

The Great New York 100 Mile Running Exposition				
0	0.74	START	Times Square, run north up Broadway to Columbus Circle	
0.74	2.78	BEAR R	Enter Central Park, run up West Drive to exit at 110 St. and Central Park West	H2O
3.52	0.26	BEAR L	Exit Central Park at 110 St. and CPW, run EAST two blocks on W.110 St. to Morningside Ave.	
3.78	0.7	RIGHT	Run north on Morningside Ave., which curves LEFT to become W.122 St.	
4.48	0.27	STRAIGHT	At Amsterdam Ave., continue west on 122 St. to Riverside Dr. at Sakura Park/Grant's Tomb	
4.75	0.37	RIGHT	Run north on Riverside Dr., follow street downhill to St. Claire Pl. and 12 Ave., under viaduct	
5.12	0.27	STRAIGHT	Follow 12 Ave. north to 135 St.	
5.39	1.46	L/R	Turn LEFT on 135 St., then quick RIGHT onto bike path and follow bike path north along Hudson R.	
6.85	0.79	BEAR R	Approaching One Way sign, bear right to follow path to the right of ballfields and continue north	
7.64	1.62	STRAIGHT	Pass under George Washington Bridge, and continue on path uphill to northern end at Riverside Dr. and Staff St.	
9.26	0.08	LEFT	Turn LEFT on Staff St., down hill to Dyckman St.	
9.34	0.12	LEFT	Left on Dyckman to Dyckman Fields entrance	
9.46	0.34	RIGHT	North on pathway straight to footbridge AID STATION	H2O, portapotty at ped. Bridge
9.8	0.19	UP/BEAR L	Cross footbridge, follow path north (not through tunnel) to fork and bear right	
9.99	0.16	BEAR R	Follow path uphill to entrance of Henry Hudson Bridge at toll plaza	
10.15	0.5	BEAR R	Cross bridge, then turn LEFT on service road to Independence Ave. /Kappock St., HARD LEFT onto Kappock St.	BRONX
10.65	0.22	HARD L	Run east on Kappock St., through underpass and up to Netherland Ave.	
10.87	0.12	BEAR R	Bear right at intersection with Netherland Ave., continuing on Kappock St.	
10.99	0.32	LEFT	Bear hard left onto Johnson Ave., and continue downhill	
11.31	0.21	STRAIGHT	At intersection with Irwin Ave., continue straight (downhill) onto Irwin Ave.	
11.52	0.56	CROSS/S	At 231 St., cross onto east side of street and continue north on Irwin Ave. to 240 St.	
12.08	0.18	RIGHT	Go east on 240 St. across Broadway to Van Cortlandt Park entrance at first arched gate	
12.26	0.31	BEAR L	Enter park then BEAR RIGHT around right side of track and ballfields and north to fake boardwalk	H2O
12.57	0.47	STRAIGHT	Continue on paved path around right side of parade grounds to entrance to cowpath (gravel path)	H2O
13.04	0.36	RIGHT	Follow cowpath to entrance of John Muir Trail (singletrack dirt trail, pink blazes)	
13.4	0.4	RIGHT	Follow John Muir Trail (JMT), looping under expressway, and take left at fork in path	
13.8	0.18	BEAR L	Follow JMT north alongside golf course and turn right at pink blazes just before small creek	
13.98	0.11	RIGHT	Follow JMT up stone steps alongside creek until it meets the Old Croton Aqueduct Trail (OCA) and turn left	
14.09	0.09	LEFT	Follow OCA to continuation of JMT and turn right (blazes on tree blacked out)	
14.18	0.07	RIGHT	Run .07 miles to fork in path	
14.25	0.12	BEAR R/L	Bear RIGHT, then at next fork bear LEFT to take you to abandoned roadway	
14.37	0.12	BEAR L	Follow roadway through tunnel and to continuation of JMT, and turn right on dirt path	
14.49	0.23	RIGHT	Turn onto dirt path, then run past metal gate	
14.72	0.2	RIGHT	Turn RIGHT, climb over guardrail, take dirt path to exit Van Cortlandt Park at Van Cortlandt Park E.	
14.92	0.23	STRAIGHT	Go straight on Oneida Ave. to E. 233 St. at Woodlawn Cemetery, cross E. 233 St.	
15.15	0.59	LEFT	Take E. 233rd St. east across parkway to Bronx Blvd. and park pathway	Convenience store (BP)
15.74	2.72	RIGHT	Follow park pathway south until it meets the Pelham Parkway Greenway, and turn left	H2O, possible RR
18.46	1.82	LEFT	Follow pathway east to Stillwell Ave.	Subway (2/5), Dunkin Donuts
20.28	0.86	CROSS/S	Cross Pelham Pkwy, continue east, follow pathway to entrance to Pelham Bay Park and AID STATION	Subway (6) nearby at park entance
21.14	0.71	LEFT	Follow path to City Island Rd., cross road and turn right on pathway	
21.85	1.25	CROSS/R	Follow path all the way to main entrance of Orchard Beach (at stairway), climb stairs	
23.1	0.12	RIGHT	Descend stairs, follow sidewalk to paved roadway	H2O, RR, misters nearby
23.22	0.15	RIGHT	Follow paved roadway until it becomes a dirt path	
23.37	0.22	STRAIGHT	Continue on dirt path and exit onto paved bike path	
23.59	0.79	LEFT	Turn left and follow path the way you came, to City Island Road crossing	
24.38	0.73	LEFT	Follow bike path back to previous AID STATION	Subway (6) nearby at park entance
25.11	0.66	LEFT	Follow park pathways towards blue track, and continue to pedestrian overpass	RR near pedesrian overpass
25.77	0.33	UP/LEFT	Cross overpass and turn left on Bruckner Blvd. to Middletown Rd.	
26.1	0.57	RIGHT	Take Middletown Rd. west to Hutchinson River Pkwy East	Deli, 7-11 (RR), Burger King, Subway (6) at Hutch
26.67	0.99	CROSS/BL	Cross to opposite corner and follow bike path alongside Parkway	Dunkin Donuts
27.66	0.29	BEAR R	Continue west on path under roadways to the end at Brush Ave. stoplight	

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27.95	0.92	CROSS/R/L	Cross to opposite (SE) corner, turn RIGHT to cross bridge, then turn LEFT onto Zerega Ave., to Lacombe Ave.	
28.87	0.53	RIGHT	Follow Lacombe Ave. to Pugsley Ave. and entrance to Pugsley Creek Park pathway on LEFT	
29.4	0.56	BEAR L	Enter path and continue west then south to final park exit at Stephens Ave. and O Brien Ave.	
29.96	0.27	STRAIGHT	Follow O Brien to Leland Ave.	Deli, stores at Sound View Ave.
30.23	0.15	RIGHT	Turn right on Leland Ave. one block to Patterson Ave.	
30.38	0.2	LEFT	Turn left on Patterson Ave., take to the end of the street	
30.58	0.14	RIGHT	Turn right on Lawrence Ave., go one block to Lacombe Ave.	
30.72	0.11	LEFT	Turn left on Lacombe, go to end of street and continue straight past barriers into Sound View Park	
30.83	0.18	BEAR L/R	Bear left onto paved pathway, then bear right onto dirt path, follow dirt path to intersection with paved path	
31.01	0.34	RIGHT	Turn right, take paved path to AID STATION	
31.35	0.58	BEAR L	Bear left at fork, follow pathway to park exit at Lafayette Ave. and Colgate Ave.	
31.93	0.5	STRAIGHT	Take Colgate to Story and turn LEFT on Story, then RIGHT on Bronx River Ave., then LEFT on Bruckner Blvd. and cross bridge	
32.43	0.97	L/R	After bridge turn left on Edgewater and quick right on Garrison, follow Garrison to Leggett Ave.	Gas station (RR?), delis, McDonalds (RR), Subway (6) nearby at Hunt's Point Ave., Longwood Ave.
33.4	1.03	R/L	Turn right on Leggett Ave., then LEFT on Bruckner Blvd., underneath expressway, and take to E. 138th St.	
34.43	0.26	L/R	Turn left on E. 138th St. then quick right on Willow Ave., take to E. 133rd St.	
34.69	0.17	RIGHT	Take E. 133rd St. to Cypress Ave. and pedestrian entrance to Triborough (RFK) Bridge on left	
34.86	0.33	UP	Cross bridge, exit LEFT onto roadway	
35.19	0.89	LEFT	Follow roadway to ramp entrance of pedestrian walkway to Queens on right	
36.08	1.27	UP	Go up ramp and cross bridge to Queens	QUEENS
37.35	0.16	CROSS/ST	After descending bridge, carefully cross Hoyt Ave. and continue east to 31 St. (subway overhead)	Delis at 31 St.
37.51	1.6	STRAIGHT	At 31 St., Hoyt Ave. becomes Astoria Blvd. North, continue on sidewalk past 81 St. to Ditmars Blvd.	
39.11	0.19	R/L	Carefully cross to opposite corner, turn right to cross overpass, then left on 23 Ave. to Plainview Park	
39.3	0.07	L/R	Turn left into park, then right to corner of 86 St. and Ditmars Blvd.	
39.37	0.47	STRAIGHT	Follow Ditmars Blvd. east to 94 St.	
39.84	0.41	STRAIGHT	Carefully cross 94 St., then continue on Ditmars Blvd.	Hotels may have RR; snack cart at 100 St.
40.25	0.37	STRAIGHT	Continue through traffic circle and be sure to be on left-hand side of street, taking Ditmars Blvd. to 27 Ave.	
40.62	1.55	L/R	Take footbridge to promenade at World's Fair Marina, and AID STATION , follow promenade to the end	*Detour, may need to be remeasured; Dunkin
42.17	0.27	STRAIGHT	Continue on street to bridge entrance	
42.44	0.33	R/UP	Cross bridge, exit at Prince St.	
42.77	0.07	LEFT	Turn left at Prince St., go one block to 35 Ave.	Delis in this area
42.84	0.24	RIGHT	Turn right, go three blocks to Leavitt St.	
43.08	0.28	LEFT	Turn left, take Leavitt St. to 32 Ave.	
43.36	0.56	BEAR R	Bear right on 32 Ave., go to 149 St.	
43.92	0.39	LEFT	Cross and turn left, running alongside park to Willets Point Blvd.	H2O, RR in park
44.31	1.39	BEAR R	Take 45 deg. right angle onto Willets Point Blvd (which runs at an angle to other streets), run to Utopia Pkwy	Occasional delis, stores, McDonald's
45.7	0.16	LEFT	Cross and turn left, crossing parkway and going to Little Bay Park path entrance (at "Dolonwood" sign) on right	
45.86	0.75	RIGHT	Take park pathway, passing under Throggs Neck Bridge, to park exit at Totten Ave.	Water, portapotty in park
46.61	2.45	R/L	Turn right, then immediate left onto greenway (Joe Michaels health walk), 2.4 miles to Northern Boulevard	
49.06	0.16	RIGHT	Carefully cross Northern Boulevard and turn right, running to 223 St.	
49.22	0.28	LEFT	Take 223 St. to Horatio Parkway	
49.5	0.39	LEFT	Take Horatio Parkway, continuing straight at 230 St., to East Hampton Blvd.	
49.89	0.43	BEAR R	Bear right on E. Hampton Blvd., crossing Long Island Expressway, to 233 St.	
50.32	0.26	BEAR R	Take 233 St. to 67 Ave.	
50.58	0.21	STRAIGHT	Enter Alley Pond Park pathway and follow markings until paved path becomes dirt trail	
50.79	0.27	STRAIGHT	Run straight on dirt trail until it meets up with paved pathway again	
51.06	0.1	LEFT	Circle around left-hand side of field and continue to AID STATION	RR
51.16	0.28	RIGHT	Turn right and follow marked pathways until you reach short stairway to Vanderbilt Motorway	
51.44	1.42	RIGHT	After descending steps, turn right on Vanderbilt Motorway, following dotted green lines and Greenway signs	
52.86	0.09	LEFT	Near parking lot, turn left to continue on Greenway	

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52.95	0.11	LEFT	At ballfields, turn left to continue on Greenway	H2O
53.06	0.76	LEFT	Still near ballfields, turn left to continue on Greenway into woods	
53.82	0.46	BEAR R	Briefly run on sidewalk, then bear right to continue on Greenway, crossing Long Island Expressway on overpass	
54.28	0.1	BEAR L	After crossing expressway, bear left on pathway to Peck Ave. - not marked Greenway	
54.38	0.51	BEAR R	Bear right onto Peck Ave., continue to Utopia Parkway	H2O, RR in park
54.89	0.34	R/L	Turn right, then quick left onto Greenway continuation, crossing Fresh Meadow Lane and exit at Underhill Ave.	
55.23	0.27	LEFT	Take Underhill Ave., on street, to 164 Ave.	
55.5	0.23	STRAIGHT	Carefully cross 164 Ave. to enter Kissena Park and bear left, away from marked Greenway	
55.73	0.46	LEFT	Reenter Greenway (dotted green lines) and turn left, following to park exit at Rose Ave. and Kissena Blvd.	H2O
56.19	0.18	BEAR L/R	Cross Kissena Blvd. and make way to Peck Ave., turn right on Peck and continue straight onto park pathway	
56.37	0.1	LEFT	At path intersection, turn left and go to 56 Rd.	H2O
56.47	0.31	RIGHT	Take 56 Rd. to 142 St.	
56.78	0.21	R/L	Take 142 Rd. to 56 Ave. and continue on 56 Ave. to Main St.	Convenience store (RR)
56.99	0.06	RIGHT	Cross Main St. and turn right, to Peck Ave.	
57.05	0.36	LEFT	Take Peck Ave. alongside Queens Botanical Garden to Booth Memorial Ave.	
57.41	0.09	RIGHT	Take Booth to College Point Blvd.	
57.5	0.26	R/L	Carefully cross street (alt: overpass on right), turn right, then left to enter Flushing Meadows, go to Industry Pond	
57.76	0.43	BEAR L	Take park walkway to the Unisphere and AID STATION	
58.19	0.45	LEFT	Take pathway, over pedestrian bridge to circle near amphitheater	H2O; RR at circle
58.64	1.1	LEFT	Take pathway along left side of Meadow Lake, to exit at Jewel Ave.	
59.74	0.23	RIGHT	Carefully cross Jewel Ave. and follow path to right to Grand Central Pkwy. service road (alt: don't cross Jewel)	
59.97	0.94	LEFT	Take Grand Central Pkwy service road past 78 Ave. and bear right to arrive at Queens Blvd.	
60.91	0.07	LEFT	Carefully cross Union Turnpike and continue to 80 Rd.	Food, stores
60.98	0.32	RIGHT	Take 80 Rd. to Park Lane, and enter Forest Park	Water, RR just inside park
61.3	0.32	STRAIGHT	Enter Forest Park and take park pathway to Metropolitan Ave.	
61.62	0.58	STRAIGHT	Cross street and continue on park roadway to left turn	
62.2	0.1	LEFT	Turn left to park exit at Park Lane South	Water, RR at Park Lane South
62.3	1.59	BEAR R	Bear right onto 108 St. and continue south to 109 Ave.	Occasional delis; subway at Liberty Ave. (A)
63.89	0.2	RIGHT	Take 109 Ave. to Rockaway Blvd./Centreville St.	Occasional delis
64.09	0.28	BEAR L	Bear left on Centreville St. to Linden Blvd.	
64.37	0.08	BEAR R	Take Linden Blvd. one block	
64.45	0.09	LEFT	Turn left on Hawtree St. for one block	
64.54	0.17	BEAR R	Continue on Centreville St. to Eckford Ave.	Deli
64.71	0.37	LEFT	Take Eckford Ave., which becomes Hawtree St. then Cohancey St. to AID STATION	
65.08	0.29	STRAIGHT	On Cohancey St. cross over Belt Parkway and continue to 157 St.	
65.37	0.24	RIGHT	Take 157 St. to Cross Bay Blvd.	
65.61	0.95	LEFT	Run south on Cross Bay Blvd., eventually crossing to right-hand side, to Joseph P. Addabbo Bridge	Many food options, possible RR in fast food spots
66.56	3.71	STRAIGHT	Cross bridge and continue on off-road bike/pedestrian path to Broad Channel neighborhood, eventually crossing to left-hand side, to Van Brunt Rd. (W. 22 Rd.)	Portapotty on south side of bridge, delis and stores in Broad Channel
70.27	0.78	LEFT	From Van Brunt Rd., follow signs to pedestrian walkway to Veterans Memorial Bridge and cross bridge	
71.05	0.39	R/BEAR R	Exiting bridge, turn right to cross Beach Channel Dr., then bear right onto B94 St. (angled street) and continue south to boardwalk and AID STATION	McDonald's at bridge exit
71.44	1.7	RIGHT	Follow boardwalk (UNMARKED!) west to the end of boardwalk at B126 St.	
73.14	0.15	RIGHT	At end of boardwalk turn right to continue on B126 St.	
73.29	1.3	LEFT	Turn left on Rockaway Beach Blvd. and continue east	
74.59	0.55	STRAIGHT	Continue on sidewalk to picnic area	
75.14	0.07	BEAR L	Bear left to enter beachfront promenade at main bathhouses and AID STATION	RR open during certain hours
75.21	0.19	RIGHT	At bathhouses, turn right onto sidewalk	
75.4	0.19	LEFT	At end of sidewalk, turn left onto other sidewalk - DO NOT TAKE PEDESTRIAN OVERPASS	
75.59	0.1	RIGHT	Turn right and run north on B169 St.	

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75.69	2.23	RIGHT	Cross all the way across Rockaway Point Blvd. and turn right to Marine Parkway Bridge entrance, cross bridge and continue straight on bike path/sidewalk	
77.92	1.25	LEFT	At Belt Parkway interchange, turn left to continue on bike path	
79.17	0.63	STRAIGHT	At Plum Beach, run through parking lot to continue on dirt path and paved pathway	Portapotties at Plum Beach
79.8	0.93	STRAIGHT	At end of bike path at Brigham St., continue on sidewalk on Emmons Ave.	Delis on other side of street
80.73	0.1	LEFT	At E. 19 St., cross footbridge, being courteous to others on bridge, walking if necessary	
80.83	0.32	R/S	Exiting bridge, turn right to cross Shore Blvd. and continue south on Exeter St.	
81.15	0.3	RIGHT	Turn right on Oriental Blvd. (at overgrown hedges) and run west	
81.45	0.35	R/L	Turn right on Corbin Pl., then left on Brighton Beach Ave. and continue to Coney Island Ave.	
81.8	0.19	LEFT	Take Coney Island Ave. to boardwalk	
81.99	1.36	RIGHT	Follow boardwalk to Parachute Jump	
83.35	0.24	RIGHT	Go down ramp and run alongside the ballpark, and in front to W17 St. and Surf Ave.	
83.59	0.24	LEFT	Turn left on W17 St. to Neptune Ave.	
83.83	0.28	STRAIGHT	Carefully cross Neptune Ave. as W17 St. becomes Cropsey Ave., continue to Bay 52 St.	Convenience store
84.11	0.32	LEFT	Run on Bay 52 St. to Shore Rd.	Food
84.43	0.08	RIGHT		
84.51	1.08	STRAIGHT	Follow Shore Rd. to Bay Parkway (at Wendy's)	RR in Wendy's (if open)
85.59	2.17	STRAIGHT	Cross Bay Parkway and continue straight on bike path and follow it along the water's edge	
87.76	2.16	STRAIGHT	Pass under the Verrazano-Narrows Bridge, and continue straight on path to its end at pier	
89.92	0.1	R/L	Turn right on Bay Ridge Ave. through underpass, then left onto bike path to Owl's Head Park	
90.02	0.38	BEAR L	Cross Shore Rd. and enter marked bike path in Owl's Head Park to exit at Colonial Rd.	
90.4	0.3	STRAIGHT	Run on Wakeman Place to 3rd Ave.	
90.7	0.1	R/L	Turn right on 3rd Ave. then quick left onto park pathway, follow to 4th Ave. and Shore Rd. AID STATION	
90.8	3.42	LEFT	Follow 4th Ave. to Carroll St. (two blocks past 1 St.)	Lots of delis, stores, fast food (with RR)
94.22	0.5	LEFT	Follow Carroll St. to Hoyt Ave.	
94.72	0.26	R/L	Turn right on Hoyt Ave., then left on President St., follow to Court St.	
94.98	0.84	RIGHT	Run on Court St. to Borough Hall AID STATION	Delis, food, bars
95.82	0.19	STRAIGHT	Continue through Columbus Park and Cadman Plaza East to Tillary St.	
96.01	0.1	RIGHT	Cross Tillary St. and turn right to entrance of Brooklyn Bridge walkway in the middle of Adams St.	
96.11	1.43	LEFT	Cross Brooklyn Bridge into Manhattan	
97.54	0.82	RIGHT	Upon exiting bridge walkway, turn right and run on Centre St. to Spring St, where it merges with Lafayette	delis
98.36	0.67	STRAIGHT	Continue on Lafayette Ave. past K-Mart to Wanamaker St. (at Astor Place)	delis
99.03	0.29	BEAR L	Bear left onto 4 Ave. follow to 14 St./Union Square	
99.32	0.19	BEAR R	Bear right onto Park Ave. South at Union Square Park to 17 St.	
99.51	1.26	LEFT	Turn left on 17 St. then right on Broadway, and follow Broadway to 42 St., (bearing left at 23 and 34 Sts.)	Total: 100.62 miles
100.77		RIGHT	Follow Broadway to 44 St. and FINISH LINE!!!	