

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.2	0.2	➔	R onto Campus Dr
0.5	0.8	➡	L onto Phalanx Rd
0.1	0.9	➔	R onto Laurel Ave
0.3	1.1	➡	L onto Pine St
0.3	1.4	➔	R onto Swimming River Rd
1.6	3.0	➡	L onto Rt 537
0.4	3.4	➔	R onto Water St
1.4	4.8	➡	L onto Hockhockson Rd
1.0	5.8	➡	L onto Squankum/Pinebrook
0.1	5.8	➔	Sharp R onto Hamilton Rd
0.7	6.6	⬆	Continue onto Drift Rd
0.3	6.9	➔	R onto Wayside Rd
0.5	7.4	➡	L onto Shafto Rd

7.4 miles. +245/-164 feet

Prev	Dist	Type	Note
0.3	7.7	➔	R onto Wayside Rd
1.1	8.8	➔	Slight R onto Green Grove Rd
1.7	10.5	➡	L to stay on Green Grove Rd
2.1	12.6	➔	R onto Old Corlies Ave
0.4	13.0	➡	L onto Remsen Mill Rd
0.8	13.9	➡	L onto Gully Rd
0.2	14.1	➔	R onto Waterview Way
0.4	14.4	➔	R onto Belmar Blvd
2.0	16.4	➡	Slight L to stay on Belmar Blvd
0.5	16.9	➔	R onto Wyckoff Rd
0.5	17.4	➡	L onto Megill Rd
1.4	18.9	➡	L onto Asbury Rd
1.6	20.4	➡	L onto Main St
2.3	22.7	➡	L onto Allaire/Rt 524

15.3 miles. +335/-430 feet

Prev	Dist	Type	Note
3.5	26.2	➔	R onto Allenwood Lakewood Rd
0.1	26.2	⬆	Cross Allenwood Store Rest Stop
0.2	26.4	➔	R onto West Side Dr
0.1	26.5	➡	L onto Capital to the Coast Trail/Edgar Felix Memorial Bikeway
0.5	27.0	➡	L onto Hospital Rd
1.4	28.4	⬆	Continue onto Easy St
2.1	30.5	➔	R onto Lakewood Farmingdale Rd
0.2	30.7	➡	L onto Maxim Rd
1.2	31.9	➔	R onto Preventorium Rd
1.6	33.5	➔	R onto Manassa Rd
0.5	34.0	➡	L onto Southard Ave
0.3	34.3	➔	R onto Casino Dr
1.4	35.7	➔	R onto Ketchum Rd

13.0 miles. +352/-349 feet

Prev	Dist	Type	Note
0.5	36.2	➡	L onto Rt 524
0.2	36.5	➔	Slight R to stay on Adelphia Rd/Adelphia-Farmingdale Rd
0.2	36.6	➔	R onto Fairfield Rd
1.8	38.4	⬆	Continue onto Brickyard Rd
0.4	38.8	➡	L onto Buckalew Rd
0.9	39.7	➡	L onto Brickyard Rd
0.5	40.2	➔	R onto Five Points Road
1.2	41.3	➔	R onto Matthews Rd
1.1	42.5	➡	L onto Mercer Rd
0.3	42.8	➡	Cross Hominy Hill GC (food, rest rooms)
0.6	43.4	⬆	Continue onto Bucks Mill Rd
1.0	44.4	➔	R onto Cedar Dr
0.3	44.7	➡	L onto Heritage Ln

8.9 miles. +232/-238 feet

Prev	Dist	Type	Note
0.4	45.0	→	R onto Heyers Mill Rd
0.4	45.4	←	L onto Flock Rd
0.5	45.9	↑	Continue onto Phalanx Rd
3.3	49.1	←	L onto Campus Dr
0.5	49.7	←	L to Pkg Lot 1
0.0	49.7	📍	End of route

5.1 miles. +171/-191 feet

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