



## SPRING BREAK WORKOUTS



### AT PELHAM BAY PARK

*Thursday April 9<sup>th</sup>, Monday April 13<sup>th</sup>, Tuesday April 14<sup>th</sup>,  
Thursday April 16<sup>th</sup>, Friday April 17<sup>th</sup> 9:30am - 11:30am*



Because this will be a new destination for many of us plan on getting to the park 45 minutes early on the first day, I'll be there an hour early on the first day. Look over the directions and visit the map links listed below.

#### From Manhattan:

- Take the 6 train Uptown to Buhre Avenue (2<sup>nd</sup> to last stop)
- Exit the train and walk up Buhre Avenue 4+ blocks (*The intersection is confusing, so make sure you are walking on Buhre Avenue, the George Diner is on the corner of Buhre Ave & Crosby Ave.*)
- When you reach Bruckner Blvd walk over the pedestrian bridge and the track is immediately in front of you next to the tennis courts.

#### From Eastern or Central Queens:

- Take any of the following trains or busses to Flushing's Main Street. (Q13, Q16, Q14, Q20A, Q20B, Q24, Q25, Q26, Q27, Q28, Q34 Q44, Q48, Q65, Q66 and the 7 train)
- Board the QBx1 at the corner of Main Street & Roosevelt. The bus will carry you over the Whitestone Bridge and you should get off at Pelham Bay Station. (*You will see the track while on the bus to your right.*)
- Walk back towards Pelham Bay Park across the street from the bus stop.

#### Bronx Athletes:

- The 6 train, the Bx12, QBx1, Bx29 or the Bx5 are the best routes to take to Pelham Bay Station.

#### Useful Links:

<http://mta.info/nyct/maps/busqns.pdf>

<http://www.mta.nyc.ny.us/nyct/maps/busbx.pdf>

[http://www.nycgovparks.org/sub\\_your\\_park/park\\_of\\_the\\_month/2005\\_11/html/pelham.html](http://www.nycgovparks.org/sub_your_park/park_of_the_month/2005_11/html/pelham.html)

<http://gis.nyc.gov/parks/lc/NYCParkSearch.do?jsessionid=8F074FC7CC2D96242471F065F9D9F662?geocodeID=2>