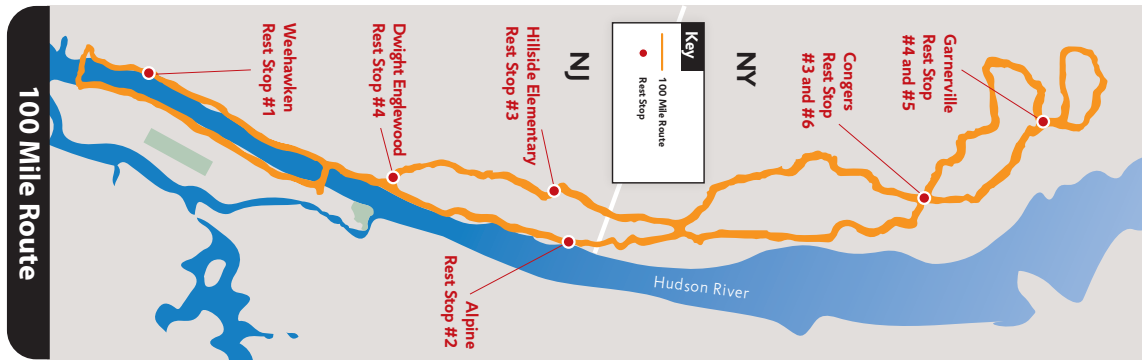
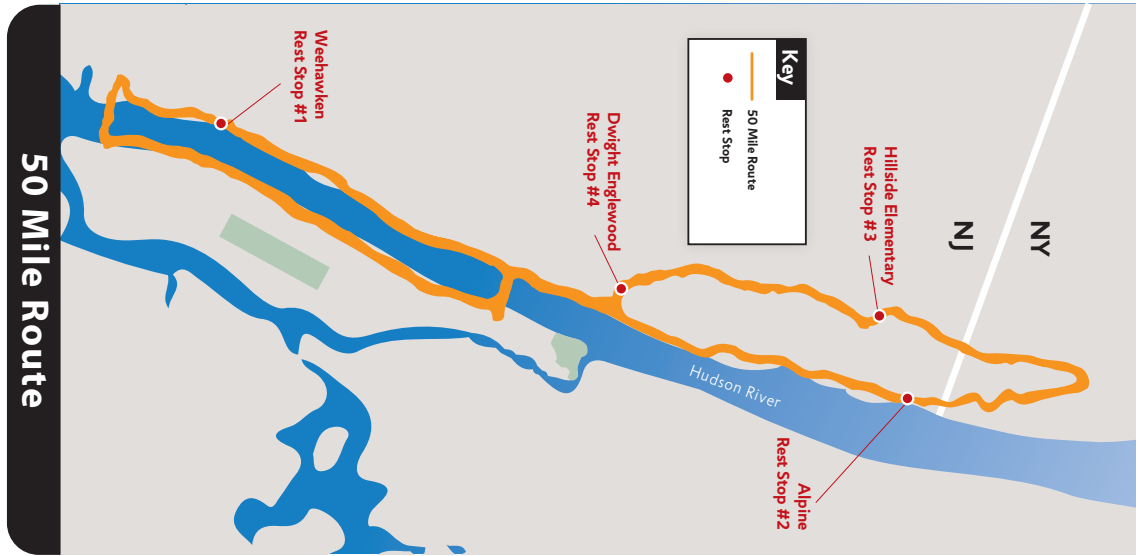


bike
MMS
 New York City
 2015

For medical emergencies,
 call 911.
 For assistance,
 call 844-864-0640



fold

KEY
 L = Left, R = Right, X = Cross,
 S = Straight BL = Bear left BL = Bear Right

50 MILE CUE SHEET

Mileage	Cue	Location
	START	46th Street and West Side Highway
	S	West Side Highway
2.8	L	Canal Street Exit
3	L	Towards Holland Tunnel (Rt. 78/Lincoln Highway)
	S	Through Holland Tunnel
5	R	Marin Blvd
5.3	R	Observer Highway end of road
5.7	L	Hudson St (no st.sign)
5.8	R	Hudson Place
5.8	L	River St
5.9	R	Newark St
6	L	Sinatra Dr
6.3	BR	Frank Sinatra Dr
7	R	Hudson St
	L	14th St
	R	Washington St
7.3	L	15th St
7.5	R	Park Ave
	R	19th St (follow to end)
	L	Harbor Blvd
REST STOP - Hartz Industrial Properties (Parking lot on left) 1200 Harbor Blvd Weehawken, NJ 07086		
8.5	L	Out of Rest Stop
	R	Port Imperial Blvd
10	S	River Rd (At Hillside Ave)
12.6	X	Edgewater Commons Mall
15.2	S	DO NOT ENTER PARK -Straight past Palisades Interstate Park entrance Past Geo. Washington Bridge entrance
	S	Hudson Terrace
17.7	L	E. Palisades Ave
	R	Route 9W North/Sylvan Ave.
REST STOP - Alpine (LEFT) Kiku Restaurant 385 US Route 9W, Alpine, NJ 07620		
25.1	L	Route 9W North
	X	New York/New Jersey Border
27.9	R	Washington Spring Rd
	L	Corsett Lane (small triangle for turnaround) Woods Rd

28	BR	Washington Spring Rd	Rockland
	X	Route 9W	
	S	Oak Tree Rd	
28.4	L	Closter Rd	
29	S	Rockleigh Rd	Bergen
29.7	L	Piermont Rd	
32.2	L	Homans Ave	
REST STOP - Hillside Elementary School 340 Homans Ave, Closter, NJ 07624			
33	R	Homans Ave	New York
34	R	Anderson Ave	
35.3	L	County Rd	
35.5	L	Hudson Ave	
37.2	R	Engle St	
37.4	L	E. Hudson Ave	
37.4	R	Whitewood Rd	
37.6	S	Laurel Place	
37.6	BL	Davison Place	
37.6	S	Glenwood Rd	
38	R	Lydecker St	
38.4	R	Booth Ave	
	L	Lincoln St.	
REST STOP - Englewood - Dwight-Englewood School (LEFT) Entrance off of Lincoln S 315 E Palisade Ave, Englewood, NJ 07631			
39.1	R	Lincoln St.	
39.3	R	Walnut St	
39.4	L	N. Woodland St.	
39.7	R	Pershing Ave	
40	R	Summit Street	
	L	East Palisade Ave	
40.6	X	Sylvan/Route 9W	
	R	Hudson Terrace	
42	X	Under Geo. Washington Bridge Extension	
43.8	L	Geo. Washington Bridge Bike Path	
	R	178th Street at Bridge Bike Path Exit	
	R	Pinehurst Ave	
	R	177 th St	
44.6	L	Haven Ave	
	R	Ft. Washington Ave	
44.8	L	165th St	
49.8	L	Riverside Drive	
	L	72nd St	
	R	West End Ave	
	L	59th St	
	L	West Side Path	
FINISH Pier 94 - 56th Street & West Street			

100 MILE ROUTE CUE SHEET

Mileage	Cue	Location
	START	46th Street and West Side Highway
	S	West Side Highway
2.8	L	Canal Street Exit
3	L	Towards Holland Tunnel (Rt. 78/Lincoln Highway)
	S	Through Holland Tunnel
5	R	Marin Blvd
5.3	R	Observer Highway end of road
5.7	L	Hudson St (no st.sign)
5.8	R	Hudson Place
5.8	L	River St
5.9	R	Newark St
6	L	Sinatra Dr
6.3	BR	Frank Sinatra Dr
7	R	Hudson St
	L	14th St
	R	Washington St
7.3	L	15th St
7.5	R	Park Ave
	R	19th St (follow to end)
	L	Harbor Blvd

**REST STOP - Hartz Industrial Properties (Parking lot on left)
1200 Harbor Blvd Weehawken, NJ 07086**

	L	Out of Rest Stop
8.5	R	Port Imperial Blvd
10	S	River Rd (At Hillside Ave)
12.6	X	Edgewater Commons Mall
15.2	S	DO NOT ENTER PARK -Straight past Palisades Interstate Park entrance
	S	Past Geo. Washington Bridge entrance
	S	Hudson Terrace
17.7	L	E. Palisades Ave
	R	Route 9W North/Sylvan Ave.

**REST STOP - REST STOP - Alpine (LEFT)
385 US Route 9W, Alpine, NJ 07620**

25.1	L	Route 9W North
	X	New York/New Jersey Border
29.2	R	Rockland Rd (Tallman Mt. State Park)

fold

29.9	R	Ferdon Ave
	X	Bridge Street
30.3	R	Paradise Ave
	L	Gair
30.6	R	Piermont Ave - through town of Piermont
	X	Under Tappan Zee Bridge
33.5	L	Mansfield Ave
	R	South Broadway - through town of Nyack
35.6	L	Old Mountain Rd (uphill)
35.8	R	Midland Ave (End of Street)
	BL	Christian Herald Rd (Towards 9W) - Immediate Turn
36.2	R	Route 9W North (Highland Ave - Kevin's Auto Body & Coastal Gas Station) @ light
	PASS	Toga Bike Shop
39	L	Rockland Lake State Park Entrance 1
39.3	L	"At light Lake Rd E/CO Rd 80"
39.9	L	Congers Bike Shop- Bike Repair
	L	Kings Highway/ Old Haverstraw Rd.

**REST STOP - Kings Park, Congers (RIGHT)
Corner of Kings Highway and Parkside Dr.
Congers NY 10920**

40.9	L	Kings Highway/CO Rd 13
42.2	L	Lake Rd./ CO Road 80/Congers Rd
	R	Goebel Rd
	X	Route 304
43.2	L	Old Route 304/CO Rd 29/Haverstraw Rd (end of road)
43.9	R	Zukor Rd
45.1	L	South Mountain Rd (end of street- no sign)
45.8	X	CO Rd 33./ N. Little Tor Rd
47.5	R	Route 45 (end of street)
48.1	L	Route 202/W Ramapo Rd
48.2	R	Thiells Mt. Ivy Rd
50.2	R	Route 94/Suffern Lane
51.5	L	CO Rd 33/N. Central Highway

**REST STOP - North Rockland High School Extension/North Rockland Administration/ Helen Hayes Hospital (RIGHT)
65 Chapel St, Garnerville, NY 10923**

	L	Out of Rest Stop towards Central Highway
	R	CO Rd 33/N. Central Highway
52.4	L	Filors Ln/CO Rd 98
	S	CO Rd 98
	X	Under Palisades Interstate Parkway
	S	Willow Grove Rd.
55.2	R	Blanchard Rd/CO Rd 83

New York

Hudson

Bergen

Rockland

56	BR/S	CO Rd 106 (end of road)
	S	Rt. 210/CO Rd. 106
58.5	X	Reservoir Rd
59.2	R	N. Central Highway/CO Rd 33 (sign indicates Central Highway)
	X	Filors Ln/CO Rd 98

**REST STOP - North Rockland High School Extension/North Rockland Administration/ Helen Hayes Hospital (RIGHT)
65 Chapel St, Garnerville, NY 10923**

	Exit R	from parking lot onto Chapel Street
	R	Chapel Street (not marked)
60.7	L	West Railroad Ave/ Route. 94
	Immediate R	Bridge Street
61.2	L	W Ramapo Rd/ Route 202 (end of Rd- no sign)
62.1	R	Route 9W
64.6	Bear R	Route 304
64.7	L	Old Haverstraw Rd (sharp turn)
66.3	X	Co Rd 80/ Lake Rd
	S	Kings Highway

**REST STOP - Kings Park, Congers (RIGHT)
Corner of Kings Highway and Parkside Dr.
Congers NY 10920**

	R	Kings Highway
67.9	R	Old Mill Rd (Street sign on left, no signage on right)
70.3	L	Strawtown Rd - 23 South
	X	NY State Thruway (underpass)
	X	West Nyack Rd
	X	Nyack Turnpike (Route. 59 underpass)
71.3	L	Green Rd - 44 East (at light; opposite Foxwood Rd)
71.8	R	Western Highway/15 South@ Church
73.1	BL/S	Western Highway (Do not bear right onto Old Western)
74.9	X	Orangeburg Rd - Junction w/20 - Go 1 block
75.1	L	Highview Ave
	X	Railroad Tracks
75.2	L	South Greenbush Rd
	X	Route 303
	S	Route 340 - Orangeburg Rd
	S	S. Piermont Ave
76.7	R	Valentine Ave
77	BR	Route 340 E (pass Sparkill/Palisades FD)
78	S	Piermont Rd
81.6	L	Homans Ave

fold

**REST STOP - Hillside Elementary School
340 Homans Ave, Closter, NJ 07624**

	R	Homans Ave
82.4	R	Anderson Ave
83.4	L	County Rd (501)
84.7	L	Hudson Ave
84.9	R	Engle St
86.8	L	E. Hudson Ave
87	R	Whitewood Rd (left comes 1st-Do not turn, wait for right)
	S	Laurel Place
87.2	BL	Davison Place
	S	Glenwood Rd
87.3	R	Lydecker St
87.6	L	Booth Ave
	X	Johnson
88	R	Lincoln St. (immediate after Johnson)

**REST STOP - Englewood - Dwight Englewood School (LEFT)
Entrance off of Lincoln S
315 E Palisade Ave, Englewood, NJ 07631**

	R	Lincoln St.
	R	Walnut St
88.7	L	N. Woodland St. (sign on left, end of road)
88.8	R	Pershing Ave
89.1	R	Summit Street
89.4	L	East Palisade Ave
	X	Sylvan/Route 9W
	R	Hudson Terrace
90	X	Under Geo. Washington Bridge Extension
	R	Geo. Washington Bridge Bike Path
91.4	L	178th Street at Bridge Bike Path Exit
93.2	R	Pinehurst Ave
	R	177 th St
	L	Haven Ave
94	R	Ft. Washington Ave
	R	165th St
94.2	L	Riverside Drive
99.2	L	72nd St
	R	West End Ave
	R	59th St
	L	West Side Path

FINISH Pier 94 - 56th Street & West Street

Rockland

Bergen

Bergen

New York