

JSRFJ 30 Mile 2020

Dist	Prev	Type	Note	Next
0.0	0.0	📍	Start of route	0.4
0.4	0.4	←	L onto Ocean Avenue	0.6
1.0	0.6	←	L onto 7th Ave	0.1
1.1	0.1	→	R onto Kingsley St	0.1
1.2	0.1	→	R onto Deal Lake Dr/Lake Dr	0.1
1.3	0.1	↑	Continue onto Ocean Ave	0.1
1.5	0.1	→	R to stay on Ocean Ave	3.7
5.2	3.7	→	R to stay on Ocean Ave	0.1
5.3	0.1	↑	Go through wooden barrier onto Ocean Ave Bike Path	1.1
6.4	1.1	→	R to stay on Ocean Ave.	0.2
6.6	0.2	↑	Enter the traffic circle	0.0

6.6 miles. +69/-71 feet

Dist	Prev	Type	Note	Next
12.5	0.8	→	R onto Ave of Two Rivers	0.2
12.8	0.2	←	L onto Black Point Rd	0.1
12.9	0.1	→	R onto E River Rd.	1.8
14.7	1.8	←	L onto Buena Vista Ave	0.7
15.4	0.7	→	R onto Ridge Rd	0.9
16.3	0.9	💧	Stop at Meadow Ridge Park. Loni has snacks.	0.6
16.9	0.6	←	L onto Harding Rd	0.5
17.4	0.5	→	R onto Rumson Rd	0.0
17.5	0.0	←	L onto Seven Bridges Road	1.6
19.0	1.6	↑	Continue onto Myrtle Ave	0.9
19.9	0.9	→	R onto Port Au Peck Ave	1.1

8.2 miles. +180/-183 feet

Dist	Prev	Type	Note	Next
6.6	0.0	↑	At the traffic circle , take the 1st exit to stay on the bike path. Do not ride on the boardwalk.	0.6
7.2	0.6	←	L onto Seaview Ave.	0.1
7.3	0.1	→	R onto Ocean Ave	0.5
7.8	0.5	→	R onto Avenel Ave. Route markings become yellow.	0.1
7.9	0.1	←	L onto Ocean Ave N	3.3
11.2	3.3	←	L onto Shrewsbury River Bridge	0.3
11.5	0.3	→	R onto Ward Ave	0.2
11.7	0.2	←	L onto Hartshorne Ln	0.8

5.2 miles. +31/-28 feet

Dist	Prev	Type	Note	Next
21.0	1.1	←	L onto Eatontown Blvd	0.4
21.4	0.4	↑	Eatontown Blvd turns into Broadway	0.5
21.9	0.5	→	R onto Locust Ave	0.8
22.7	0.8	←	L onto Delaware Ave	0.3
23.0	0.3	→	R onto Maryland Ave	0.0
23.1	0.0	→	R onto Wall St	0.1
23.2	0.1	←	L onto Larchwood Ave	1.4
24.6	1.4	←	L onto S Lincoln Ave	0.0
24.6	0.0	→	R onto Larchwood Ave	0.4
25.0	0.4	→	R onto Roosevelt Ave	0.2
25.2	0.2	←	L onto Monmouth Rd	0.8

5.3 miles. +68/-73 feet

Dist	Prev	Type	Note	Next
26.0	0.8	→	R onto Roseld Ave	0.5
26.5	0.5	←	L onto Wickapecko Dr	0.7
27.2	0.7	←	L onto Bendermere Ave	0.8
28.0	0.8	→	R onto Bridlemere Ave	0.0
28.1	0.0	←	L onto Grassmere Avenue	0.1
28.2	0.1	↑	At the traffic circle, take the 1st exit	0.0
28.2	0.0	↑	Continue onto Main St	0.2
28.4	0.2	←	L onto 7th Ave	0.2
28.6	0.2	→	R onto Grand Ave	0.6
29.2	0.6	→	R onto Asbury Ave	0.0
29.3	0.0	📍	End of route	0.0

4.0 miles. +47/-69 feet