



New York City
2017

Key

- 30 Mile Route
- Rest Stop

GEORGE
WASHINGTON
BRIDGE

HARLEM RIVER DRIVE

Hudson River

WEST SIDE HIGHWAY

LINCOLN
TUNNEL

Start/Finish - Pier 94

TRIBOROUGH
BRIDGE

FDR DR

QUEENS MIDTOWN
TUNNEL

HOLLAND
TUNNEL

BROOKLYN
BRIDGE

FDR DR

MANHATTAN
BRIDGE

WILLIAMSBURG
BRIDGE

CONNECT
WITH US!
#BikeMS
#DontJustRide

2017 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.

Thank you to our Support and Gear
Vehicle Sponsor

30 MILE RIDERS

- Rest Stop #1 Inwood Hill Park: 8:00 - 10:00 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.

30 Mile Route

*Route subject to change