

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.2	0.2	←	L onto Campus Dr
0.2	0.4	↑	At the traffic circle, take the 3rd exit onto Main St
2.0	2.4	←	L onto Longbridge Rd
0.5	2.8	→	R onto Willow Brook Rd
0.8	3.6	←	L onto Cross Rd
1.0	4.7	→	R onto Laird Rd
0.6	5.2	↑	Continue onto Conover Rd
0.8	6.0	←	L onto Laurelwood Dr
0.9	6.9	→	R onto Maple Dr
0.8	7.7	←	L onto Clover Hill Rd
0.6	8.2	←	L onto Hillsdale Rd
1.7	9.9	→	R onto Crine Rd
0.5	10.4	←	L onto Boundary Rd

10.4 miles. +534/-484 feet

Prev	Dist	Type	Note
0.8	11.2	←	Boundary Rd turns slightly L and becomes Cedar Dr
0.1	11.3	→	R onto Montrose Rd
1.7	13.0	→	R onto County Rd 537 W
0.4	13.4	←	L onto Five Points Road
2.9	16.3	↑	WAWA on L before traffic light
0.0	16.4	↑	Continue onto Howell Rd
0.6	17.0	←	Slight L onto Vanderveer Rd
1.4	18.3	←	L Rt 524
1.1	19.4	→	R onto Ketchum Rd
0.5	19.9	→	R onto Casino Dr
0.2	20.1	←	L onto Georgia Tavern Rd
2.3	22.4	←	L onto Windeler Rd

11.9 miles. +321/-358 feet

Prev	Dist	Type	Note
1.5	23.9	↑	Manasquan Res Rec Area on L water, restrooms, vending machines
0.0	23.9	→	R to stay on Windeler Rd
0.0	23.9	←	L onto Aldrich Rd
0.3	24.2	→	R onto Oak Glen Rd
0.4	24.6	←	L onto Maxim Rd
2.0	26.7	→	R onto County Route 547 S/Lakewood Farmingdale Rd
0.2	26.9	←	L onto Easy St
2.2	29.1	↑	Continue onto Hospital Rd
1.4	30.6	←	L onto County Rd 524/Atlantic Ave
1.4	32.0	←	L to Allaire Park
0.4	32.4	↻	Allaire Park Rest Stop restrooms, water

10.1 miles. +227/-289 feet

Prev	Dist	Type	Note
0.0	32.4	←	L at exit to continue on Rt 524
0.4	32.8	←	L onto Atlantic Ave
1.3	34.0	↑	Continue straight onto SquankumYellowbrook Rd
2.1	36.2	↑	HowellPark GC (food water restrooms 0,4 miles on L)
1.6	37.8	←	L onto Rt 524
0.3	38.1	→	R onto Merrick Rd
1.5	39.6	→	R onto Fairfield Rd
1.3	40.9	↑	Continue onto Brickyard Rd
2.6	43.5	←	Slight L onto Asbury Ave
0.1	43.6	→	R onto Five Points Road
1.2	44.7	→	R onto Matthews Rd
1.1	45.9	←	L onto Mercer Rd

13.5 miles. +320/-262 feet

Prev	Dist	Type	Note
0.3	46.2	↑	Pass GolfCourse - food water restrooms
0.6	46.8	↑	Continue onto Bucks Mill Rd
1.0	47.7	→	R onto Cedar Dr
0.7	48.4	←	L onto Winthrop Rd
0.3	48.7	→	R onto Heritage Ln
0.2	48.9	→	R onto Heyers Mill Rd
0.4	49.3	←	L onto Flock Rd
0.5	49.8	↑	Continue onto Phalanx Rd
1.4	51.2	→	R onto Raven Rd
0.0	51.2	→	R onto Phalanx Rd
1.9	53.1	←	L onto Campus Dr
0.5	53.6	←	L to Pkg Lot 1
0.1	53.8	📍	End of route

7.9 miles. +250/-308 feet