



Sunday, September 7th, 2008
100 Mile Route

1	Miles So Far	Miles Until Turn	Turn	Onto	Bike Shops
	0	-	-	From 110th ST & LENOX AVE: West 110th ST / CATHEDRAL PKWY	
		1.0	L	RIVERSIDE DRIVE	
		2.1	L	72nd ST.	21
		0.2	R	BROADWAY	
	3	0.8	BR	COLUMBUS CIRCLE	
		0.0	2R	BROADWAY	7
		0.6	L	48th ST.	
		0.0	1R	7th AVE.	
		-	P	Times Square	
	5	-	X	42nd ST.	
		0.2	S	BROADWAY	
		-	BL	BROADWAY at 34th St.	
		-	P	Empire State Building	
		1.1	LR	5th AVE. at 24th St.	
	6	-	X	23rd ST.	11
		-	P	Flatiron Building	
		0.0	S	BROADWAY	
		0.3	L	17th ST.	
		0.1	R	UNION SQ. EAST	

2	Miles So Far	Miles Until Turn	Turn	Onto	Bike Shops
	6	-	X	14th ST.	5
		0.2	S	BROADWAY	2
		-	-	CAUTION - Construction at Houston St.	
		1.5	L	WORTH ST.	
		0.1	R	LAFAYETTE ST.	
	8	0.1	S	CENTRE ST.	
		-	P	New York City Hall	
		0.1	L	BROOKLYN BR. PED/BIKE PATH	
		-	-	Welcome to Brooklyn	
		1.5	R	TILLARY ST.	
	10	0.1	Split	Tillary St. & Cadman Plaza W.	
		-	R	CADMAN PLAZA W.	
		0.1	L	CLARK ST.	1
		0.1	L	HENRY ST.	
		1.0	L	UNION ST.	
	11	0.5	R	HOYT ST.	
		0.1	L	CARROLL ST.	22,23
		1.3	R	PROSPECT PARK WEST	
		0.3	L	3RD ST. Entr. Into Prospect Park	
		-	R	PROSPECT PARK LOOP ROAD	

See back for Bike Shop locations and FAQs

3	Miles So Far	Miles Until Turn	Turn	Onto	Bike Shops
	13	2.5	R	ROAD TO CAROUSEL	
		0.0	Stop	PROSPECT PARK REST STOP	
			S	PARK EXIT PATH	
		0.1	R	FLATBUSH AVE.	
		0.1	R	OCEAN AVE.	
	16	0.8	R	CATON AVE.	13
		1.2	S	FT. HAMILTON PKWY. (Kensington)	
		-	-		
		0.6	R	41st ST.	12
		0.6	L	7th AVE. (Sunset Park)	4
	19	-	X	Elevated Highway	
		1.3	R	67th ST.	
		0.3	L	5th AVE.	
		0.1	R	68th ST. (Bay Ridge)	
		0.3	RL	68th ST. at 3rd Ave.	
	21	0.6	L	SHORE RD.	
		0.1	1R	BAY RIDGE AVE. / 69th ST PIER	
		0.0	1L	SHORE PARKWAY BIKE PATH	16
		-	X	Under Verrazano Bridge	
		4.4	BR	SHORE PARKWAY SVC. RD.	6

4	Miles So Far	Miles Until Turn	Turn	Onto	Bike Shops
	26		S	SHORE PARKWAY SVC. RD.	
		1.1	BL	BAY 52nd ST.	
		0.1	R	CROPSY AVE.	
		0.3	S	WEST 17th ST.	
		0.3	TL	SURF AVE. (Coney Island)	
	28	0.6	L	WEST 5th ST.	
		0.4	R	NEPTUNE AVE (Brighton Beach)	10
		1.0	S	EMMONS AV. (Sheepshead Bay)	
		1.2	R	BRIGHAM ST.	
		-	-	Just Before Shore Pkwy Entrance	
	31	0.0	1L	SHORE PKWY BIKE PATH	
		-	X	Flatbush Ave.	
		-	-	Use Traffic Light Button	
		-	-	Caution - Huge Bump/Hump on Road	
		-	-	Caution - Walk bikes on bridges.	
	31	4.8	Stop	CANARSIE PIER REST STOP	
		-	S	SHORE PKWY BIKE PATH	
		1.1	L	PENNSYLVANIA AVE.	
		1.0	R	COZINE AVE.	
		0.1	L	VERMONT ST.	

Legend:

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5	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
38	-	-	S	JACKIE ROBINSON PKWY.	
		2.2	S	HIGHLAND PARK GREENWAY	
		-	X	Highland Blvd.	
		-	-	Caution - Hidden Stairs on this section of Greenway	
40	-	-	R	JACKIE ROBINSON SVC. RD.	26
		1.1	TL	CYPRESS HILLS ST.	
		0.6	R	COOPER AVE.	
		0.8	RL	78th AVE. at 73rd Place.	
		0.2	R	79th ST.	
43	0.1	0.1	L	MYRTLE AVE.	8
		-	R	FOREST PARK GREENWAY	
		-	P	Public toilets near park entrance	
		-	P	Forest Park Golf Course	
		-	S	FOREST PARK DRIVE	
43	-	-	X	Woodhaven Blvd.	15
		2.6	R	METROPOLITAN AVE.	
		0.1	L	PARK LN.	
		0.2	S	ONLSOW PLACE / 82nd ST.	
		0.3	R	KEW GARDENS RD.	

6	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
46	0.1	0.2	L	83rd AVE.	18
		-	X	Queens Blvd.	
		-	S	HOOVER AVE.	
		0.5	L	MAIN ST.	
		0.8	R	73rd AVE.	
48	0.9	1.0	L	164th ST.	
		0.4	L	BOOTH MEMORIAL AVE.	
		-	R	Into Kissena Velodrome at Parsons Avenue. Do one lap around Velodrome.	
		-	-		
		-	-		
50	0.8	0.2	R	BOOTH MEMORIAL AVE.	19
		-	R	KISSENA BLVD.	
		0.2	R	KISSENA PARK GREENWAY	
		0.6	Stop	KISSENA PARK REST STOP	
		-	S	KISSENA PARK GREENWAY	
52	-	0.1	X	164TH ST.	
		-	S	UNDERHILL AVE.	
		-	-	(Fresh Meadows)	
		0.3	TL	170th ST.	
		0.1	R	LITHONIA / UNDERHILL AVE.	

7	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
52	1.0	-	R	CUNNINGHAM PK. GREENWAY	30
		-	-	aka Vanderbilt Motor Parkway	
		2.6	L	Path to CLOVERDALE BLVD.	
		-	R	CLOVERDALE BLVD.	
		0.6	R	69th AVE.	
56	0.2	0.1	L	230th ST.	
		-	R	67th AVE.	
		0.2	L	233rd ST. / E. HAMPTON BLVD.	
		-	R	CLOVERDALE BLVD.	
		1.4	R	223rd ST.	
58	0.1	-	R	NORTHERN BLVD / NY 25A	20
		-	-	Use South Sidewalk	
		-	X	Expressway Entr. & Exit Ramps	
		-	-	Extreme Caution At Ramps	
		0.3	L	NORTHERN BLVD. CROSSWALK	
58	-	-	-	Use Traffic Light Button	
		0.3	L	JOE MICHAEL'S GREENWAY	
		-	-	Along Cross Island Expressway	
		2.5	RL	At Totten Ave.	
		-	X	Under Throgs Neck Bridge	

8	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
61	1.0	0.7	L	UTOPIA PKWY.	
		-	R	26th AVE.	
		0.9	L	154th ST.	
		0.3	R	32nd AVE.	
		0.8	L	PARSONS BLVD.	
65	0.2	0.5	R	35th AVE. (Flushing)	19
		-	L	PRINCE ST.	
		0.1	R	NORTHERN BLVD. BRIDGE	
		-	-	Extreme caution on Northern Blvd	
		-	-	Walk bike on S'walk. Cross at Light.	
66	0.3	0.2	L	UNNAMED SERVICE RD.	
		-	BR	FLUSHING BAY PROMENADE	
		-	-	Caution - Pedestrians	
		1.4	L	27th AVE. BRIDGE	
		0.1	S	27th AVE.	
68	0.2	0.2	R	GILMORE ST.	24
		-	L	24th AVE.	
		0.4	R	92nd ST. (East Elmhurst)	
		0.2	L	23rd AVE.	
		0.5	R	82nd ST / DITMARS BLVD.	

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9	Miles So	Miles Until Far	Turn	Onto	Bike Shops
	69	0.1	0.3	LR	
		0.7	L	19th AVE.	
		0.2	L	STEINWAY ST. (Steinway)	
		0.2	R	20th AVE.	
		0.9	L	SHORE BLVD.	
71	0.7		Stop	ASTORIA PARK REST STOP	
	-		S	PED. / BIKE PATH Up Hill	
	0.2		R	19th ST.	
	0.1		L	24th AVE.	
	0.4		R	27th ST.	
73	0.1		X	HOYT AVE.	
	-		Onto	TRIBOROUGH BRIDGE PATH	
	-		-	To Randalls Island	
	-		-	Caution - Several Sets of Stairs	
	1.4		S	EXIT RAMP	
74	-		L	MAIN ROAD	
	-		L	BIKE PATH	
	-		R	BIKE PATH	
	-		X	WOODEN BRIDGE	
	0.9		Onto	TRIBOROUGH BRIDGE PATH	

10	Miles So	Miles Until Far	Turn	Onto	Bike Shops
	75	-	-	-	
	-		S	Exit Ramp	
	0.4		L	CYPRESS AVE.	
	0.1		R	EAST 132nd ST.	
	0.2		R	ST. ANN'S AVE.	
76	0.5		R	EAST 141st ST. (Mott Haven)	
	0.3		L	JACKSON AVE.	
	0.1		R	E. 142nd ST.	
	0.1		L	CONCORD AVE. (Longwood)	
	0.4		R	E. 150th ST.	
77	0.2		S	FOX ST.	
	0.7		R	TIFFANY ST. (Hunts Point)	
	-		X	Bruckner Blvd.	
	0.2		L	GARRISON AVE.	
	0.5		TL	EDGEWATER RD.	
78	0.1		R	BRUCKNER BLVD. BRIDGE	
	-		-	Use Bike / Ped Walk	
	0.1		R	BRONX RIVER AVE. (Soundview)	
	0.1		TL	STORY AVE.	
	0.1		R	COLGATE AVE. (Southview Park)	

11	Miles So	Miles Until Far	Turn	Onto	Bike Shops
	79	-	0.2	X	
			S	Onto SOUNDVIEW PARK GREENWAY	
			-	(Classon Point)	
		1.3	S	O'BRIEN AVE.	
		0.2	X	SOUNDVIEW AVE.	
80	-		1L	WHITE PLAINS RD.	
	0.7		R	LAFAYETTE AVE.	
	0.8		L	ZEREGA AVE.	
	0.2		R	BRUCKNER BLVD. BRIDGE	
	-		-	Walk bike on bridge sidewalk	
82	0.1		X	BRUCKNER BLVD.	
	-		-	Walk bike across Bruckner Blvd.	
	-		S	HUTCHINSON GREENWAY	
	1.2		L	WESTCHESTER AVE	
	0.1		R	WATERS PL	
84	-		S	HUTCHINSON GREENWAY	
	1.1		X	PELHAM PKWY	
	-		L	PELHAM PKWY BIKE PATH	
	1.8		X	BRONX PARK E.	
	-		BR	BRONX PARK GREENWAY	

12	Miles So	Miles Until Far	Turn	Onto	Bike Shops
	87	0.6		X	
	-		YL	At fork in Bronx Park Greenway	
	0.8		R	MOSHULU PKWY	
	-		S	MOSHULU PKWY BIKE PATH	
	-		-	Caution: Potholes in bike path	
88	-		-	Caution: Construction on Pkwy	
	1.2		L	W. GUN HILL RD.	
	0.1		R	VAN CORTLANDT BIKE PATH	
	-		P	Van Cortlandt Pk Golf House	
	-		-	Stop VAN CORTLANDT PK REST STOP	
89	-		S	VAN CORTLANDT BIKE PATH	
	0.8		L	BROADWAY (US-9)	
	0.2		R	240th ST.	
	0.1		L	TIBBETT AVE. (Kingsbridge)	
	0.7		L	W. 230th ST	
91	0.3		R	BROADWAY (Marble Hill)	
	-		X	Harlem River on Broadway Bridge	
	-		-	Welcome back to Manhattan	
	0.5		R	W. 218th ST - Bike Lane	
	0.2		L	SEAMAN AVE - Bike Lane	9

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	So Far	Until Turn			
92	0.8	0.1	L	RIVERSIDE DR. (Inwood)	
		0.5	S	DYKMAN ST.	
		-	X	10th Ave. At Bike Signal	
		-	R	HARLEM RIVER GREENWAY	
		2.0	R	BRIDGE OVER FDR DRIVE	
95	-	-		U-Turn onto Service Road	
		0.2	R	FDR HWY Service Road	
		-	S	FREDRICK DOUGLAS BLVD.	
		0.2	R	W. 154th ST.	
		0.1	L	BRADHURST AVE.	
96	0.4	0.1	R	W. 145th ST.	
		0.1	L	EDGECOMBE AVE.	
		0.3	R	W. 139th ST.	
		0.0	L	ST. NICHOLAS AVE.	
		-	YL	ST. NICHOLAS AVE. at 124th St.	
97	1.3	0.3	YR	A. C. POWELL BLVD. at 116th St.	
		0.3	L	W. 110th ST.	
		0.2		Stop CENTRAL PARK FINISH LINE	
98	-	-		Congratulations - You Did It!!!	

14	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
<p><i>Sunday, Oct. 19, 2008</i> <i>25 & 40 Mile Tours</i> <i>www.TourDeBronx.org</i></p> <p><i>And it's Free!!!</i></p>					

15	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
<p><i>GET UP TO SPEED.....subscribe to Transportation Alternatives's E-Bulletin 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</i></p>					

16	Miles	Miles	Turn	Onto	Bike Shops
	So Far	Until Turn			
<p><i>(This section is currently blank)</i></p>					

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Bike Shops

The following bike shops are located on the turn sheet by ID number. They've been notified about the TA Century, but call first to make sure they're open.

1	Recycle-a-Bicycle Washington St. & Front St., Brooklyn Tel. 718-858-2972
2	Bicycle Habitat Lafayette St. & Prince St., Manhattan Tel. 212-431-3315
3	Spokes and Strings Havemeyer St., & S. 1 st St, Brooklyn Tel. 718-599-2409
4	Mr. C's Cycles 7th Ave. & 46th St, Brooklyn Tel. 718-438-7283
5	6th Ave. Bicycles 6th Ave. & 15th St., Manhattan Tel. 212-255-5100
6	Bath Beach Bikes Bath Ave. & Bay 29 th St., Brooklyn Tel. 718-265-2453 (Not in Service)
7	Enoch's Bike Shop 50 th St. & 10 th Ave., Manhattan Tel. 212-582-0620
8	Bill's Ozone Park Bicycles Liberty Ave. & 208 th St., Queens Tel. 718-641-1880
9	Tread Bike Shop, 225 Dyckman St. & Seaman Ave., Manhattan Tel. 212-544-7055

10	Roy's Sheepshead Cycle Coney Island Ave. & Ave. X, Brooklyn Tel. 718-646-9430
11	'A' Bicycle Shop 6 th Ave. & 22nd St., Manhattan Near 6th Ave. Tel. 212-691-6149
12	Arnold's Bicycles 42 nd St & 8th Ave., Brooklyn Tel. 718-435-8558
13	Bicycle Land Coney Island Ave. & Church Ave., Brooklyn Tel: 718-633-0820
14	Crosstown Bikes East 170 th St & Jerome Ave, Bronx Tel. 718-293-8837
15	Gray's Bicycle Lefferts Blvd & Abingdon Rd, Queens Tel. 718-441-9767
16	Bay Ridge Bicycle World 3rd Ave. & 89 th St., Brooklyn Tel. 718-238-1118
17	Arc de Triomphe Bicycles, Jamaica Ave. & 111 th St., Queens Tel. 718-846-2099
18	Buddy's Schwinn Bicycles Parsons Blvd. & Union Tpke, Queens Tel. 718-591-9180
19	Kissena Bike Center Kissena Blvd & 46 st Ave., Queens 718-358-0986
20	Peak Mountain Bike Pro Shop 235th St & Douglaston Pky, Queens

	Tel. 718-225-5119
21	Toga Bike Shop West End Ave. & 65 th St. Manhattan Tel. 212-799-9625
22	Dixon's Cycles Union St. & 7 th Avenue, Brooklyn Tel. 718-636-0067
23	R&A Cycles 5 th Ave. & Park Pl., Brooklyn 718-636-5242
24	Bill's Cyclery Roosevelt Ave & 63 rd St., Queens 718-335-1906
25	Heavy Metal Bikes 3 rd Ave. & 111 th St., Manhattan 212-410-1144
26	Twin Bicycles Metropolitan Ave. & 75 th St. Queens 718-326-7725
27	Larry & Jeff's Bicycles 3 rd Ave. & 79 th St., Manhattan 212-794-2929
28	Ferrara Bicycle Shop 20 th Ave. & 63 rd St., Brooklyn 718-232-6716
29	Brooklyn Heights Bike Atlantic Ave., & Smith St., Brooklyn 718-625-9633
30	Bicycle Barn Springfield Blvd. & 107 th Ave., Queens 718-479-3119



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 turn 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 turn 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. If there's no figure on the line immediately below, then note the figure on the following line.

Besides this basic information, the turn 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 turn sheet?

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

Q: What if I get lost?

A: Backtrack to the last intersection on the turn 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?

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.

If you're not sure where the nearest station is, ask a marshal or a local citizen. Remember though, when boarding a train, board at the front or rear in an uncrowded car.

And if you plan on taking the LIRR, you will need an MTA bike pass.

Q: What if there's an accident?

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

Q: What are the rest stop hours?

A: Rest Stops Are..... Open Closed
Fulton Ferry St. Park..... 7:45 am9:30 am
Prospect Park..... 6:30 am 12:00 pm
Canarsie Pier 8:15 am 12:30 pm
Kissena Park 9:30 am3:00 pm
Astoria Park 9:00 am5:00 pm
Van Cortland Park..... 10:00 am5:30 pm
Central Park Finish..... 10:00 am6:00 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.

