

Reach the (Long) Beach

Open up any NYC bike map and look waaaaay down in the lower right corner. That's Long Beach in Nassau County and you can get there from here. Though it's a long way—55 miles round trip—it's a very fun way to get in a workout and a dose of sun. Good things: little stopping, few turns and hardly any traffic lights. Bad: potential for omnipresent

headwind. Best: if you get too tired to return, you can bail out via the LIRR in Long Beach (remember to bring your bike pass) or hop on the A train (only five miles away in the Rockaways). Route out is 32 miles; return is 23.

Note: Due to Marine Parkway Bridge closure (see pg. 6), this route uses the Veteran's Memorial Bridge.

START: Prospect Park entrance at Grand Army Plaza. Enter Park.

- 1.6 Exit South end. Go halfway 'round traffic circle and continue on Coney Island Avenue.
- 2.1 L Albemarle (don't miss it!)
- 2.4 R Rugby Road
- 4.0 L Ave K
- 4.6 R Bedford
- 7.4 L Emmons
- 8.0 Enter Shore Parkway Bike Path at Bingham
- 14.0 L Pennsylvania
- 15.0 R Cozine
- 16.2 L Crescent
- 16.6 R Loring (continue around dirt pile "dead end" becomes 149th St on other side)
- 17.5 R 84th St
- 17.9 R Shore Parkway, then L 156th Ave which becomes 84th again under overpass
- 18.9 L 164th Ave
- 19.3 R Cross Bay Boulevard Bike Lane. Go over Abadabo Bridge.
- 23.1 L at end of bike lane to cross over Veteran's Memorial Bridge.



Clarence!



Do this ride with the cast of *Baywatch!* Okay, you'll have to settle for Clarence and the world famous Hal Ruzal! Saturday, May 20th. Leaves 9:30am sharp from Prospect Park (see below). Bring a spare tube. We'll lunch in Long Beach, spend an hour at the beach, then return. Expect to maintain a pace of 10-12 mph. (This should not be your first ride of the season!)

24.0 At end of ramp continue L (East) on Beach Channel Drive

26.7 Pass under subway trestle. Becomes Seagirt Blvd.

28.3 Look for bike signs, veer R on sidewalk to cross Atlantic Beach Bridge

28.8 L Park, becomes Beech

31.6 R New York Ave

31.7 YOU'VE REACHED THE BEACH!

For the return re-trace your steps back to Howard Beach. After passing around dirt pile on Loring, continue, then pick up the following directions....

- 47.1 L Crescent
- 47.4 R Cozine
- 49.4 L 103rd
- 49.5 R Flatlands Ave
- 50.0 R 94th St.
- 51.0 L Ave A, R 92nd St., R Church, L E 95st to cross Linden Blvd safely
- 52.2 L East NY
- 52.3 R Rochester, THEN immediate L on Crown
- 54.0 R Washington Ave
- 54.6 L Eastern Parkway back to Grand Army