

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
0.6	7.5	←	L onto Hillsdale Rd
1.7	9.2	➔	R onto Crine Rd
0.5	9.7	←	L onto Boundary Rd
0.8	10.4	↘	Cross Dutch Lane Rd to Cedar Drive
0.1	10.5	➔	R onto Montrose Rd
1.7	12.2	➔	R onto County Rd 537 W
0.4	12.6	←	L onto Five Points Road

12.6 miles. +651/-596 feet

Prev	Dist	Type	Note
3.0	15.6	↑	Continue onto Howell Rd
0.6	16.2	←	Slight L onto Vanderveer Rd
0.5	16.8	←	L onto Bennett Rd
0.7	17.5	➔	R onto Fairfield Rd
0.5	17.9	←	L onto Merrick Rd
1.5	19.5	←	L onto County Rd 524/Adelphia Rd/Adelphia-Farmingdale Rd
0.3	19.8	➔	R onto County Rd 524 Alt/Squankum Yellowbrook Rd
0.8	20.6	➔	R onto W Farms Rd
1.5	22.0	←	L onto Georgia Tavern Rd
1.6	23.7	←	L onto Windeler Rd

11.0 miles. +193/-227 feet

Prev	Dist	Type	Note
1.5	25.2	↑	Pass Manasquan Res Rec Area - water, restrooms, vending Machines
0.0	25.2	➔	R to stay on Windeler Rd
0.0	25.2	←	L onto Aldrich Rd
0.3	25.5	➔	R onto Oak Glen Rd
0.4	25.9	←	L onto Maxim Rd
2.0	28.0	➔	R onto County Route 547 S/Lakewood Farmingdale Rd
0.2	28.2	←	L onto Easy St
2.2	30.4	↑	Continue onto Hospital Rd
1.4	31.9	←	L onto County Rd 524/Atlantic Ave
1.4	33.3	←	L to Allaire Park
0.4	33.7	↻	Rest Stop at Park Building

10.1 miles. +218/-279 feet

Prev	Dist	Type	Note
0.4	34.1	←	L onto Atlantic Ave
1.3	35.3	➔	R onto County Rd 524/County Route 547 N/Lakewood Farmingdale Rd/Squankum Rd
1.5	36.9	➔	R onto Birdsall Rd
1.4	38.3	➔	Slight R onto Belmar Blvd
1.7	40.0	←	L onto Schoolhouse Rd
1.3	41.3	↑	Continue onto W Jumping Brook Rd
0.0	41.3	←	Minimall on L Dunkin Donuts
0.3	41.6	←	L on Jumping Brook Rd
1.6	43.3	←	Cross Asbury Ave to Green Brook Rd
1.6	44.8	←	Slight L onto Wayside Rd
1.1	46.0	←	L onto Shafto Rd
0.2	46.2	➔	R onto Wayside Rd
1.4	47.6	←	L onto Pinebrook Rd

13.8 miles. +397/-381 feet

Prev	Dist	Type	Note
0.2	47.7	➔	R onto Hockhockson Rd
1.0	48.7	➔	R onto Water St
1.4	50.0	➡	L onto Rt 537
0.3	50.4	➔	Slight R onto Swimming River Rd
1.9	52.3	➡	L onto Rt 520
0.6	52.9	⬆	At the traffic circle, take the 3rd exit to Brookdale
0.2	53.0	➔	Turb R to Pkg Lot 1
0.0	53.1	📍	End of route

5.5 miles. +145/-153 feet