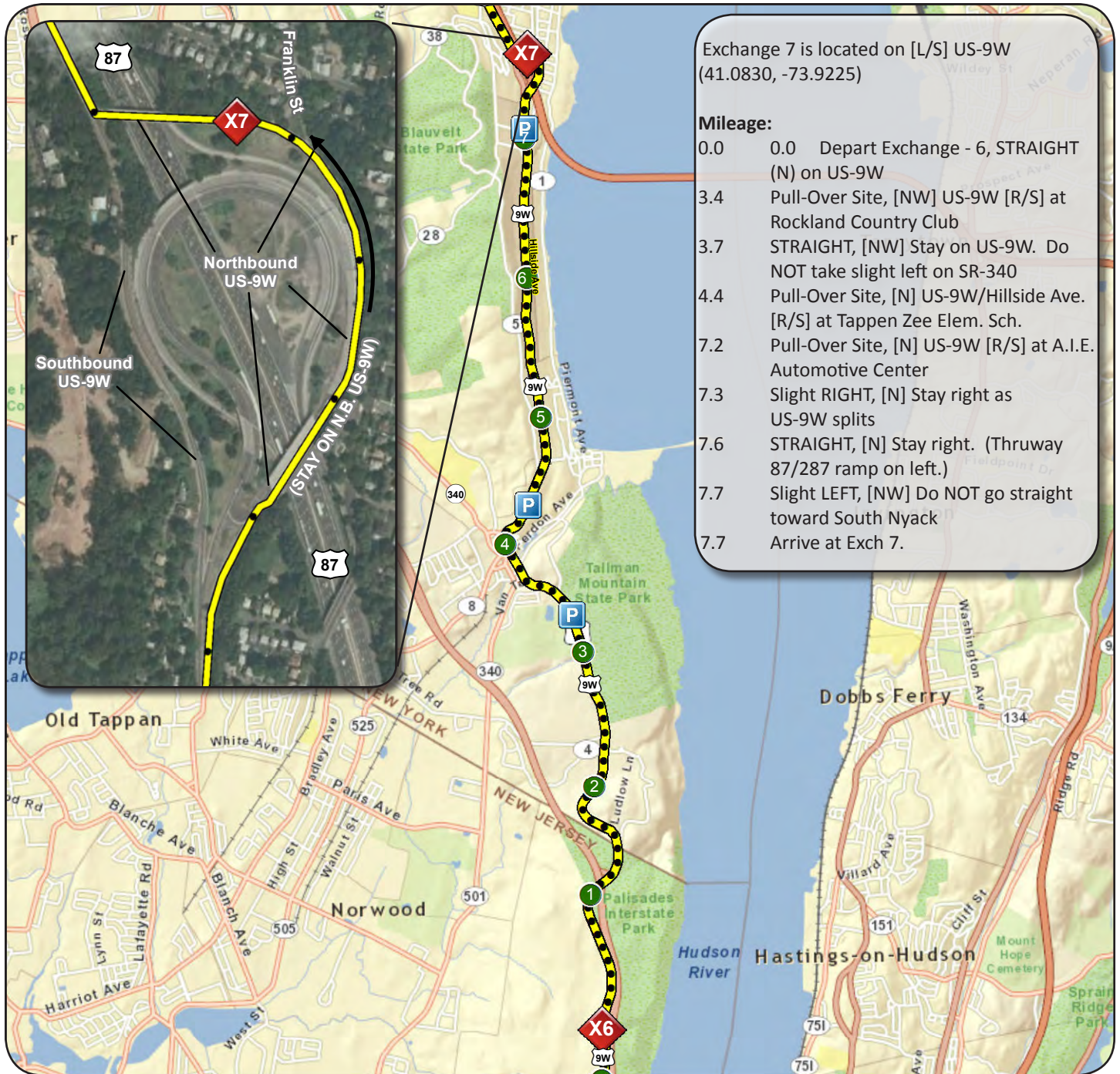
Exchange 6 is located on US-9W, left side, opposite Pallisades Exit 3, just past Boy Scout Road (40.9825, -73.9141)

Mileage:

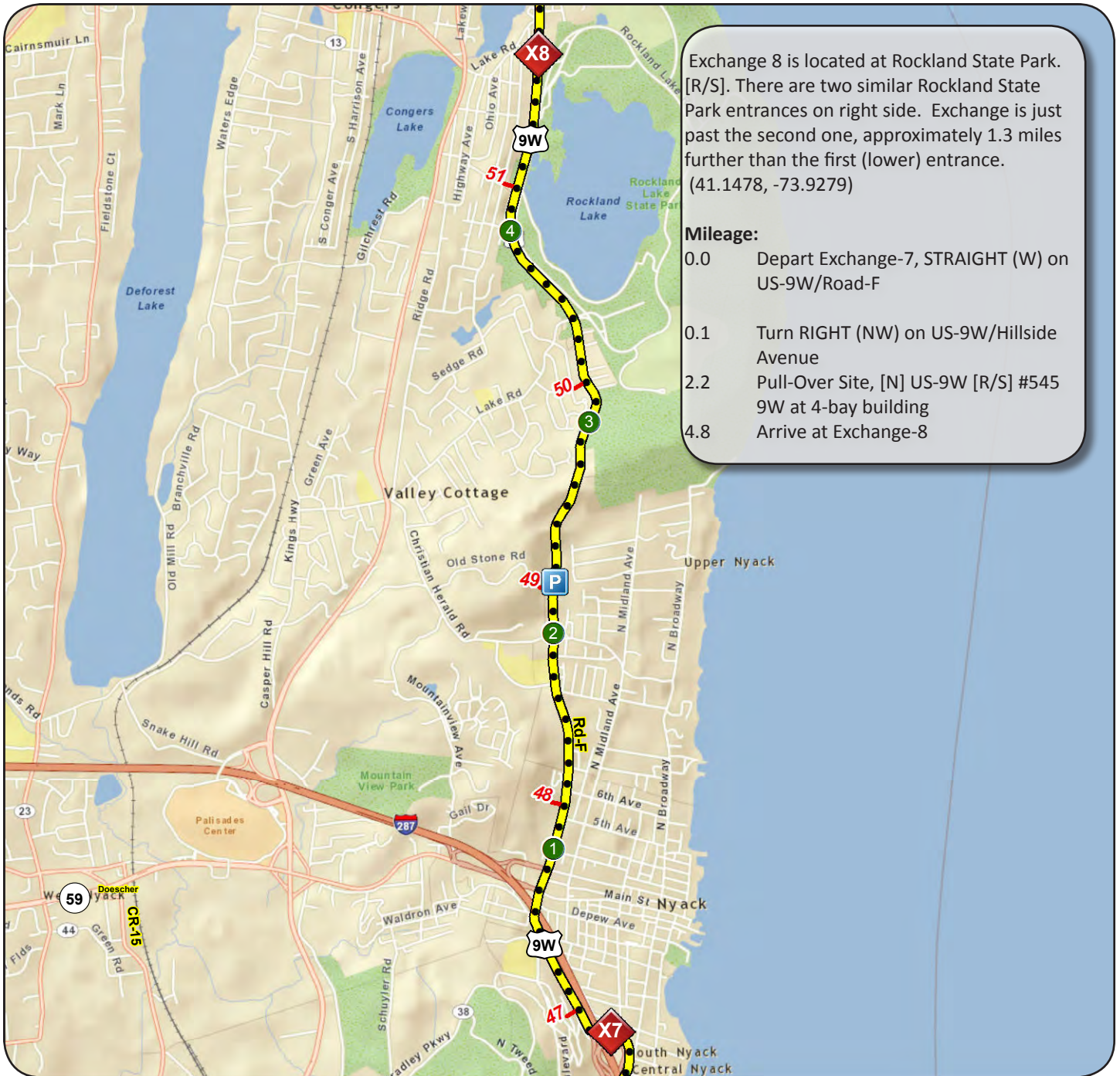
- 0.0 Depart Exchange-5 Major, STRAIGHT (NE) on Sylvan Avenue/US-9W
- 6.4 Arrive at Exchange-6



Leg 7 - 7.7 Miles

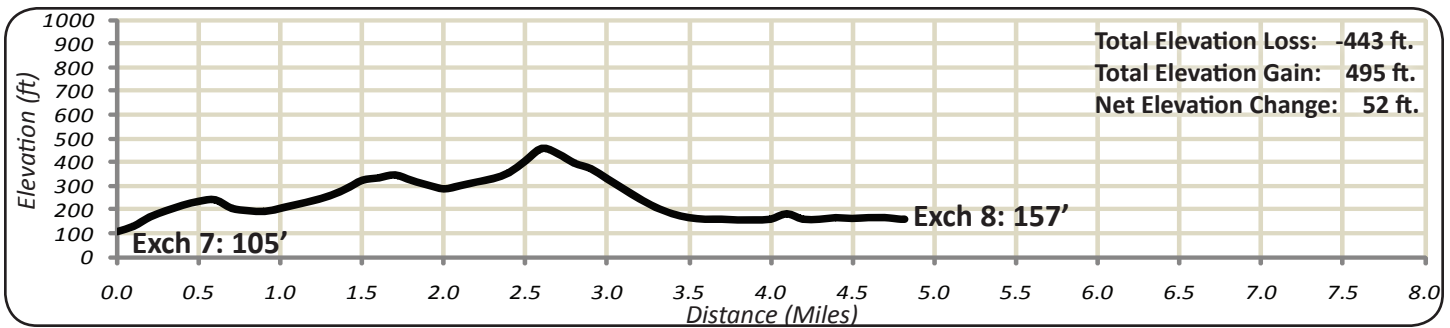


Leg 8 - 4.8 Miles



Exchange 8 is located at Rockland State Park [R/S]. There are two similar Rockland State Park entrances on right side. Exchange is just past the second one, approximately 1.3 miles further than the first (lower) entrance. (41.1478, -73.9279)

- Mileage:**
- 0.0 Depart Exchange-7, STRAIGHT (W) on US-9W/Road-F
 - 0.1 Turn RIGHT (NW) on US-9W/Hillside Avenue
 - 2.2 Pull-Over Site, [N] US-9W [R/S] #545 9W at 4-bay building
 - 4.8 Arrive at Exchange-8



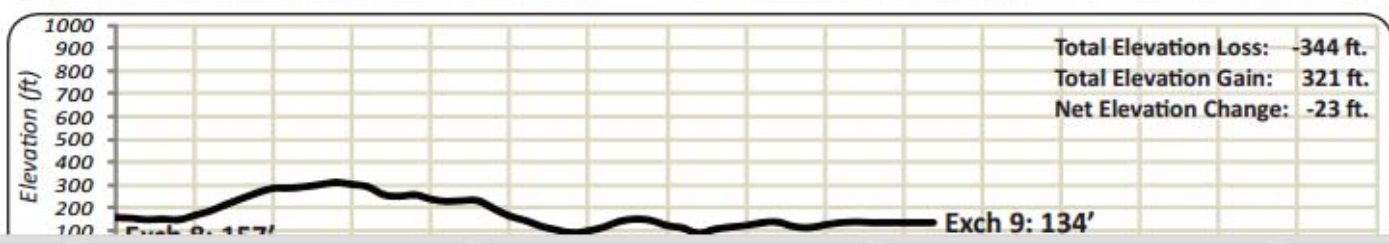
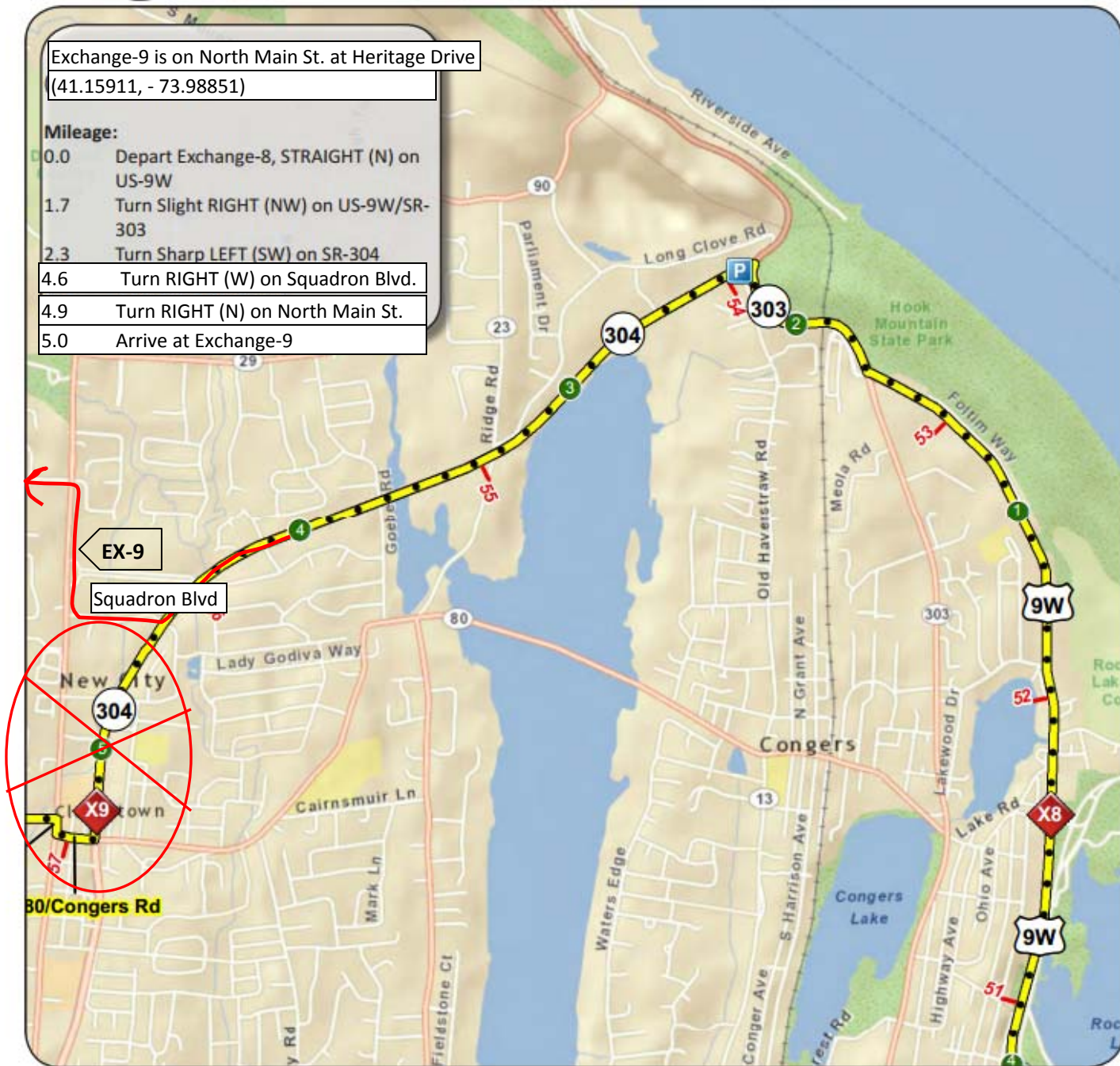
Leg 9 - 5.01 Miles



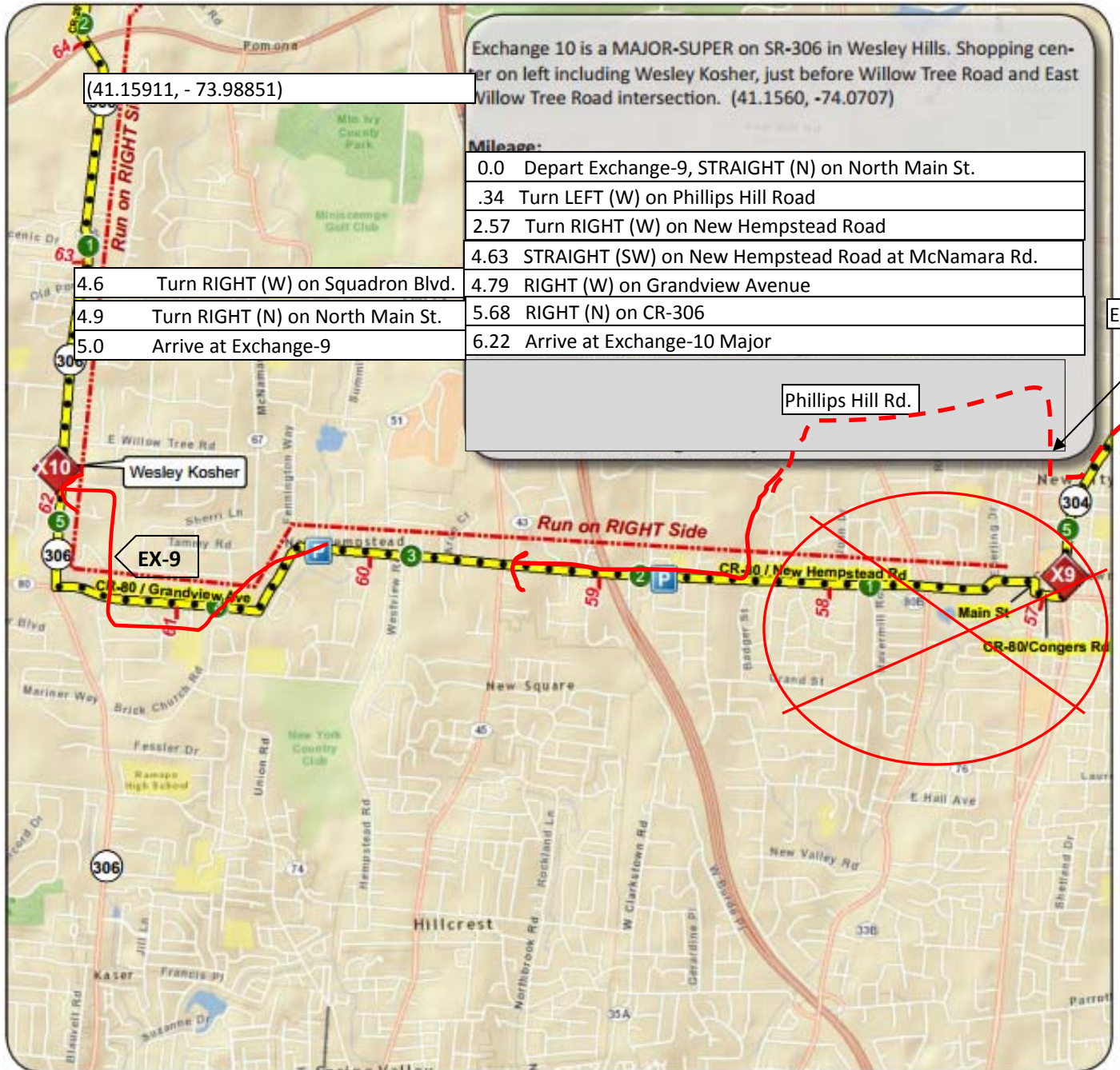
Exchange-9 is on North Main St. at Heritage Drive
(41.15911, - 73.98851)

Mileage:

- 0.0 Depart Exchange-8, STRAIGHT (N) on US-9W
- 1.7 Turn Slight RIGHT (NW) on US-9W/SR-303
- 2.3 Turn Sharp LEFT (SW) on SR-304
- 4.6 Turn RIGHT (W) on Squadron Blvd.
- 4.9 Turn RIGHT (N) on North Main St.
- 5.0 Arrive at Exchange-9



Leg 10 - 6.22



(41.15911, - 73.98851)

Exchange 10 is a MAJOR-SUPER on SR-306 in Wesley Hills. Shopping center on left including Wesley Koshers, just before Willow Tree Road and East Willow Tree Road intersection. (41.1560, -74.0707)

Mileage:

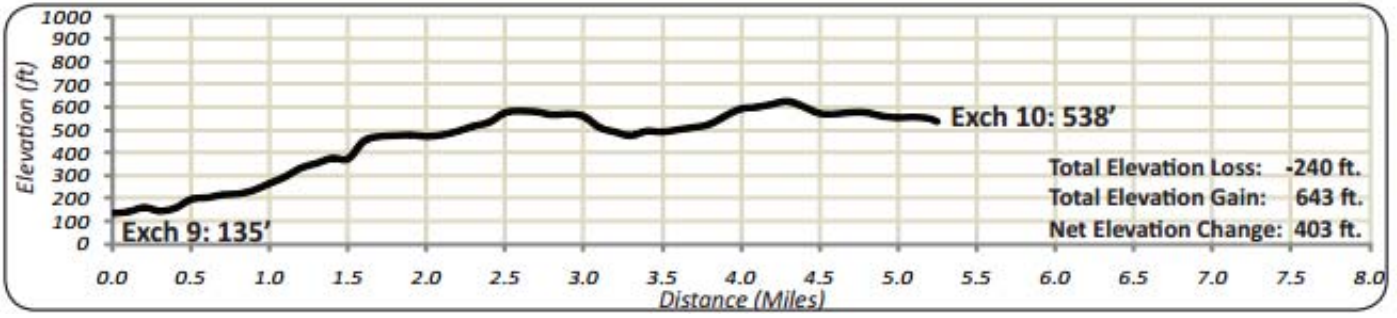
0.0	Depart Exchange-9, STRAIGHT (N) on North Main St.
.34	Turn LEFT (W) on Phillips Hill Road
2.57	Turn RIGHT (W) on New Hempstead Road
4.63	STRAIGHT (SW) on New Hempstead Road at McNamara Rd.
4.6	Turn RIGHT (W) on Squadron Blvd.
4.79	RIGHT (W) on Grandview Avenue
5.68	RIGHT (N) on CR-306
6.22	Arrive at Exchange-10 Major

Exchange-9

Phillips Hill Rd.

EX-9

Wesley Koshers



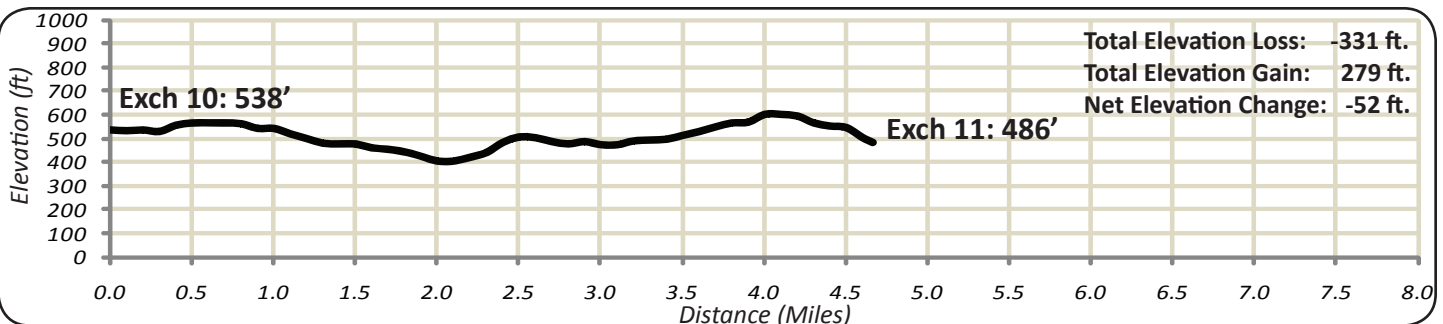
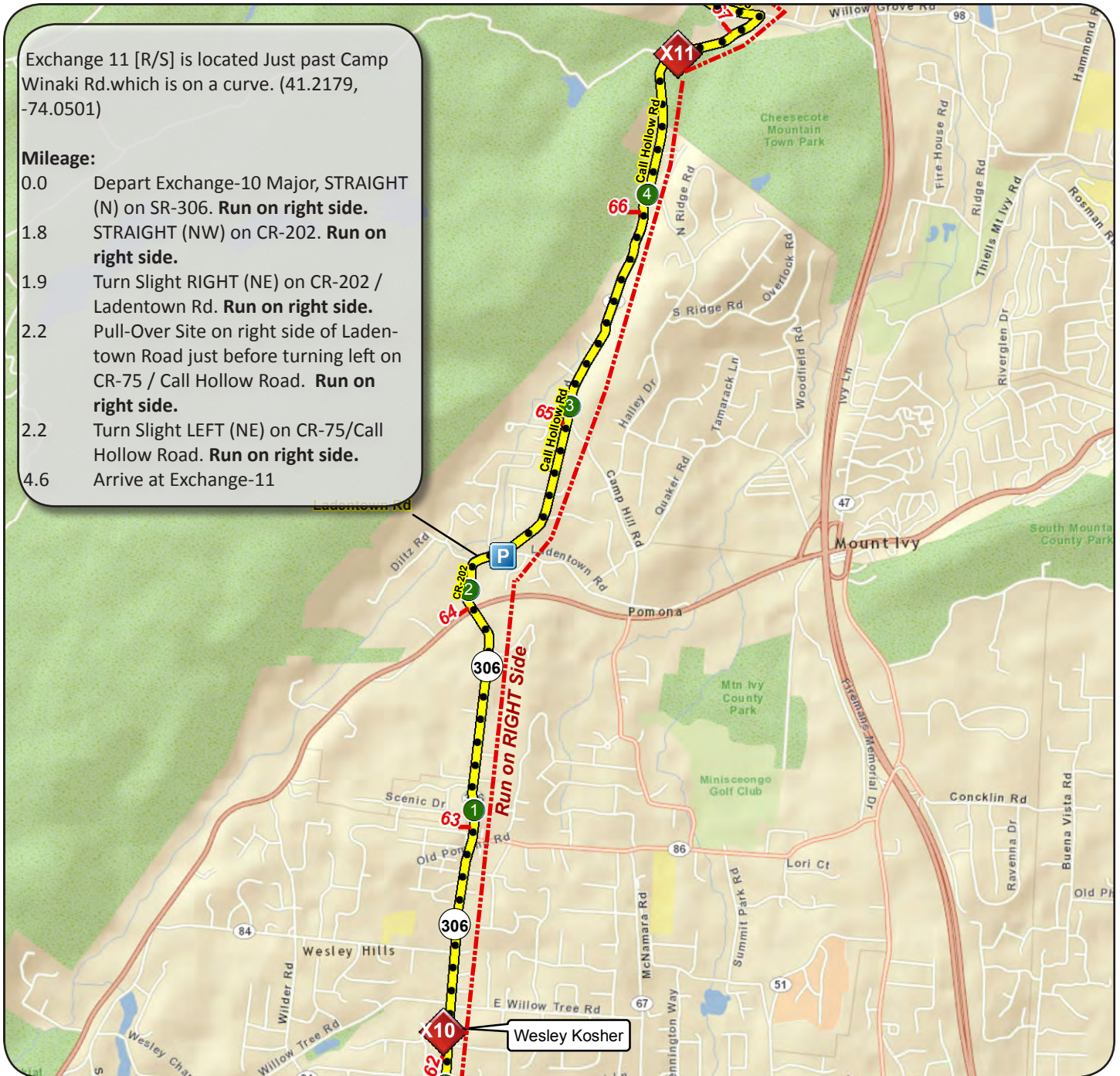
Leg 11 - 4.6 Miles



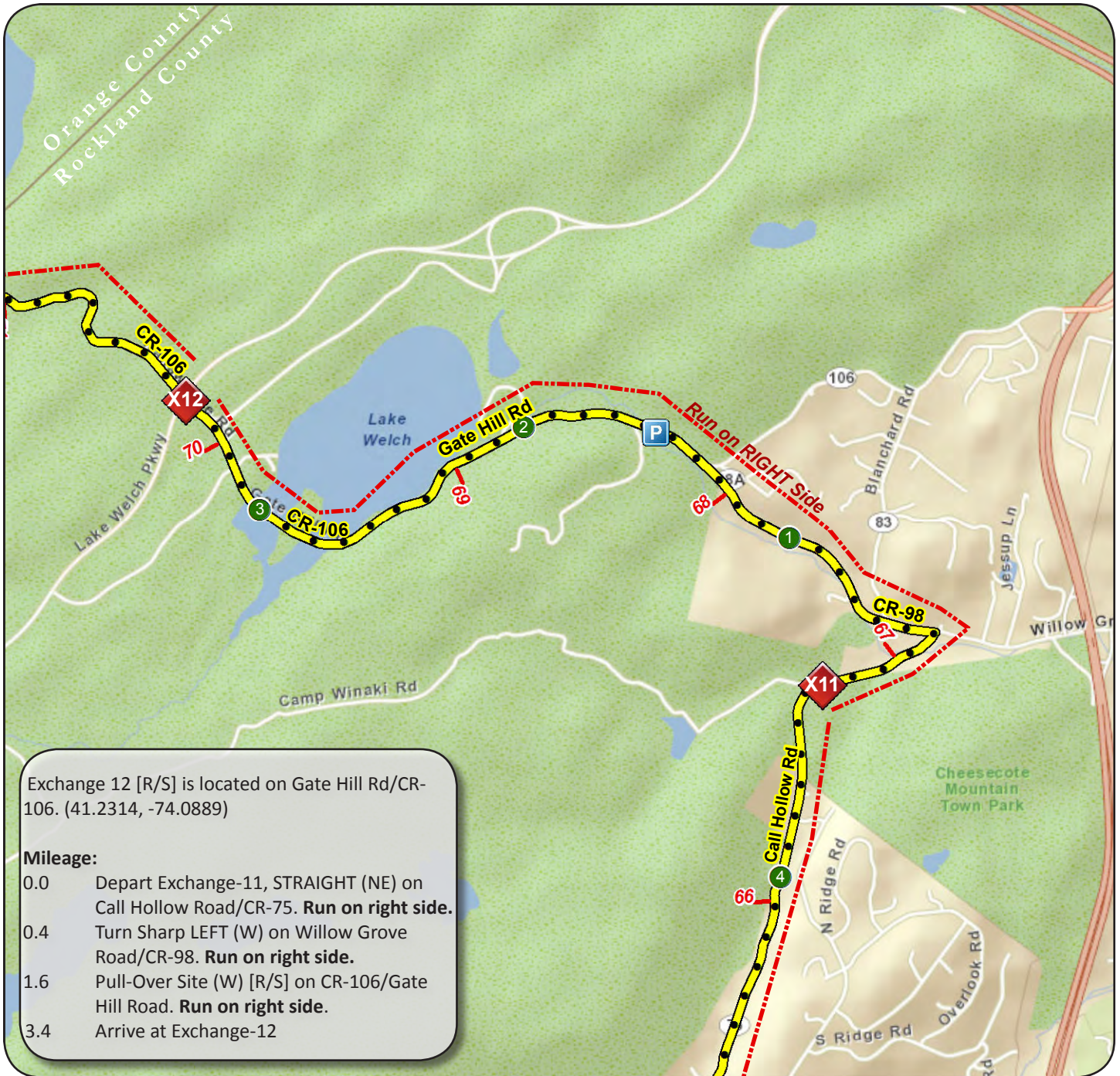
Exchange 11 [R/S] is located Just past Camp Winaki Rd. which is on a curve. (41.2179, -74.0501)

Mileage:

- 0.0 Depart Exchange-10 Major, STRAIGHT (N) on SR-306. **Run on right side.**
- 1.8 STRAIGHT (NW) on CR-202. **Run on right side.**
- 1.9 Turn Slight RIGHT (NE) on CR-202 / Ladentown Rd. **Run on right side.**
- 2.2 Pull-Over Site on right side of Ladentown Road just before turning left on CR-75 / Call Hollow Road. **Run on right side.**
- 2.2 Turn Slight LEFT (NE) on CR-75/Call Hollow Road. **Run on right side.**
- 4.6 Arrive at Exchange-11



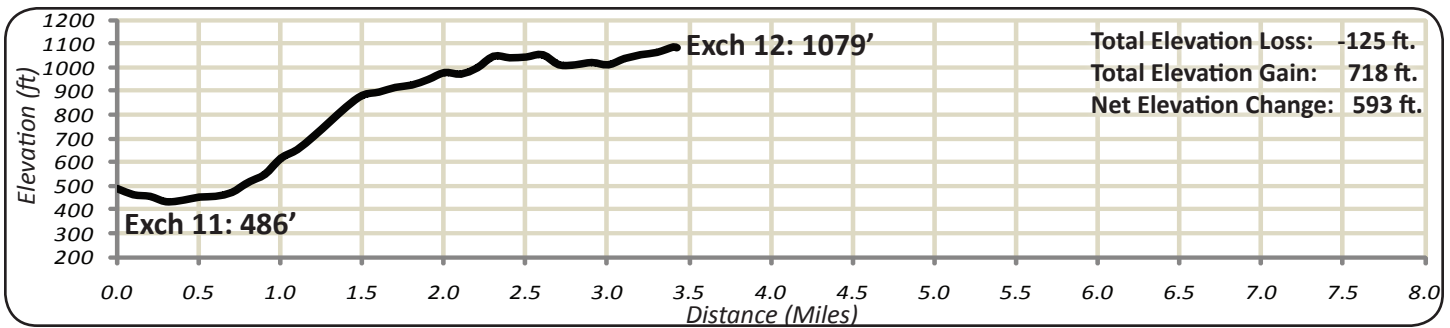
Leg 12 - 3.4 Miles



Exchange 12 [R/S] is located on Gate Hill Rd/CR-106. (41.2314, -74.0889)

Mileage:

- 0.0 Depart Exchange-11, STRAIGHT (NE) on Call Hollow Road/CR-75. **Run on right side.**
- 0.4 Turn Sharp LEFT (W) on Willow Grove Road/CR-98. **Run on right side.**
- 1.6 Pull-Over Site (W) [R/S] on CR-106/Gate Hill Road. **Run on right side.**
- 3.4 Arrive at Exchange-12



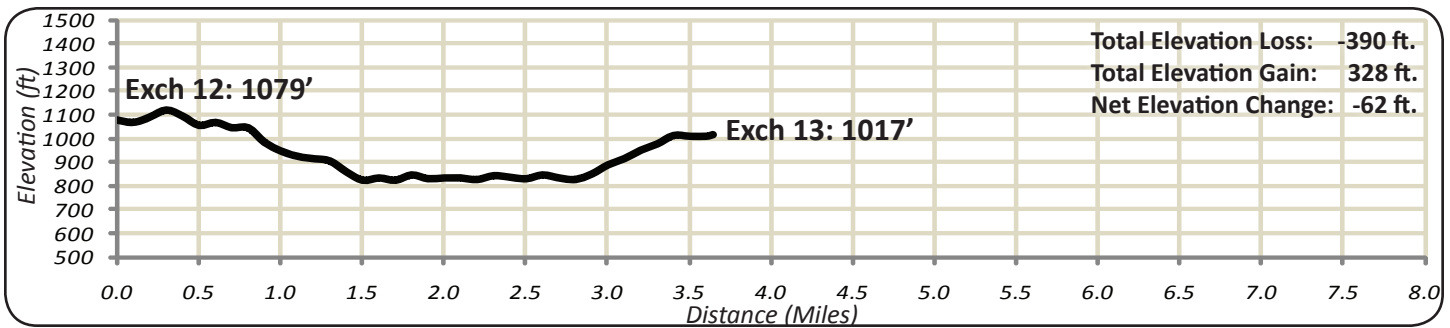
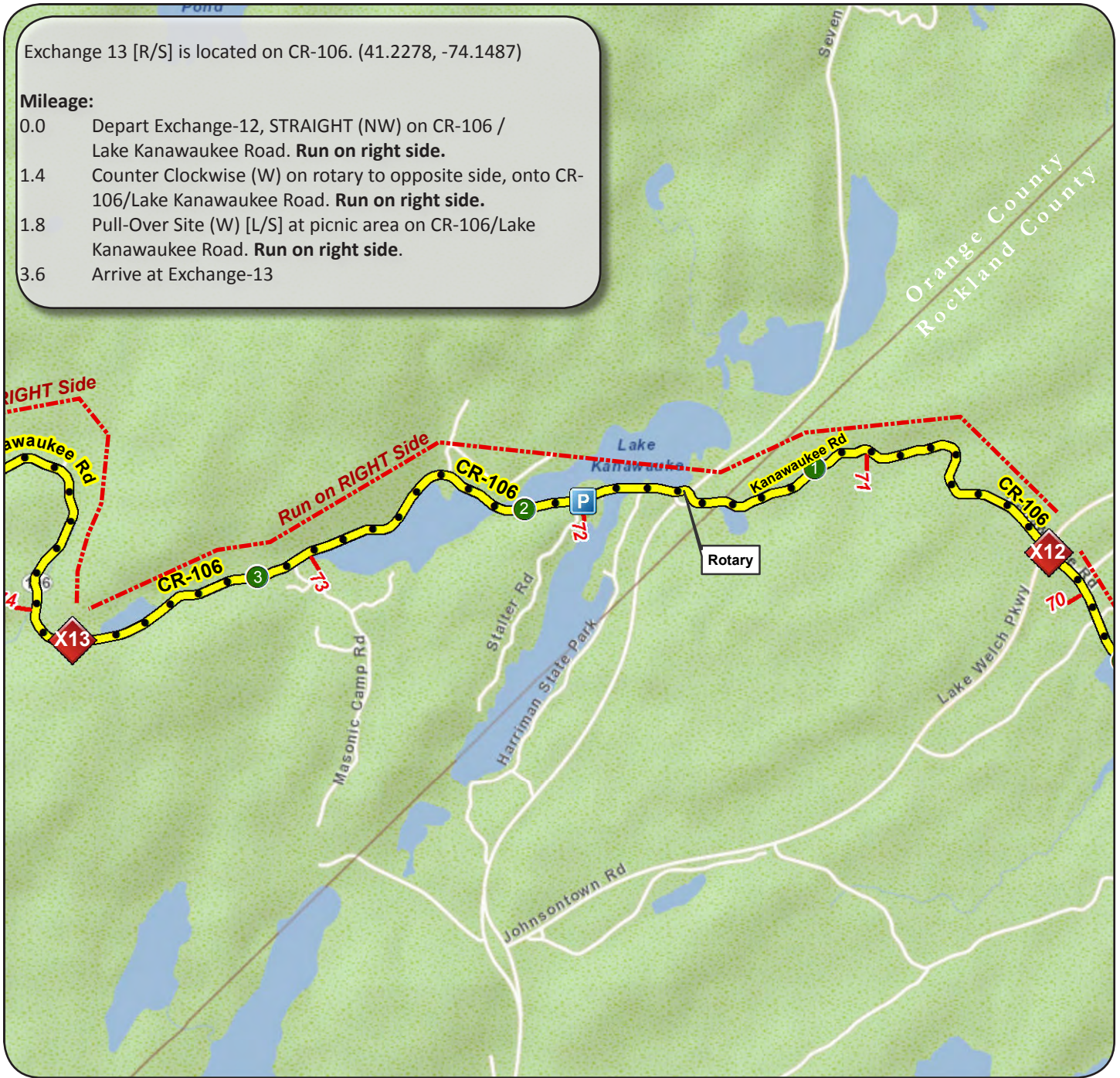
Leg 13 - 3.6 Miles



Exchange 13 [R/S] is located on CR-106. (41.2278, -74.1487)

Mileage:

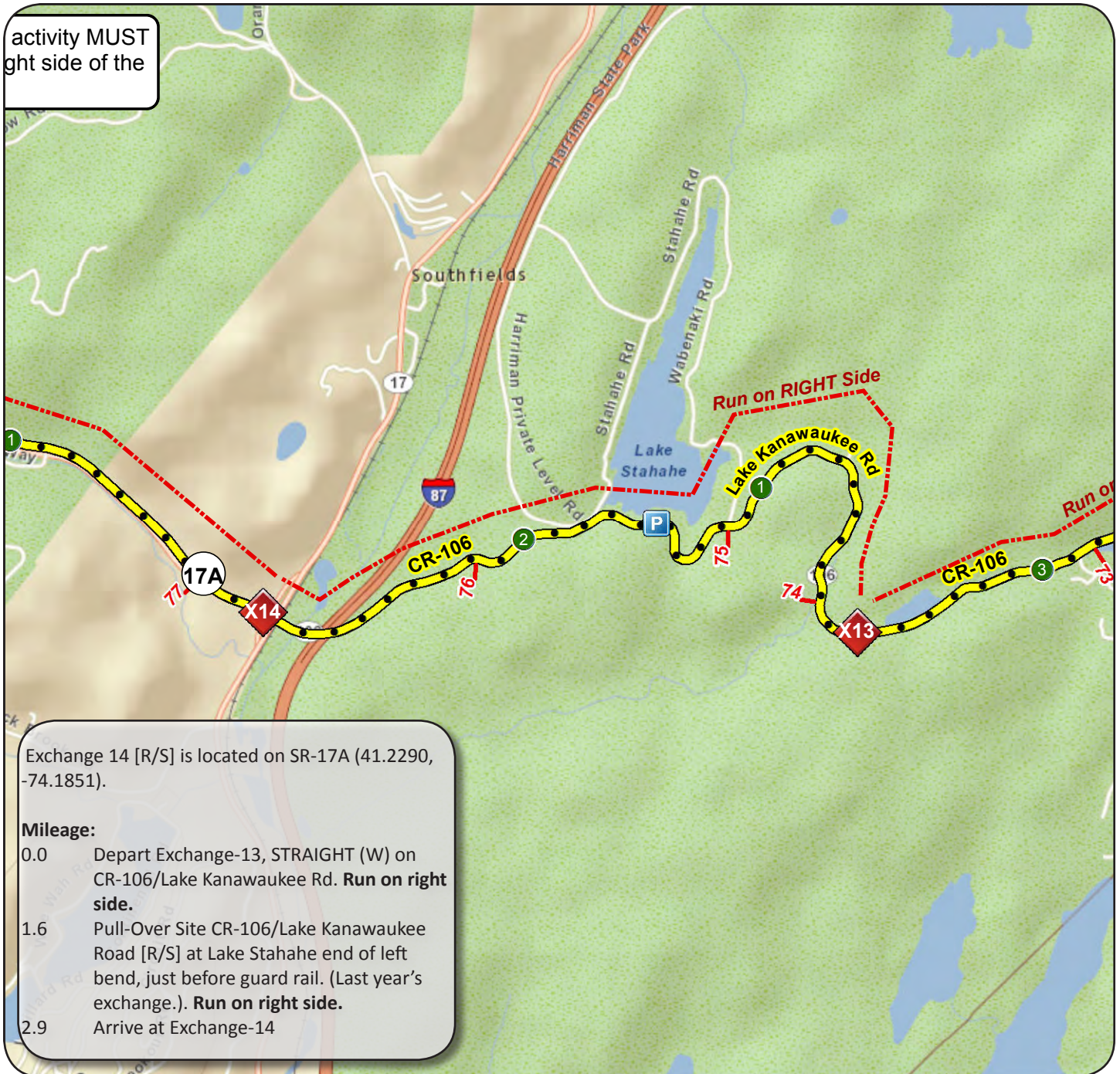
- 0.0 Depart Exchange-12, STRAIGHT (NW) on CR-106 / Lake Kanawauke Road. **Run on right side.**
- 1.4 Counter Clockwise (W) on rotary to opposite side, onto CR-106/Lake Kanawauke Road. **Run on right side.**
- 1.8 Pull-Over Site (W) [L/S] at picnic area on CR-106/Lake Kanawauke Road. **Run on right side.**
- 3.6 Arrive at Exchange-13



Leg 14 - 2.9 Miles



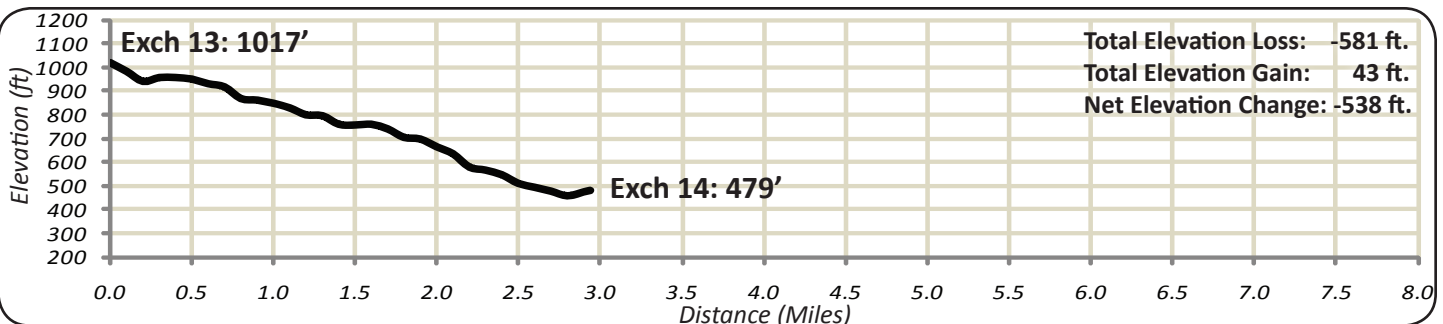
activity MUST
right side of the



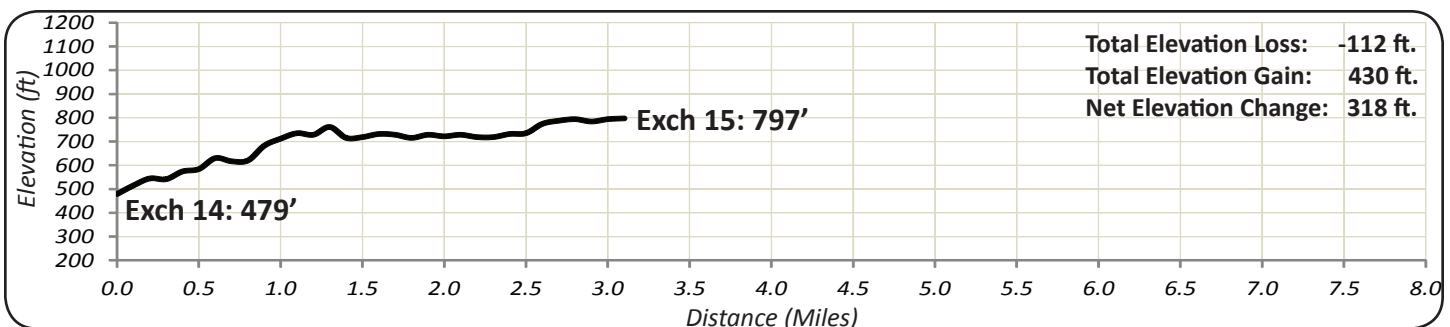
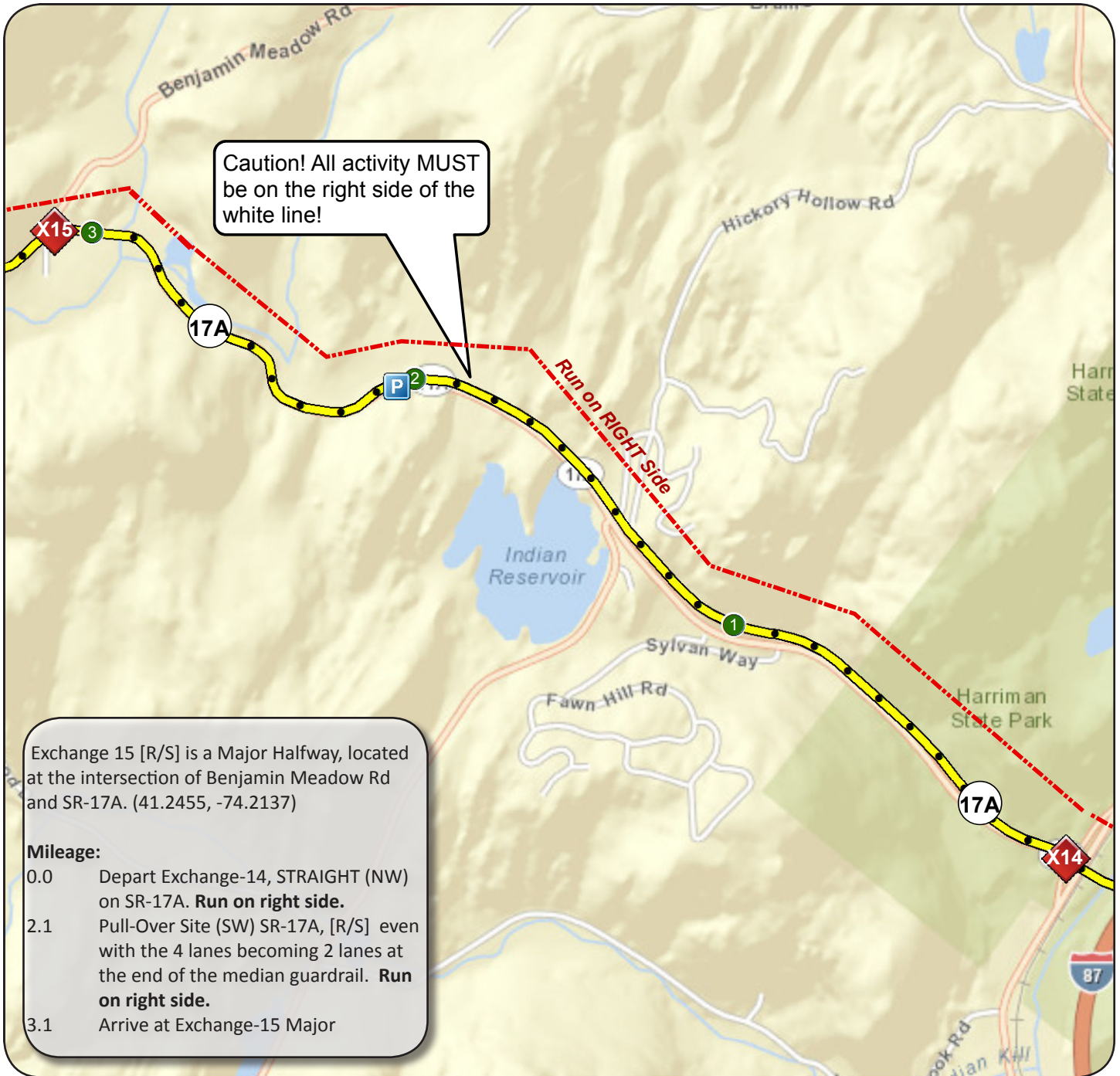
Exchange 14 [R/S] is located on SR-17A (41.2290, -74.1851).

Mileage:

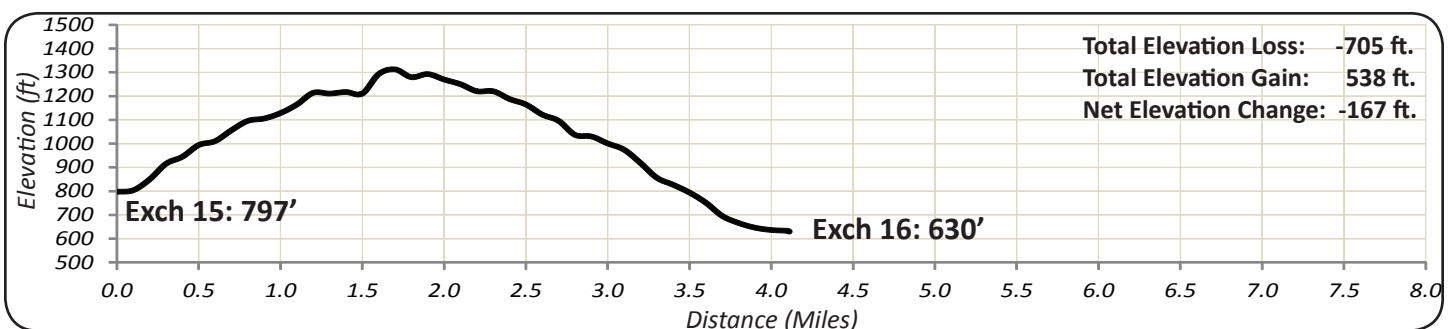
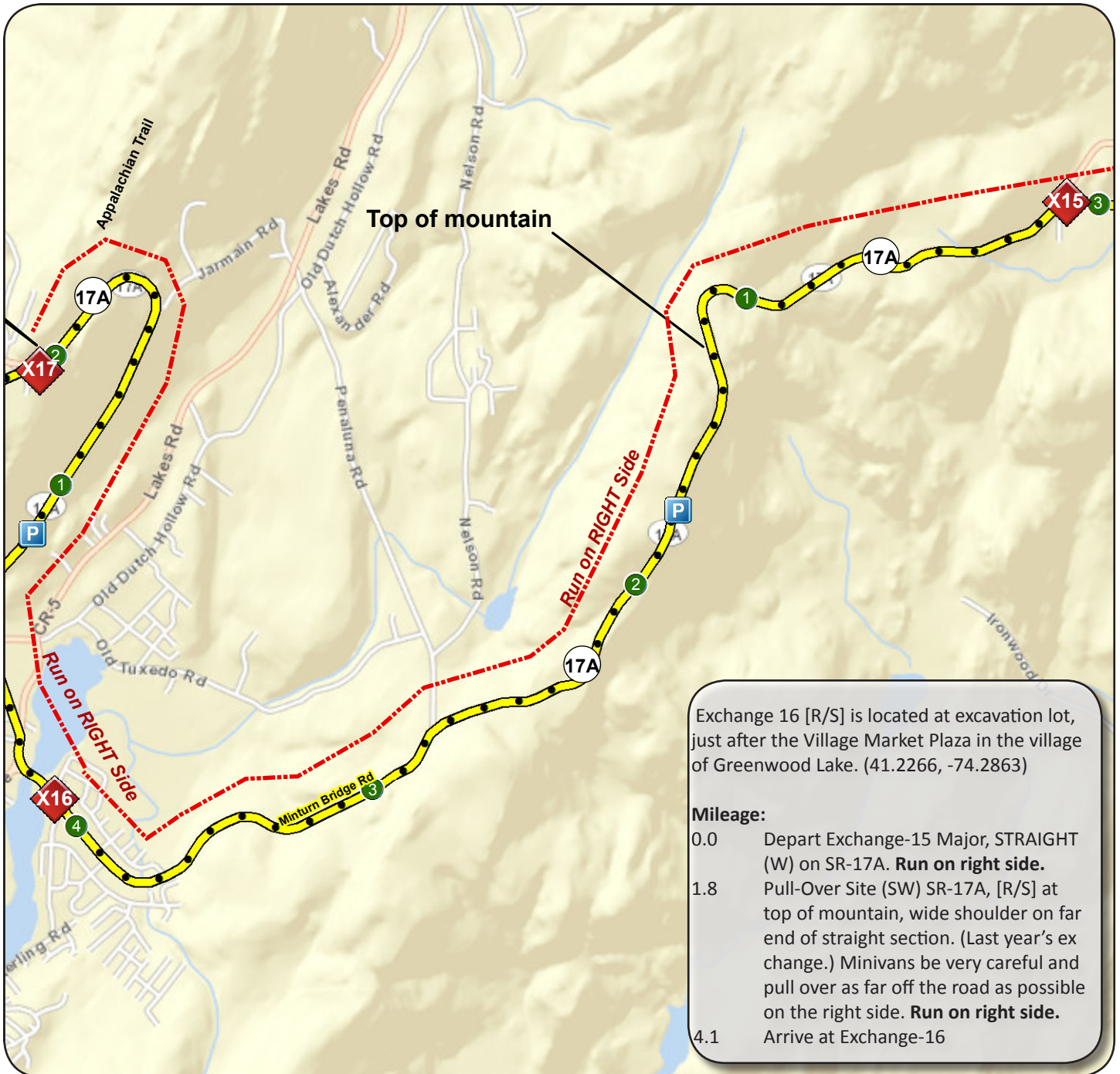
- 0.0 Depart Exchange-13, STRAIGHT (W) on CR-106/Lake Kanawaukee Rd. **Run on right side.**
- 1.6 Pull-Over Site CR-106/Lake Kanawauke Road [R/S] at Lake Stahahe end of left bend, just before guard rail. (Last year's exchange.). **Run on right side.**
- 2.9 Arrive at Exchange-14



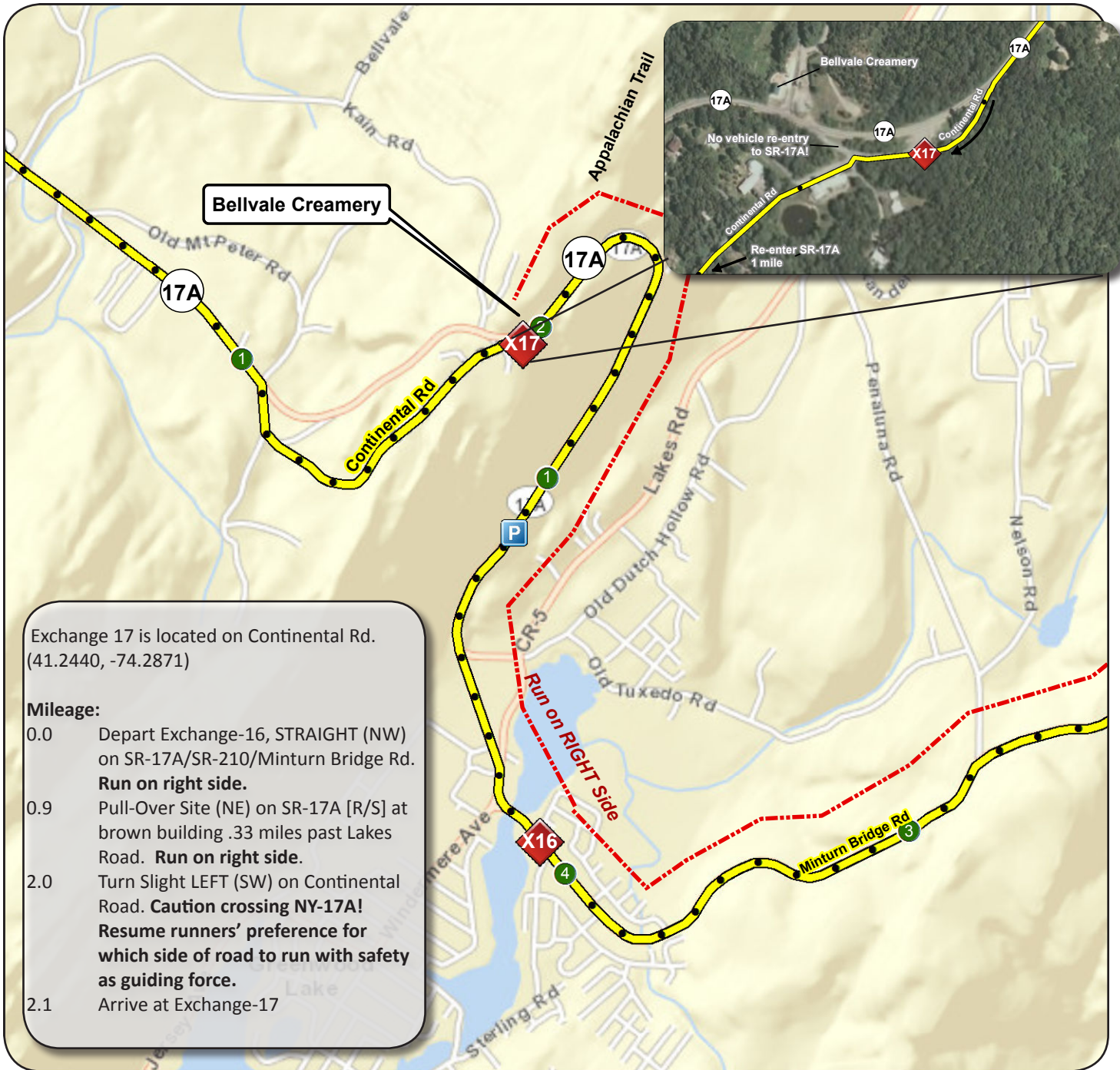
Leg 15 - 3.1 Miles



Leg 16 - 4.1 Miles



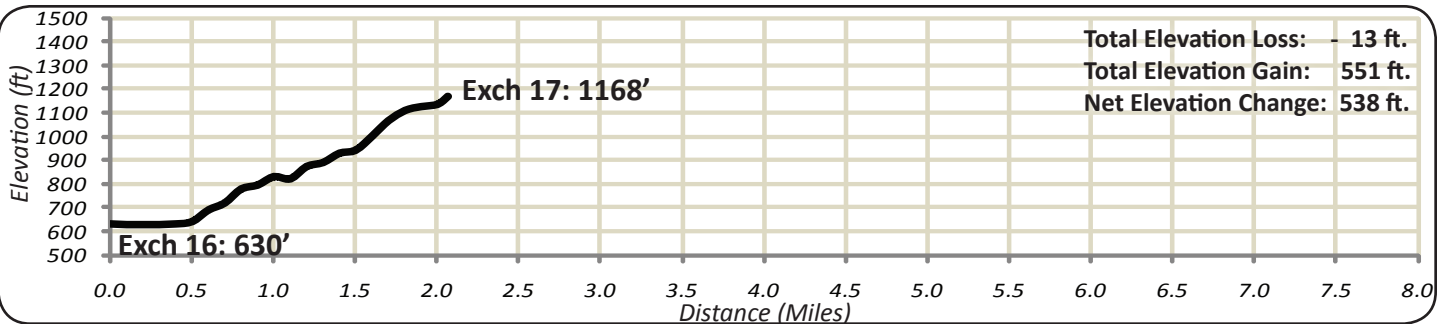
Leg 17 - 2.1 Miles



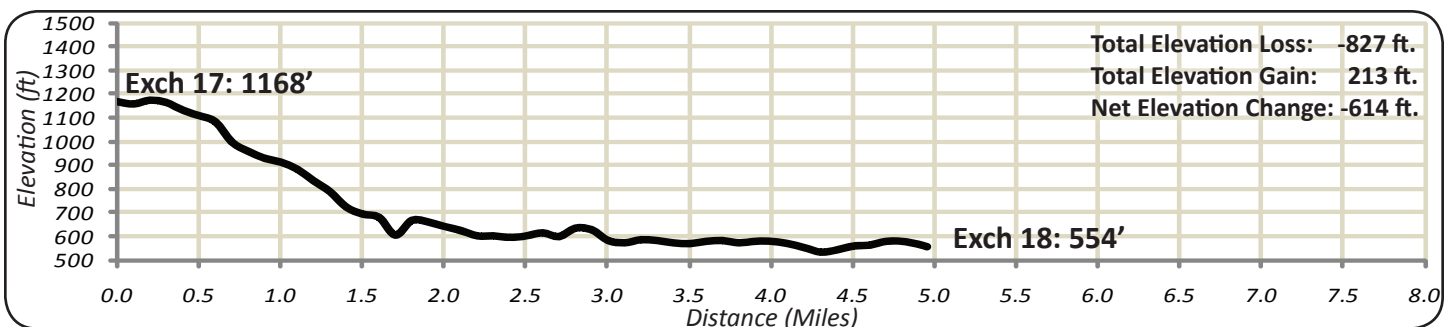
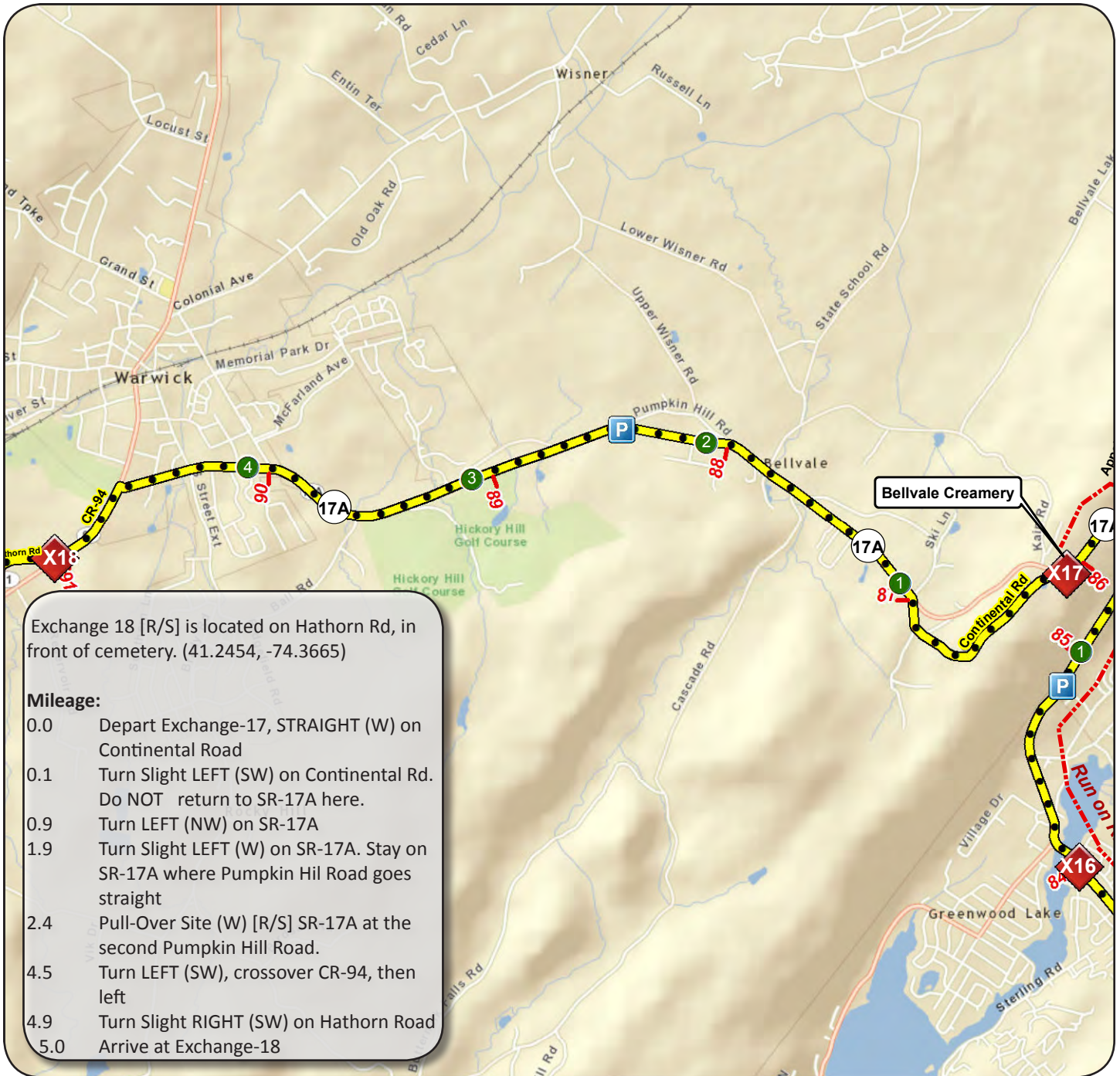
Exchange 17 is located on Continental Rd.
(41.2440, -74.2871)

Mileage:

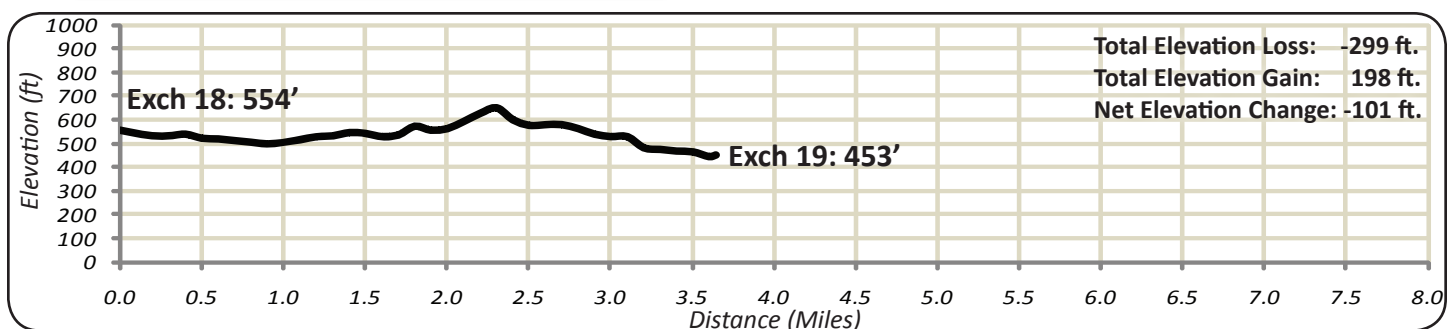
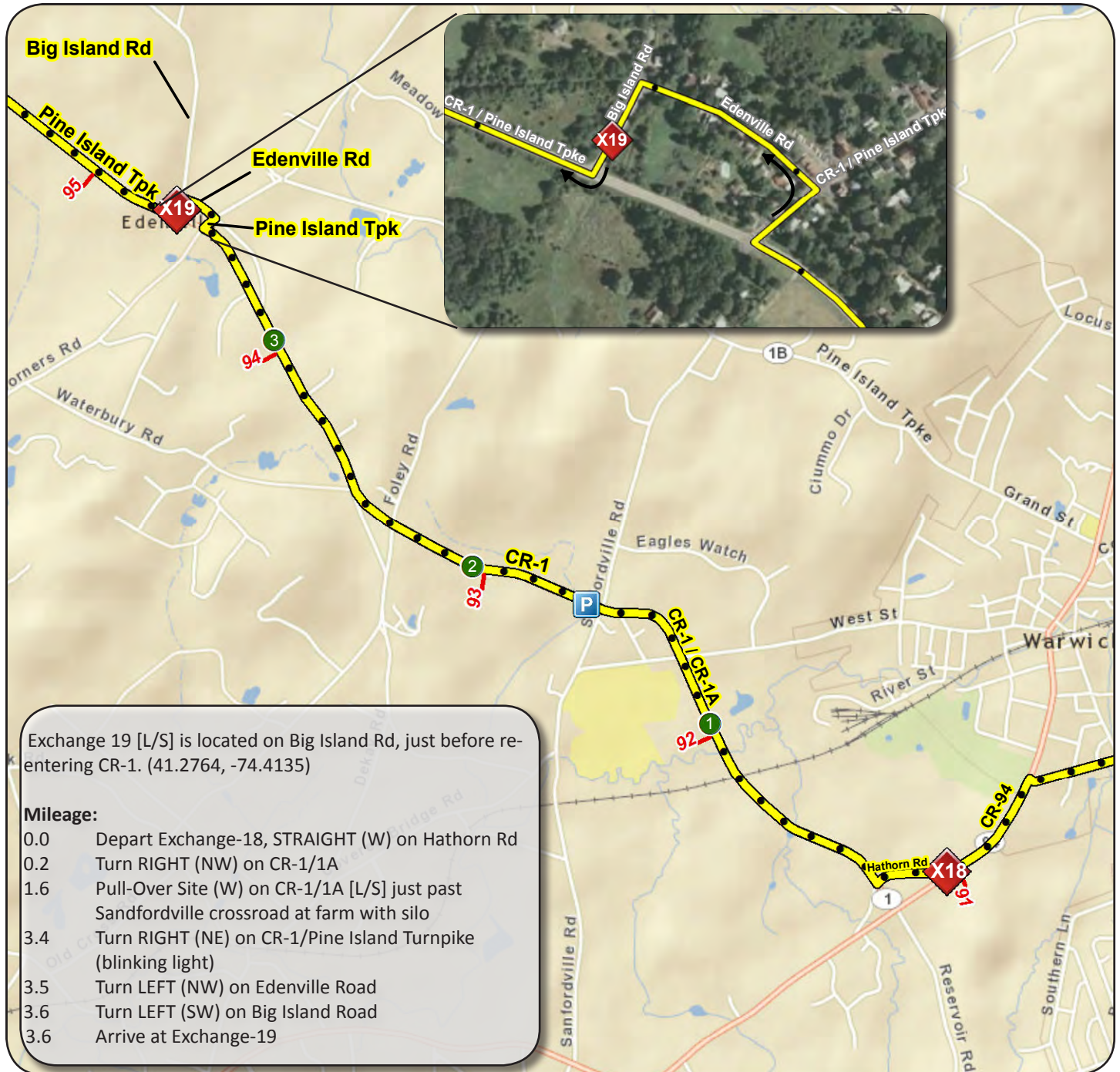
- 0.0 Depart Exchange-16, STRAIGHT (NW) on SR-17A/SR-210/Minturn Bridge Rd. **Run on right side.**
- 0.9 Pull-Over Site (NE) on SR-17A [R/S] at brown building .33 miles past Lakes Road. **Run on right side.**
- 2.0 Turn Slight LEFT (SW) on Continental Road. **Caution crossing NY-17A! Resume runners' preference for which side of road to run with safety as guiding force.**
- 2.1 Arrive at Exchange-17



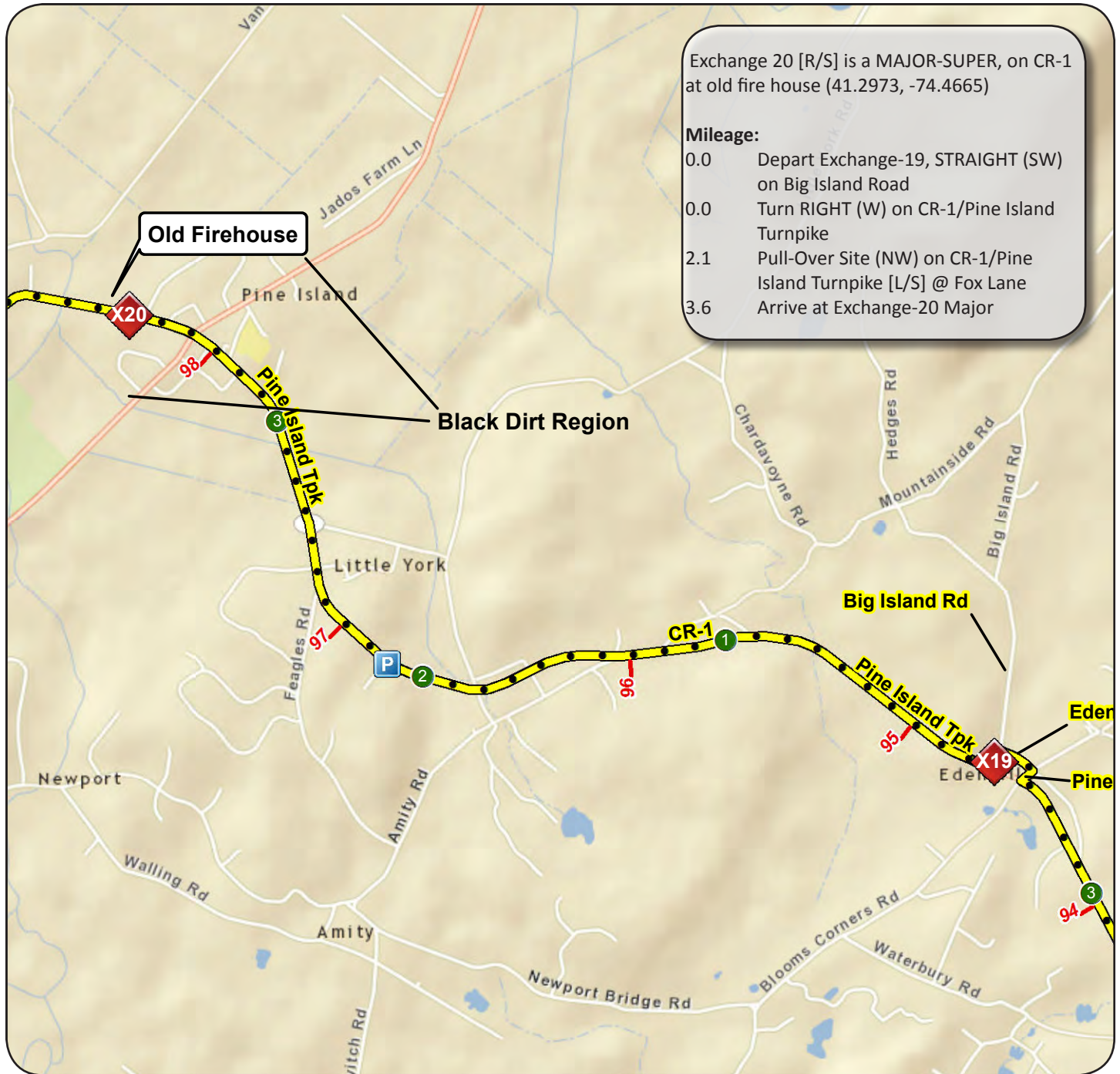
Leg 18 - 5.0 Miles



Leg 19 - 3.6 Miles



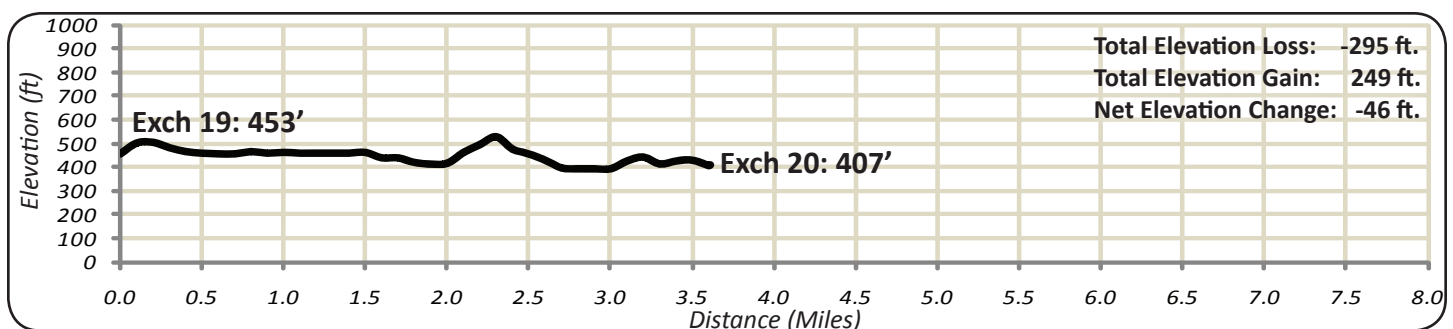
Leg 20 - 3.6 Miles



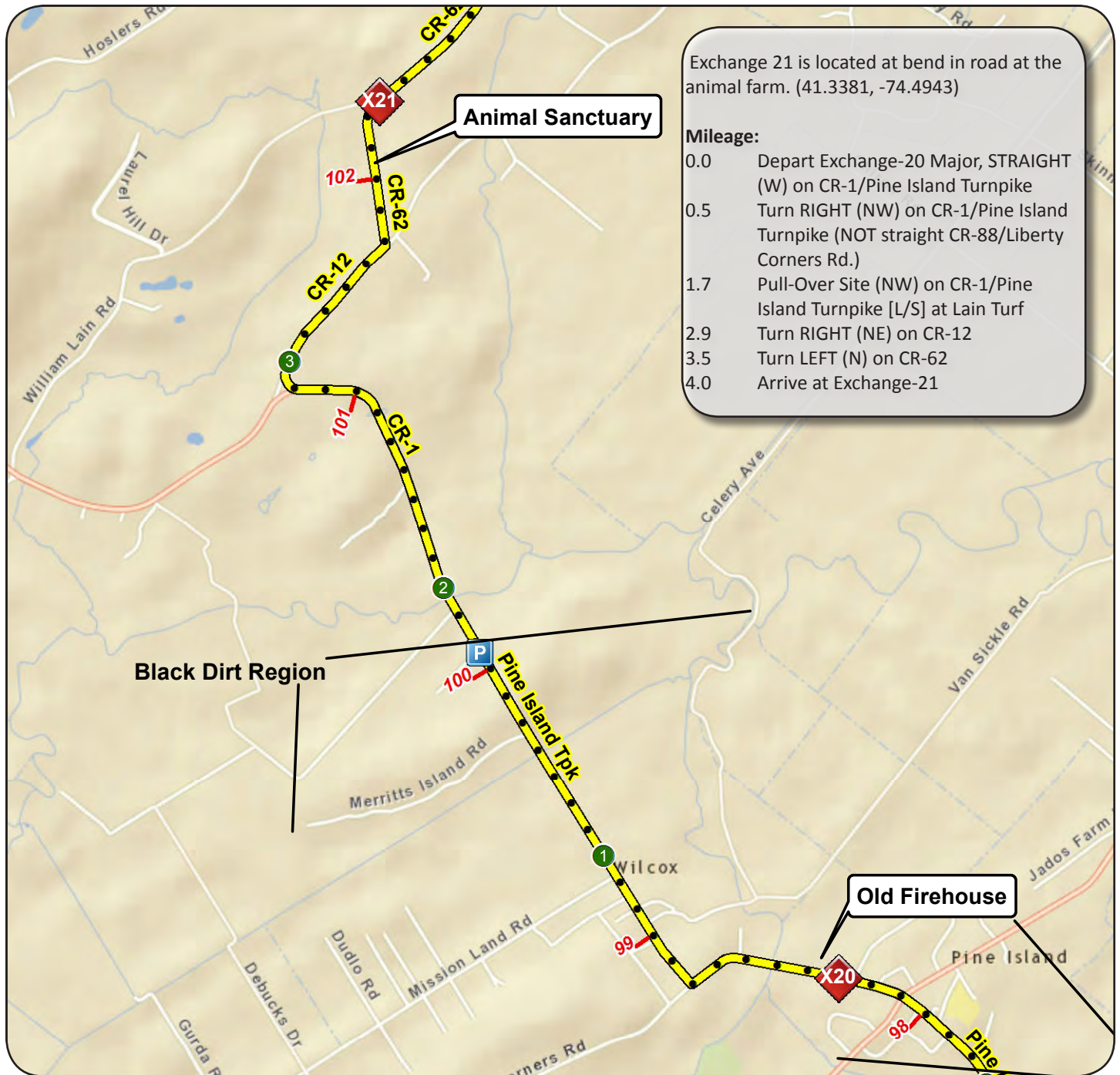
Exchange 20 [R/S] is a MAJOR-SUPER, on CR-1 at old fire house (41.2973, -74.4665)

Mileage:

- 0.0 Depart Exchange-19, STRAIGHT (SW) on Big Island Road
- 0.0 Turn RIGHT (W) on CR-1/Pine Island Turnpike
- 2.1 Pull-Over Site (NW) on CR-1/Pine Island Turnpike [L/S] @ Fox Lane
- 3.6 Arrive at Exchange-20 Major



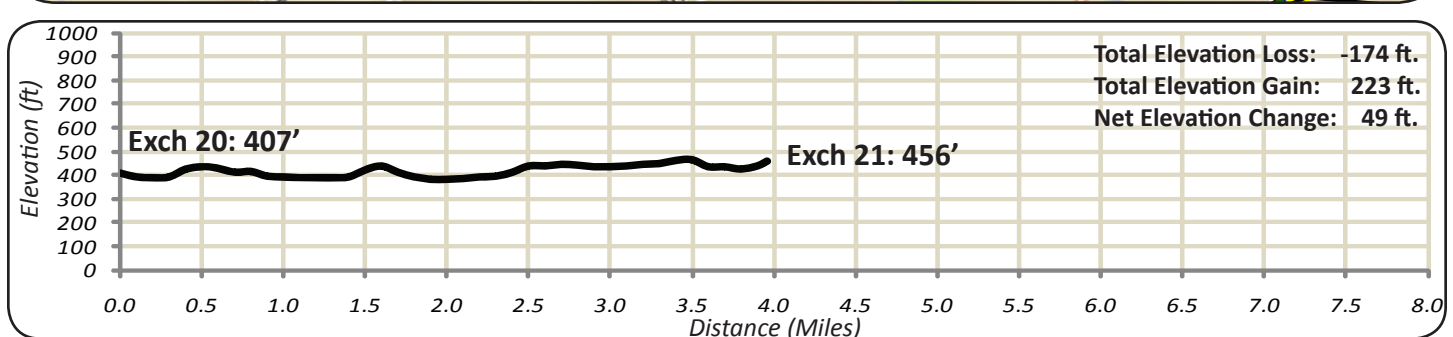
Leg 21 - 4.0 Miles



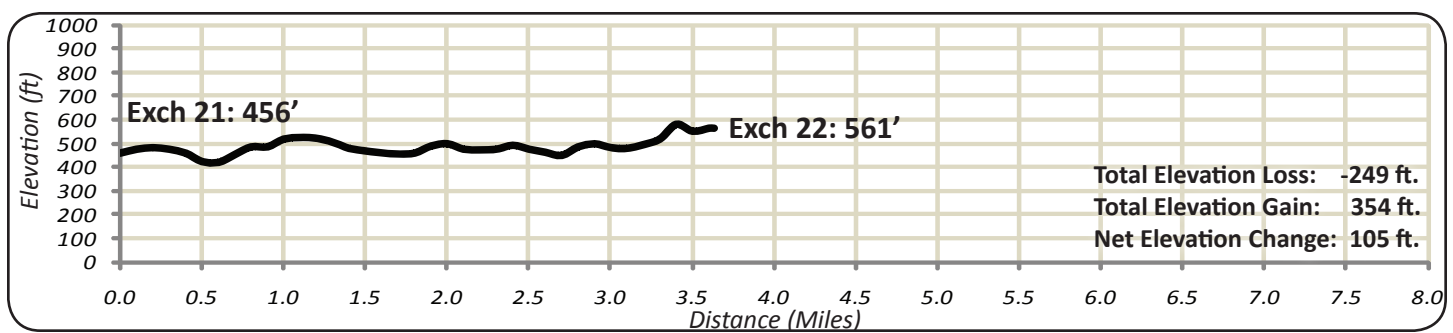
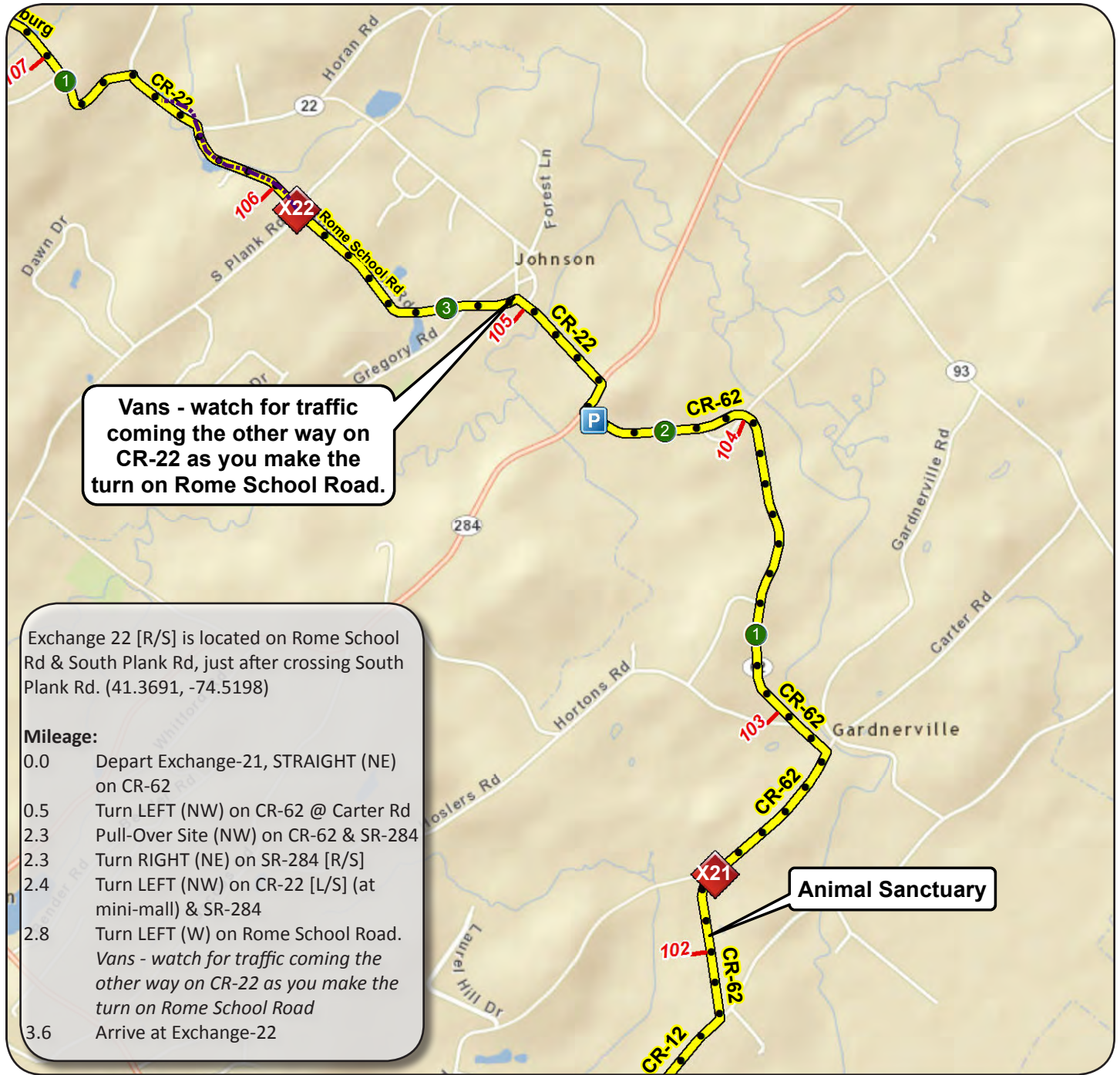
Exchange 21 is located at bend in road at the animal farm. (41.3381, -74.4943)

Mileage:

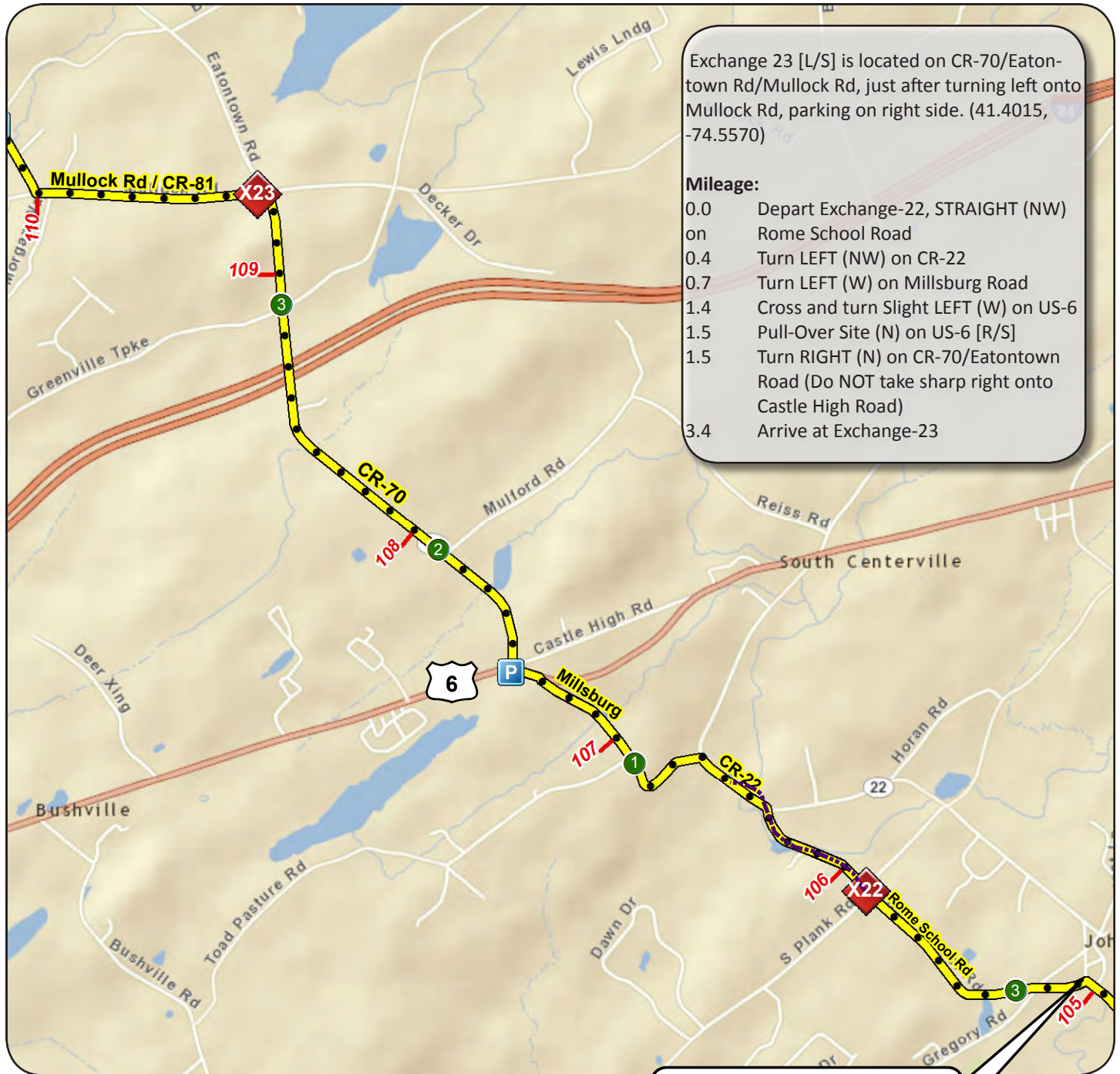
- 0.0 Depart Exchange-20 Major, STRAIGHT (W) on CR-1/Pine Island Turnpike
- 0.5 Turn RIGHT (NW) on CR-1/Pine Island Turnpike (NOT straight CR-88/Liberty Corners Rd.)
- 1.7 Pull-Over Site (NW) on CR-1/Pine Island Turnpike [L/S] at Lain Turf
- 2.9 Turn RIGHT (NE) on CR-12
- 3.5 Turn LEFT (N) on CR-62
- 4.0 Arrive at Exchange-21



Leg 22 - 3.6 Miles



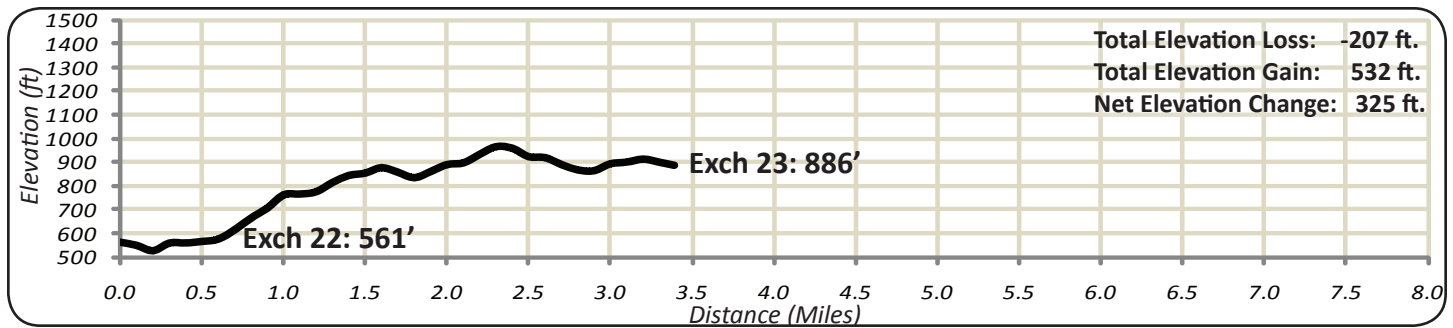
Leg 23 - 3.4 Miles



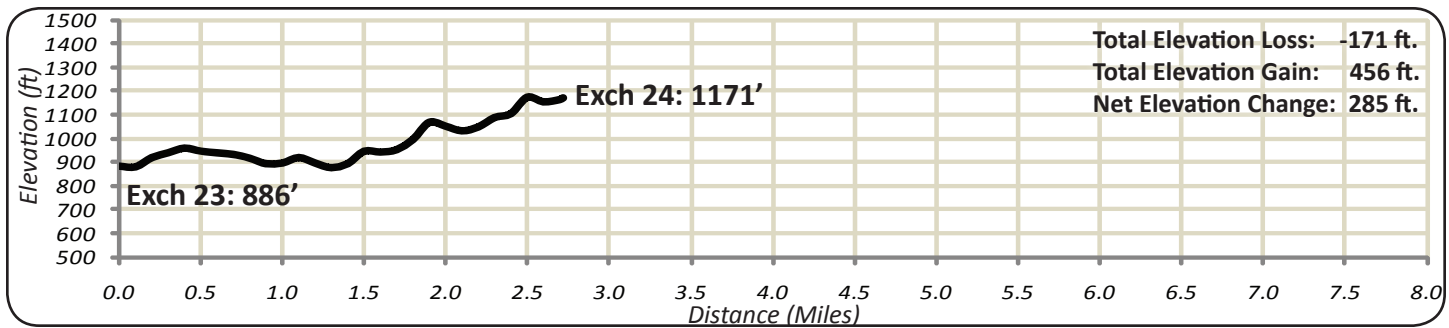
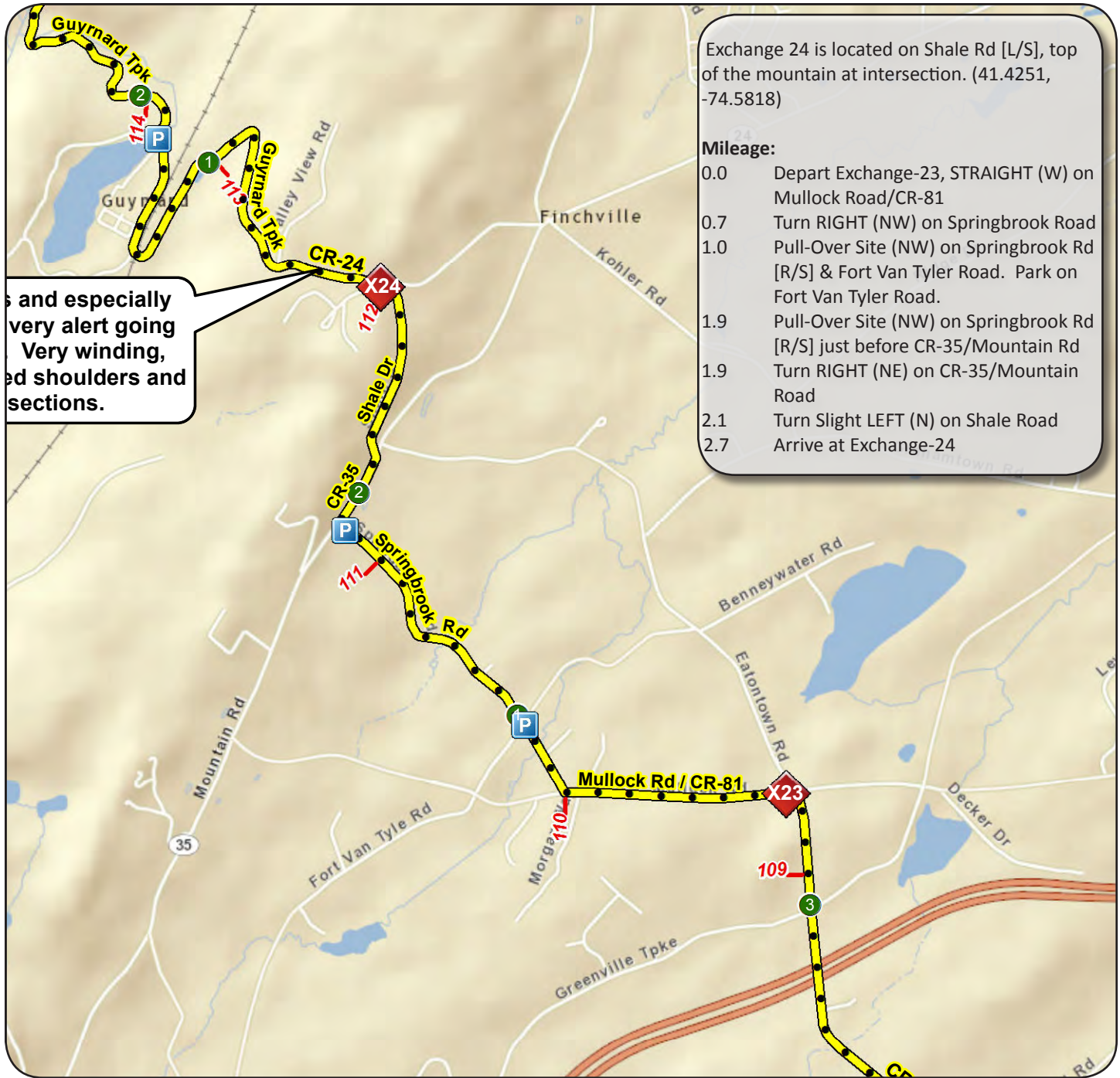
Exchange 23 [L/S] is located on CR-70/Eatontown Rd/Mullock Rd, just after turning left onto Mullock Rd, parking on right side. (41.4015, -74.5570)

Mileage:

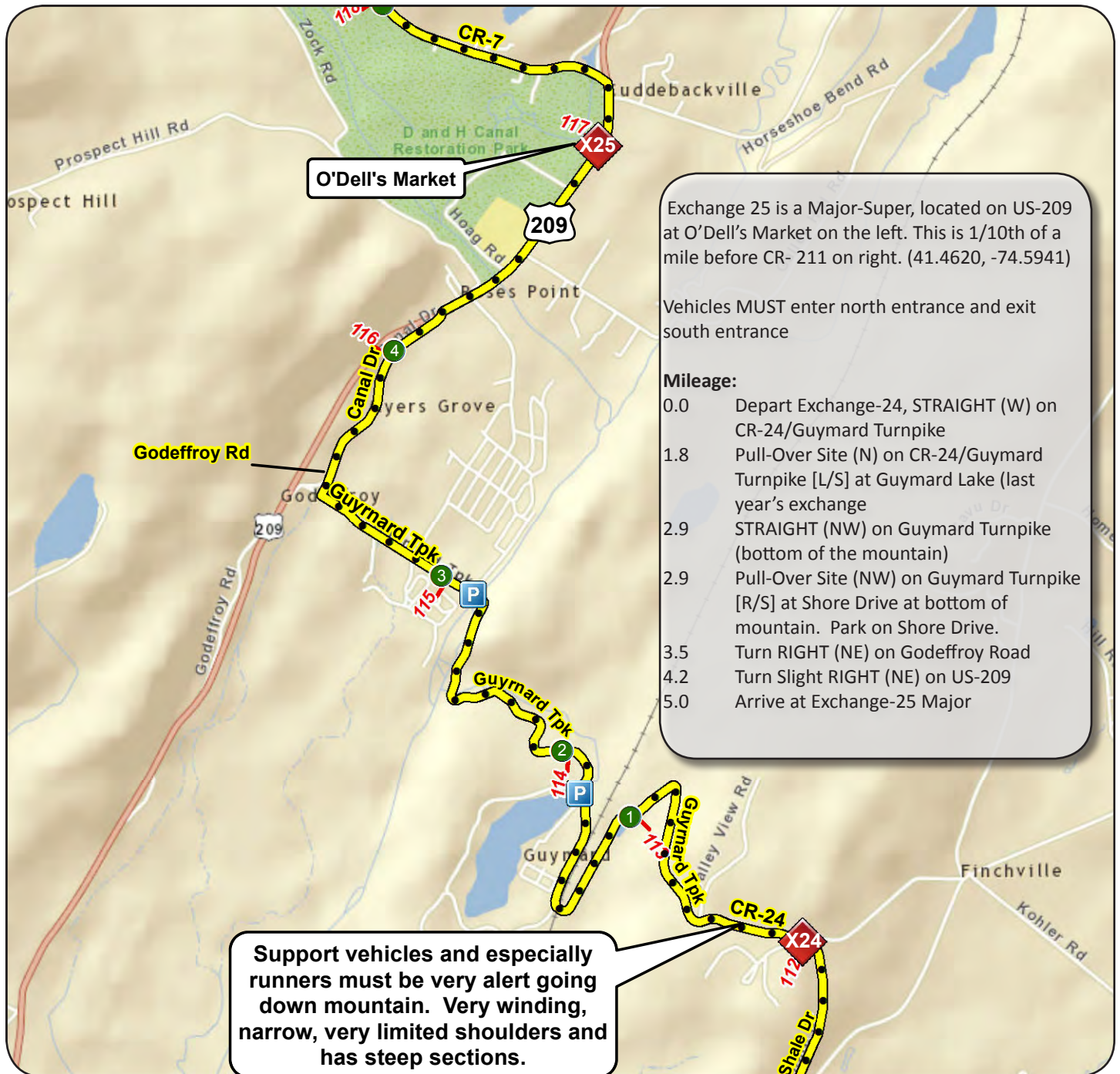
- 0.0 Depart Exchange-22, STRAIGHT (NW) on Rome School Road
- 0.4 Turn LEFT (NW) on CR-22
- 0.7 Turn LEFT (W) on Millsburg Road
- 1.4 Cross and turn Slight LEFT (W) on US-6
- 1.5 Pull-Over Site (N) on US-6 [R/S]
- 1.5 Turn RIGHT (N) on CR-70/Eatontown Road (Do NOT take sharp right onto Castle High Road)
- 3.4 Arrive at Exchange-23



Leg 24 - 2.7 Miles



Leg 25 - 5.0 Miles

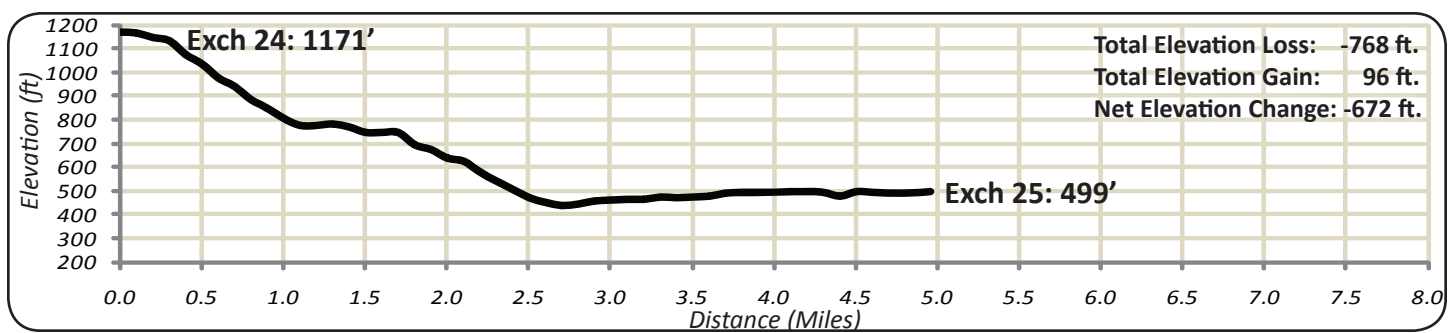


Exchange 25 is a Major-Super, located on US-209 at O'Dell's Market on the left. This is 1/10th of a mile before CR- 211 on right. (41.4620, -74.5941)

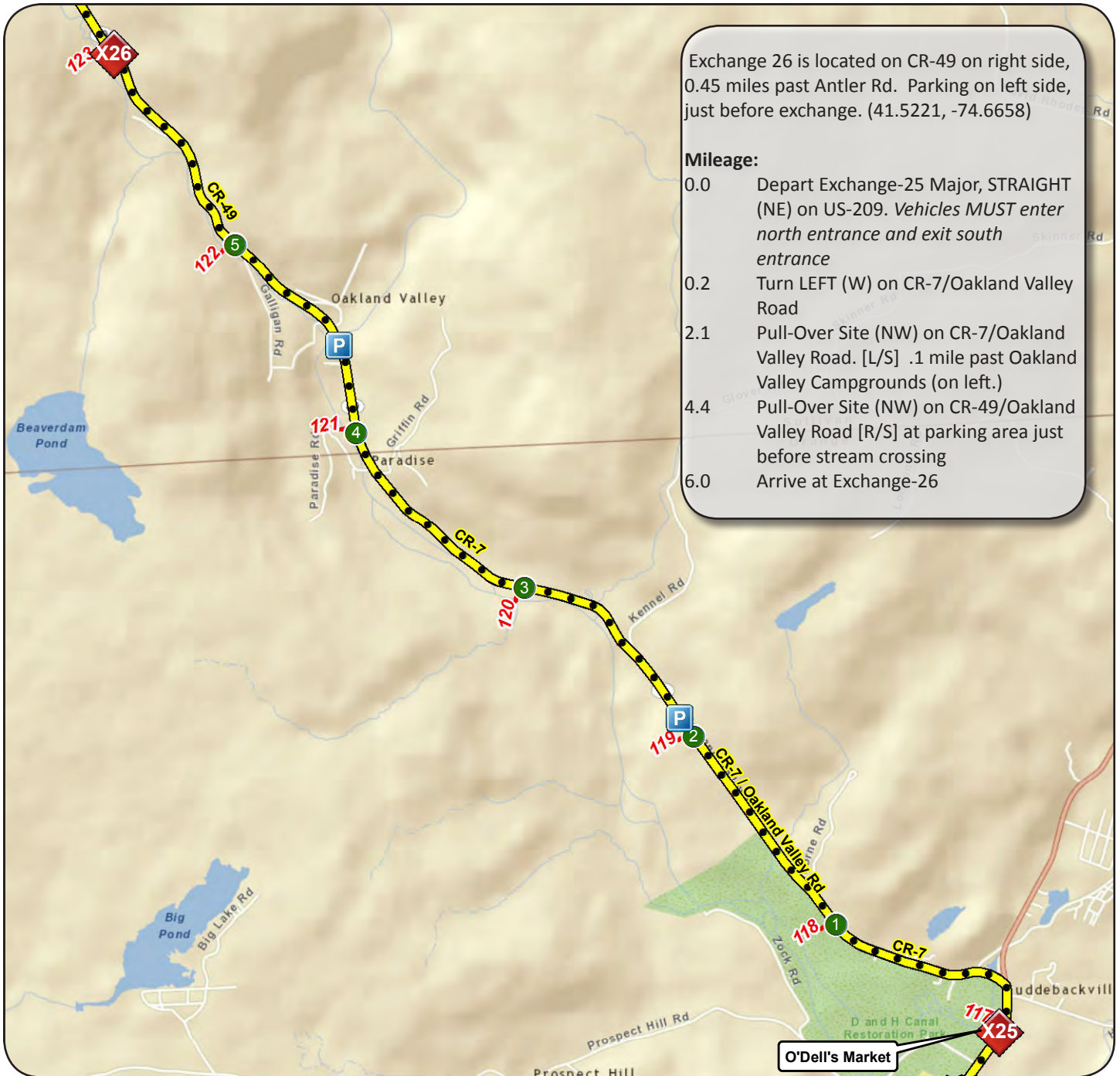
Vehicles **MUST** enter north entrance and exit south entrance

Mileage:

- 0.0 Depart Exchange-24, STRAIGHT (W) on CR-24/Guymard Turnpike
- 1.8 Pull-Over Site (N) on CR-24/Guymard Turnpike [L/S] at Guymard Lake (last year's exchange)
- 2.9 STRAIGHT (NW) on Guymard Turnpike (bottom of the mountain)
- 2.9 Pull-Over Site (NW) on Guymard Turnpike [R/S] at Shore Drive at bottom of mountain. Park on Shore Drive.
- 3.5 Turn RIGHT (NE) on Godeffroy Road
- 4.2 Turn Slight RIGHT (NE) on US-209
- 5.0 Arrive at Exchange-25 Major



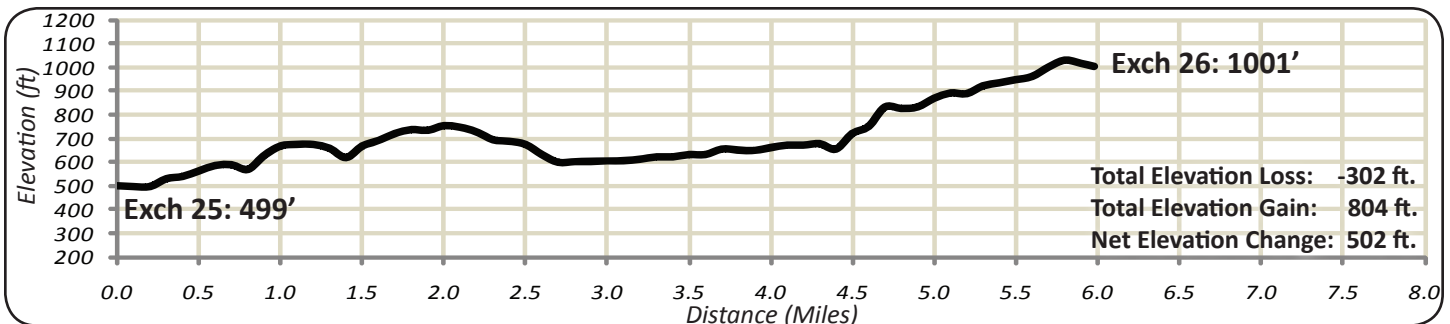
Leg 26 - 6.0 Miles



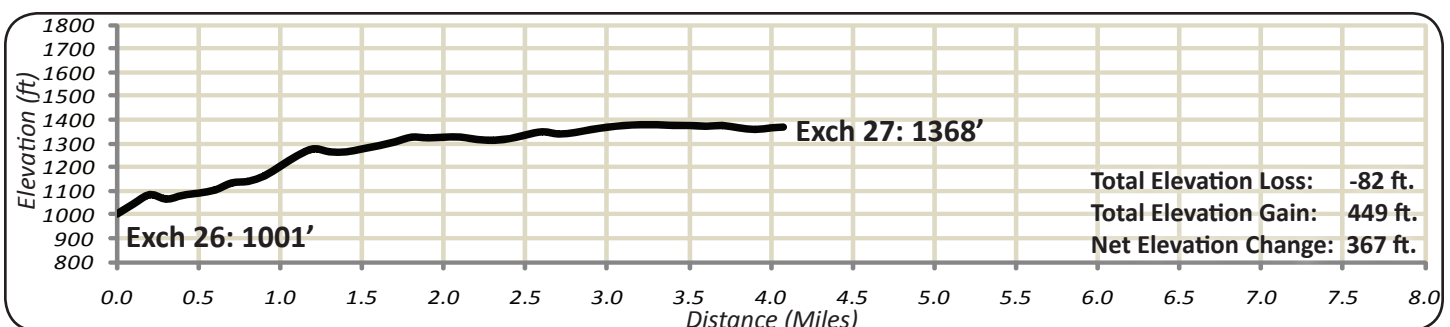
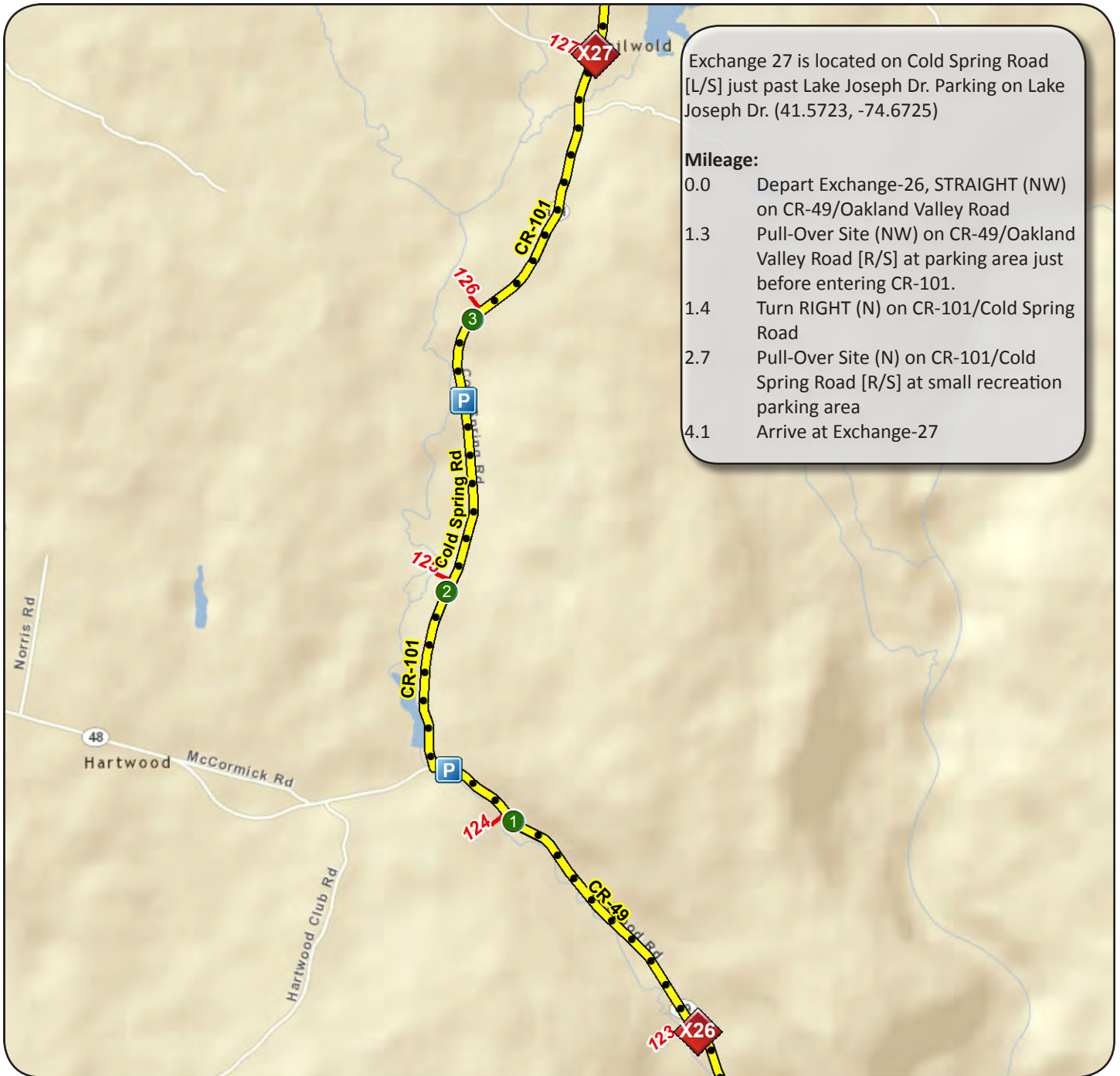
Exchange 26 is located on CR-49 on right side, 0.45 miles past Antler Rd. Parking on left side, just before exchange. (41.5221, -74.6658)

Mileage:

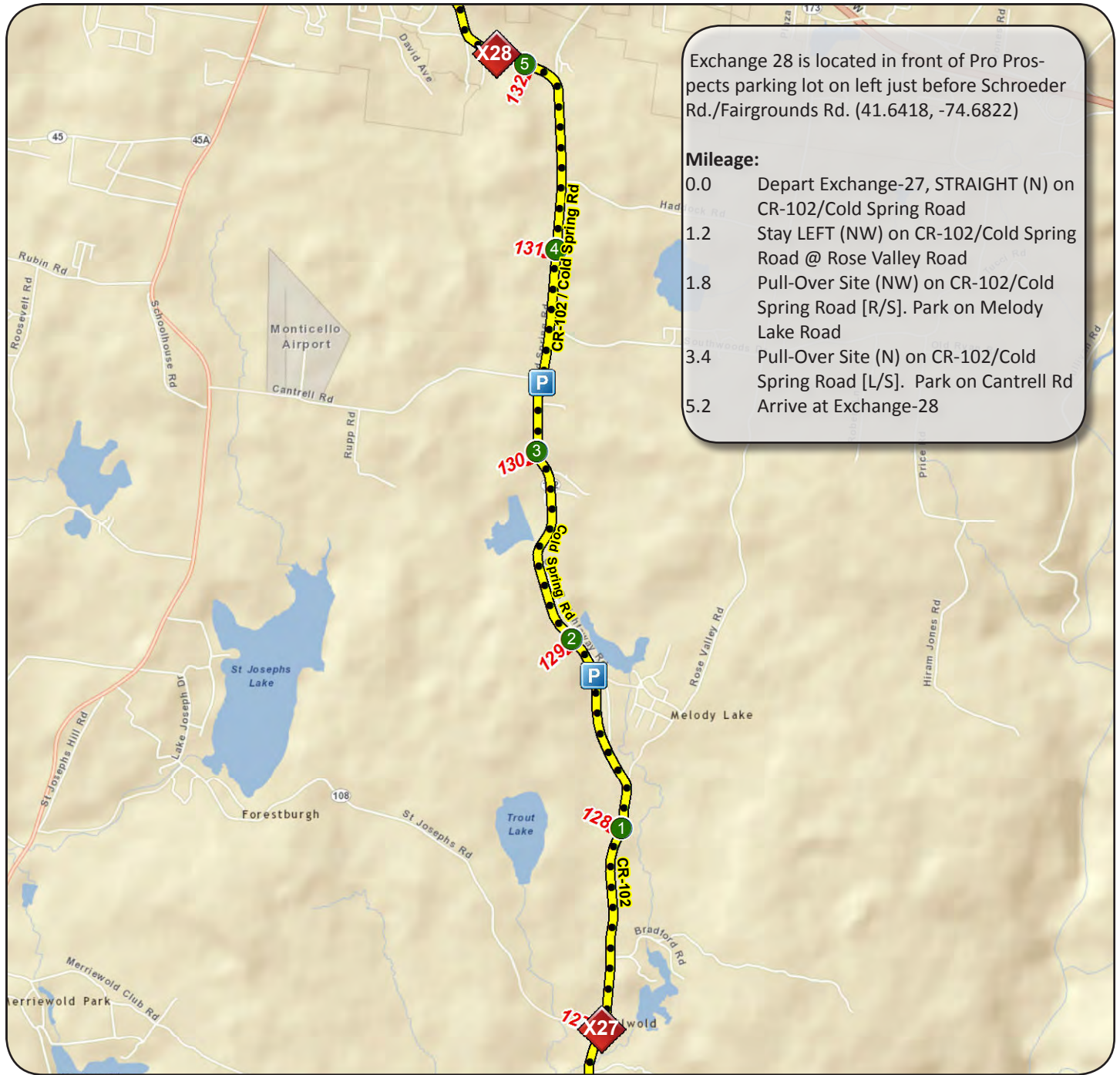
- 0.0 Depart Exchange-25 Major, STRAIGHT (NE) on US-209. *Vehicles MUST enter north entrance and exit south entrance*
- 0.2 Turn LEFT (W) on CR-7/Oakland Valley Road
- 2.1 Pull-Over Site (NW) on CR-7/Oakland Valley Road. [L/S] .1 mile past Oakland Valley Campgrounds (on left.)
- 4.4 Pull-Over Site (NW) on CR-49/Oakland Valley Road [R/S] at parking area just before stream crossing
- 6.0 Arrive at Exchange-26



Leg 27 - 4.1 Miles



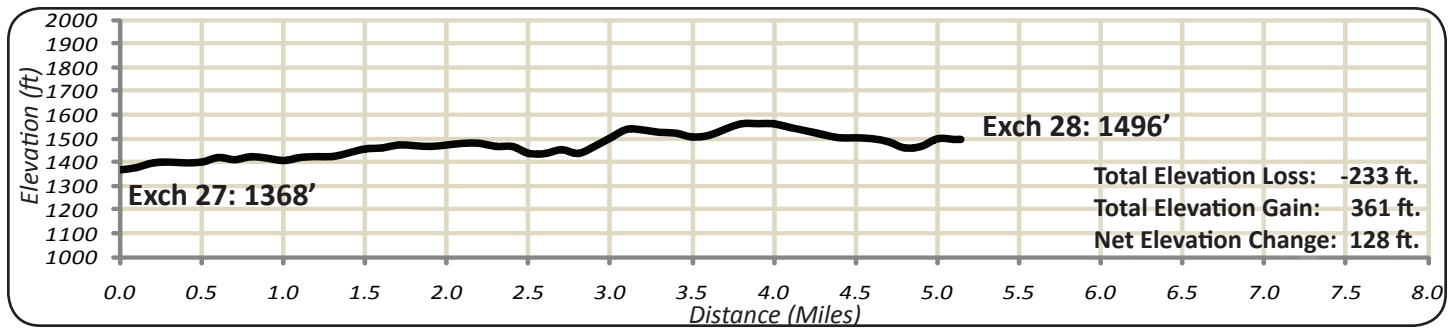
Leg 28 - 5.2 Miles



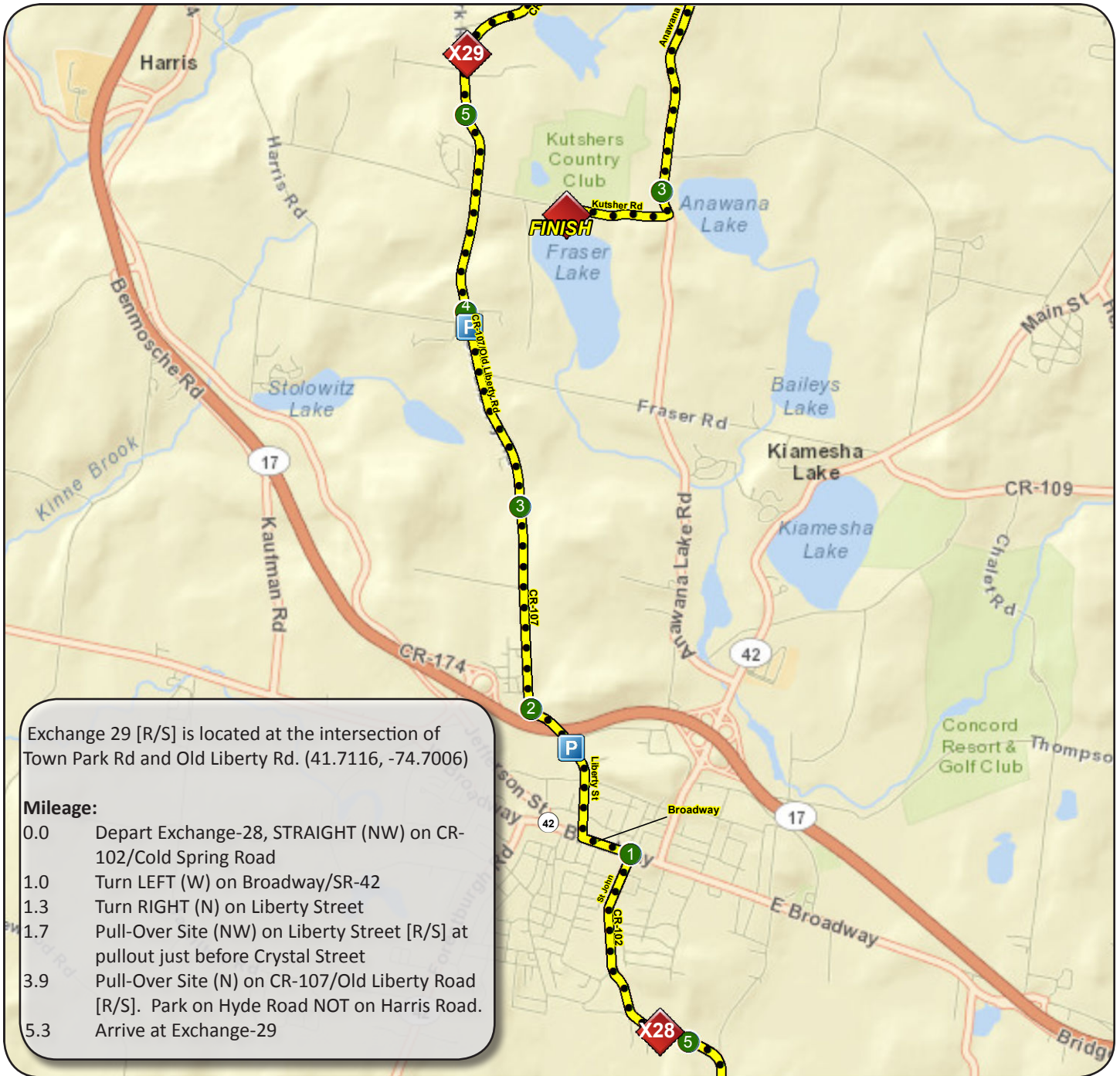
Exchange 28 is located in front of Pro Prospects parking lot on left just before Schroeder Rd./Fairgrounds Rd. (41.6418, -74.6822)

Mileage:

0.0	Depart Exchange-27, STRAIGHT (N) on CR-102/Cold Spring Road
1.2	Stay LEFT (NW) on CR-102/Cold Spring Road @ Rose Valley Road
1.8	Pull-Over Site (NW) on CR-102/Cold Spring Road [R/S]. Park on Melody Lake Road
3.4	Pull-Over Site (N) on CR-102/Cold Spring Road [L/S]. Park on Cantrell Rd
5.2	Arrive at Exchange-28



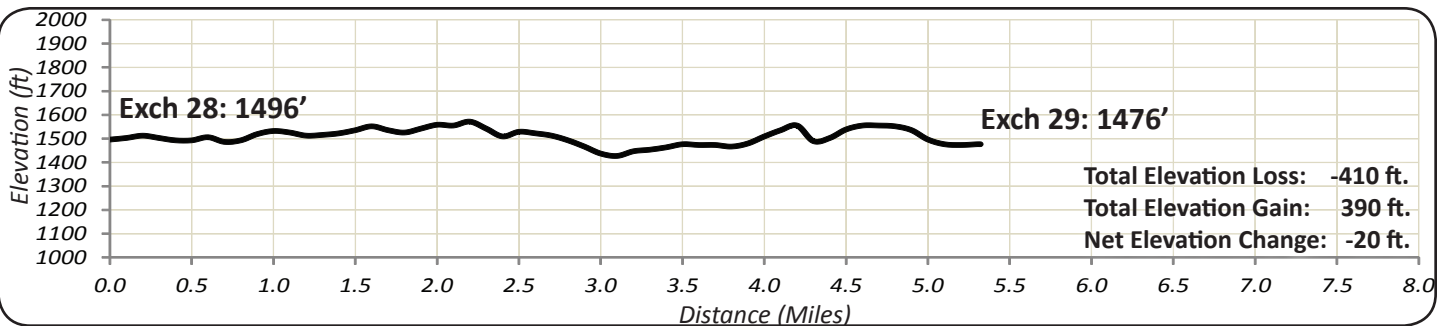
Leg 29 - 5.3 Miles



Exchange 29 [R/S] is located at the intersection of Town Park Rd and Old Liberty Rd. (41.7116, -74.7006)

Mileage:

- 0.0 Depart Exchange-28, STRAIGHT (NW) on CR-102/Cold Spring Road
- 1.0 Turn LEFT (W) on Broadway/SR-42
- 1.3 Turn RIGHT (N) on Liberty Street
- 1.7 Pull-Over Site (NW) on Liberty Street [R/S] at pullout just before Crystal Street
- 3.9 Pull-Over Site (N) on CR-107/Old Liberty Road [R/S]. Park on Hyde Road NOT on Harris Road.
- 5.3 Arrive at Exchange-29



Leg 30 - 3.6 Miles

