

Prev	Dist	Type	Note
0.0	0.0		Start of route
0.2	0.2		R onto Campus Dr
0.5	0.8		R onto Phalanx Rd
1.7	2.4		R onto Laird Rd
2.0	4.5		Continue onto Conover Rd
0.8	5.2		L onto Laurelwood Dr
0.9	6.1		R onto Maple Dr
0.8	6.9		L onto Clover Hill Rd
0.7	7.6		L onto Boundary Rd
2.3	9.9		Cross Dutch Lane Rd to Cedar Drive
0.1	10.0		R onto Montrose Rd
1.7	11.7		R onto County Rd 537 W
0.4	12.1		L onto Five Points Road
3.0	15.1		Continue onto Howell Rd

15.1 miles. +738/-641 feet

Prev	Dist	Type	Note
0.6	15.7		Slight L onto Vanderveer Rd
0.5	16.3		L onto Bennett Rd
0.7	17.0		R onto Fairfield Rd
0.5	17.4		L onto Merrick Rd
1.5	19.0		L onto County Rd 524/Adelphia Rd/Adelphia-Farmingdale Rd
0.3	19.3		R onto County Rd 524 Alt/Squankum Yellowbrook Rd
0.8	20.1		R onto W Farms Rd
1.5	21.5		L onto Georgia Tavern Rd
1.6	23.2		L onto Windeler Rd
1.5	24.7		Pass Manasquan Res Rec Area - water, restrooms, vending Machines

9.6 miles. +217/-224 feet

Prev	Dist	Type	Note
0.0	24.7		R to stay on Windeler Rd
0.0	24.7		L onto Aldrich Rd
0.3	25.0		R onto Oak Glen Rd
0.4	25.4		L onto Maxim Rd
2.0	27.5		R onto County Route 547 S/Lakewood Farmingdale Rd
0.2	27.7		L onto Easy St
2.2	29.9		Continue onto Hospital Rd
1.4	31.4		L onto County Rd 524/Atlantic Ave
1.4	32.8		L to Allaire Park
0.4	33.2		Rest Stop at Park Building
0.4	33.6		L onto Atlantic Ave

8.9 miles. +232/-279 feet

Prev	Dist	Type	Note
1.3	34.8		R onto County Rd 524/County Route 547 N/Lakewood Farmingdale Rd/Squankum Rd
1.5	36.4		R onto Birdsall Rd
1.4	37.8		Slight R onto Belmar Blvd
1.7	39.5		L onto Schoolhouse Rd
1.3	40.8		Continue onto W Jumping Brook Rd
0.0	40.8		Minimall on L Dunkin Donuts
0.3	41.1		L on Jumping Brook Rd
1.6	42.8		Cross Asbury Ave to Green Brook Rd
1.6	44.3		Slight L onto Wayside Rd
1.1	45.5		L onto Shafto Rd
0.2	45.7		R onto Wayside Rd
1.4	47.1		L onto Pinebrook Rd
0.2	47.2		R onto Hockhockson Rd

13.6 miles. +383/-337 feet

Prev	Dist	Type	Note
1.0	48.2	■	R onto Water St
1.4	49.5	■	L onto Rt 537
0.3	49.9	■	Slight R onto Swimming River Rd
1.9	51.8	■	L onto Rt 520
0.6	52.4	■	At the traffic circle, take the 3rd exit to Brookdale
0.2	52.5	■	Turb R to Pkg Lot 1
0.0	52.6	■	End of route

5.4 miles. +141/-123 feet