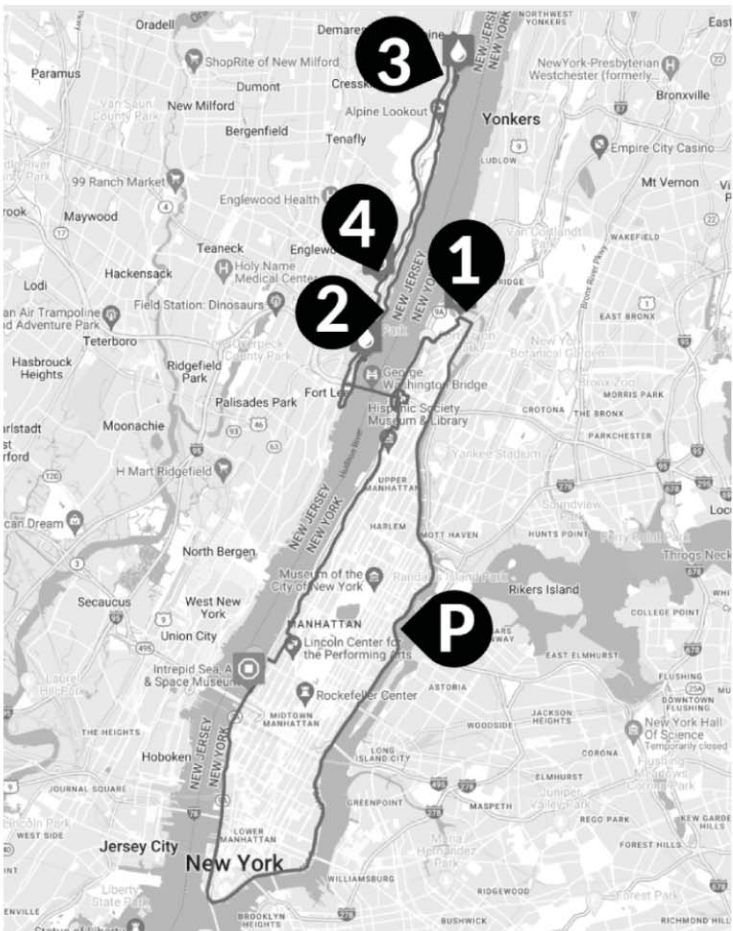
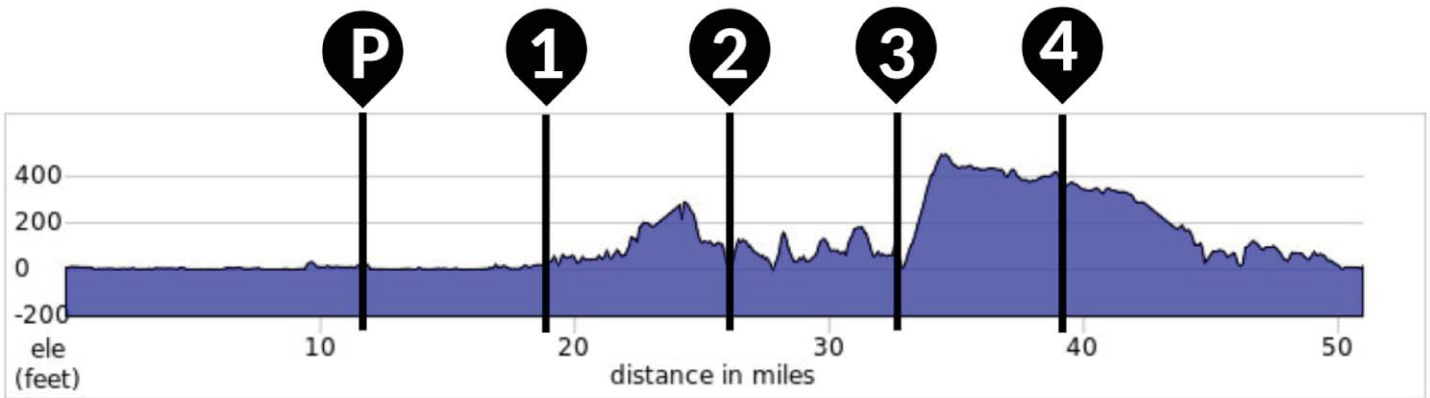




# 50 MILE CUES REST STOPS AND ELEVATIONS

<b>Pit Stop</b> FDR Exit 14 at 96th st <i>Mile 11.8</i> Open 7:30am	<b>Rest Stop 1</b> Inwood Hill Park <i>Mile 18</i> Open 9:00am - 10:45am	<b>Rest Stop 2</b> Englewood Picnic Area <i>Mile 26</i> Open 8:30am - 11:00am	<b>Rest Stop 3</b> Alpine Marina <i>Mile 31.5</i> Open 9:00am - 12:00pm	<b>Rest Stop 4</b> 520 Sylvan Ave <i>Mile 38.5</i> Open 9:15am - 12:30pm
<b>Finish Festival Pier 76</b>				



## Notes for Riders

- All 50 Mile riders will be released from Inwood Hill Park Rest Stop 1 by the NYPD.
- Riders will be escorted to the new GW Bridge bike path.
- The path is open to other cyclists and pedestrians. Please keep to the right and ride single file.
- All roads in NJ are open to vehicular traffic.
- Use caution when exiting Rest Stop 4 back onto 9W.
- Follow all posted traffic signs.

Dir	Type	Notes	Total
1	Start	Start of route	0
2	↑	Straight Continue onto 11th Ave	0.77
3	↑	Straight Continue onto West St	1.37
4	←	Left Keep left to continue on Battery Park Underpass, follow signs for FDR	3.68
5	↑	Straight Continue onto FDR Drive	4.22
6	→	Right Keep right to continue on Harlem River Dr	13.06
7	←	Left Keep left to stay on Harlem River Dr	13.19
8	→	Right Keep right to stay on Harlem River Dr	16.01
9	↑	Straight Continue straight onto 10th Ave	17.54
10	↑	Straight Continue straight to stay on 10th Ave	17.83
11	←	Left Turn Left onto W 218th Street	18.51
12	←	Left Turn left onto Indian Rd	18.78
13	HOID	Inwood Hill Rest Area. Hold till released by NYPD	
14	←	Left Indian Rd turns slightly left and becomes W 214th St	18.87
15	→	Right Turn right onto Seaman Ave	18.95
16	→	Right Turn right onto Riverside Dr	19.57

Dir	Type	Notes	Total
17	→	Right Slight right onto the NY-9A S/H. Hudson Pkwy ramp	19.7
18	↑	Straight Merge onto NY-9A S	19.84
19	←	Left Take exit 14 on the left for Riverside Dr toward I-95/G Washington Br/Cross Bronx Expwy	21.32
20	↖	Slight Left Keep left	21.44
21	←	Left Turn left onto Riverside Drive	21.48
22	→	Right Turn right onto Lafayette Plaza	21.89
23	↖	Slight Right Continue onto West 181st Street	21.94
24	→	Sharp Right Turn sharp right onto Cabrini Boulevard	21.99
25	→	Right Turn right at W 180th St/ GW Bridge Bike Path. Please ride single file.	22.06
26	←	Sharp Left Switchbacks are tight. Please use caution.	23.33
27	←	Left Turn left onto Hudson Terrace/æ(New York State Bicycle Rte	23.47
28	←	Left Turn left onto Bruce Reynolds Blvd Bike Path.	23.57
29	→	Right Path is shared with pedestrians.	23.58
30	←	Left Keep Left to enter the Palisades Park.	23.91
31	Generic	Welcome to Palisades Park. Please note, the road is shared with cars and pedestrians.	24
32	↑	Straight At the traffic circle, continue straight to stay on Henry Hudson Dr	24.89

Dir	Type	Notes	Total
33	Water	Rest Stop is located in the parking lot on the Left.	26.34
34	↑	Straight Continue onto Hudson Dr	28.19
35	↑	Straight Continue onto Henry Hudson Dr	29.61
36	Water	Rest Stop is located at the bottom of the hill. Continue straight to bypass.	31.03
37	↑	Straight At the traffic circle, take the 1st exit onto Hudson Dr. Head down hill to Rest Stop 3. Continue straight to bypass this rest area if desired.	31.06
38	↑	Straight At the traffic circle, take the 1st exit onto Henry Hudson Dr. Big Climb for the next mile.	31.71
39	←	Left Turn left onto Alpine Approach Rd. Use caution when crossing active street.	32.74
40	Caution	Shared roads ahead. Use caution and keep to the shoulder.	32.89
41	←	Left Turn left onto New York State Bicycle Rte 9.	32.93
42	Water	Rest Stop 4 approaching on the Right. Use Caution when entering.	38.44
43	Water	Rest Stop 4 on the Right.	38.47
44	Caution	Left turn ahead. Use the turning lane if possible or cross at the cross walks.	38.49
45	←	Left Turn left onto New York State Bicycle Rte 9/E Palisade Ave	38.66

Dir	Type	Notes	Total
46	→	Right Turn right onto Hudson Terrace/æ(New York State Bicycle Rte 9	38.77
47	←	Left Turn left to cross traffic to enter the GW Bridge bike path.	40.72
48	↑	Straight Continue onto W 180th St	42.12
49	→	Right Turn right onto Fort Washington Ave	42.22
50	←	Left Turn left onto Riverside Dr	43.05
51	←	Left Turn left to stay on Riverside Dr	43.3
52	→	Right Turn right to stay on Riverside Dr	43.52
53	←	Left Turn left to stay on Riverside Dr	43.74
54	←	Left Turn left onto W 72nd St	48.08
55	→	Right Turn right at the 1st cross street onto West End Ave	48.15
56	→	Right Turn right onto W 59th St	48.8
57	←	Left Turn left onto Hudson River Greenway	49
58	→	Right Slow down to make a sharp right into pier 76.	50.13
59	End	End of route. Congratulations!	50.19