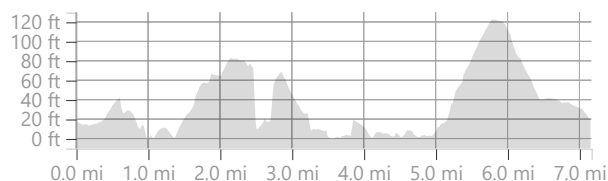
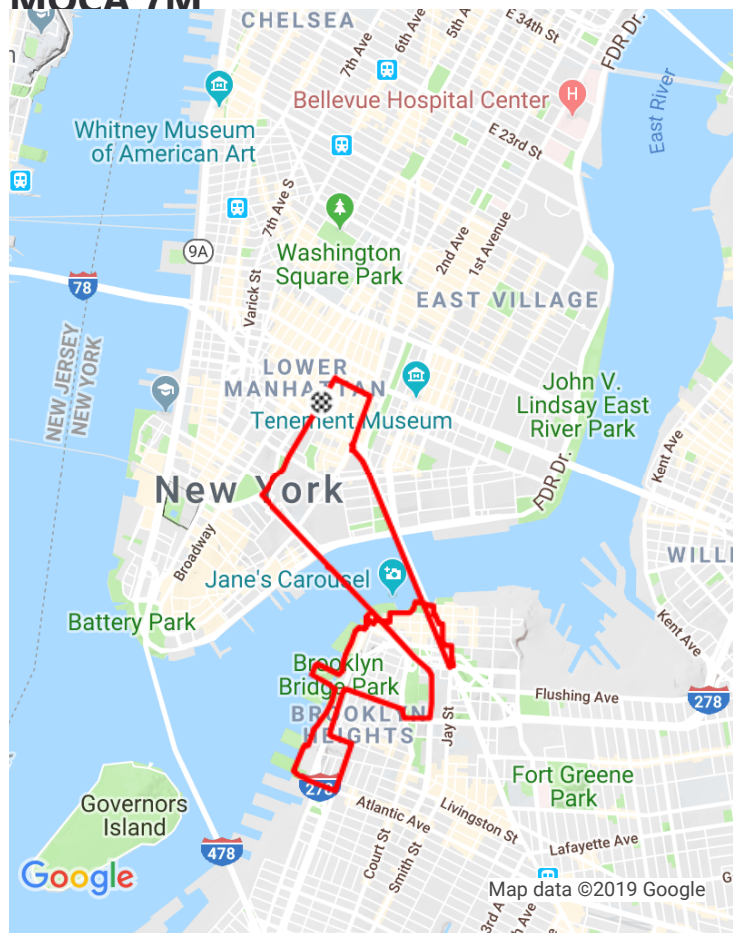


STRAVA**MOCA 7M**

Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg pace of 10:01/mi over last 4 weeks

DIRECTION	DISTANCE (miles)
Proceed onto Centre Street	0.0
Continue	0.5
Left onto Brooklyn Bridge	0.5
Proceed onto Brooklyn Bridge	0.5
Proceed onto Brooklyn Bridge	1.5
Continue on Adams Street	1.8
Proceed onto Adams Street	1.9
Right onto Tillary Street	2.0
Left onto Adams Street	2.0
Right onto Tillary Street	2.0

Right onto Cadman Plaza West	2.1
Left onto Clark Street	2.1
Proceed onto Clark Street	2.2
Continue	2.4
Proceed onto Brooklyn Heights Promenade	2.4
Continue on Remsen Street	2.7
Right onto Hicks Street	2.8
Right onto Atlantic Avenue	3.1
Proceed onto Atlantic Avenue	3.2
Continue	3.2
Right onto Joralemon Street	3.2
Left	3.2
Proceed	3.3
Left onto Brooklyn Bridge Park Greenway	3.3
Proceed onto Brooklyn Bridge Park Greenway	3.5
Right	3.6
Continue on Brooklyn Bridge Park Greenway	3.7
Left	3.8
Proceed	4.0
Left onto Brooklyn Bridge Park Greenway	4.1
Left onto Furman Street	4.4
Left	4.4
Proceed	4.5
Left onto Water Street	4.5
Left onto Old Dock Street	4.6
Continue	4.7
Proceed	4.9
Proceed onto Adams Street	4.9
Left onto Plymouth Street	5.0
Right onto Anchorage Place	5.0
Left onto Water Street	5.1
Proceed onto Pearl Street	5.1
Continue	5.2
Left onto York Street	5.2
Right onto Jay Street	5.2
Proceed onto Jay Street	5.3
Right onto Sands Street	5.3
Left onto Jay Street	5.3
Proceed onto Manhattan Bridge Pedestrian Path	5.3
Continue on Bowery / Manhattan Bridge	6.5
Left onto Canal Street / Manhattan Bridge	6.6

Right onto Bowery	6.6	Proceed onto Broome Street	7.0
Proceed onto Bowery	6.6	Left onto Centre Street	7.0
Proceed onto Broome Street	6.8	Arrive at Finish	7.1