



Bike MS: New York City 2021 30 Mile Cue Sheet

Type	Notes	Distance From Start	Elevation (ft)
Start	Start of route-Pier 84 between 43 rd & 44 th street on West Side Highway	0	0
Straight	Continue onto 11th Ave	1.13	3.28
Straight	Continue onto West St	1.73	2.62
Left	Keep left to continue on Battery Park Underpass, follow signs for FDR	4.04	4.59
Straight	Continue onto FDR Drive	4.58	1.31
Right	Keep right to continue on Harlem River Dr	13.42	0.98
Left	Keep left to stay on Harlem River Dr	13.55	0.66
Right	Keep right to stay on Harlem River Dr	16.37	2.3
Straight	Continue straight onto 10th Ave	17.9	17.06
Straight	Continue straight to stay on 10th Ave	18.18	16.08
Left	Turn Left onto W 218th Street	18.87	34.45
Left	Turn left onto Indian Rd	19.14	15.42
Left	Indian Rd turns slightly left and becomes W 214th St	19.23	38.06
Right	Turn right onto Seaman Ave	19.31	64.63
Right	Turn right onto Riverside Dr	19.93	30.18
Straight	Take the NY-9A S ramp	20.06	47.24
Straight	Continue on the ramp	20.15	61.02
Straight	Merge onto NY-9A S	20.22	36.09
Right	Turn right at W 43rd St	28.32	13.78
End	End of route- Pier 84 between 43 rd & 44 th street on West Side Highway	28.35	10.83