



Full Route = 16.4 miles. Turn around at 54th St.
 20K Route = Skip Morningside Dr. portion = 12.4 miles.
 Medium Route = On 6th Avenue, follow Birdland Dr. after crossing river – 8.3 miles.
 Short Route = Turn around at river and follow route back to start – 4.75 miles.

www.capitalstriders.org

Where You Have the Right to B - FIT
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