



---30th Anniversary---

New York City
2014

Key

- 30 Mile Route
- Rest Stop



30 Mile Route

2014 Bike MS NYC Official Route Map

All rest stops have food, drinks and restrooms. SAG vehicles will pick up broken down or tired cyclists at the rest stops and bring them to the finish line festival. Please note the hours of operation for all rest stops.

30 MILE RIDERS

- Rest Stop #1 Inwood Hill Park: 8:30 - 10:30 a.m.

30 Mile Route

Mileage	Cue	Location
0	START	West Street at 46th Street
	S	West Street
4.1	BL	FDR Drive connector tunnel
6.9	X	Under Williamsburg Bridge
10.3	X	Under Queensboro Bridge
13.9	BR	Harlem River Drive
17.9	BR	10th Avenue Exit
18.9	S	10th Avenue
19.2	L	218th Street
19.3	STOP	REST STOP - Inwood Hill Park
	R	Indian Road
19.4	BL	West 214th Street
20	R	Seaman Avenue
20.3	R	Riverside Drive
21.6	L	Henry Hudson Parkway
28.2		Pier 94 - 56th Street & West Street

All 30-mile participants must be able to maintain a minimum speed of 10mph.