

JSRFJ 30 Mile 2025

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	0.5
13.3	0.5	←	L onto Bingham Ave	0.1
13.4	0.1	→	R onto Ridge Rd	1.9
15.2	1.9	💧	Stop at Meadow Ridge Park. Rest Stop	0.6
15.8	0.6	←	L onto Harding Rd	0.5
16.3	0.5	→	R onto Rumson Rd	0.0
16.4	0.0	←	L onto Seven Bridges Road	1.6
18.0	1.6	↑	Continue onto Myrtle Ave	0.9
18.9	0.9	→	R onto Port Au Peck Ave	1.1
19.9	1.1	←	L onto Wolfhill Ave	0.0

8.2 miles. +177/-159 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. +30/-26 feet

Dist	Prev	Type	Note	Next
20.0	0.0	↑	Continue onto Eatontown Blvd	0.4
20.4	0.4	↑	Continue onto Broadway	0.3
20.7	0.3	→	R onto Halsey St	0.1
20.8	0.1	←	L onto Lakeview Ave	0.2
21.0	0.2	→	R onto Locust Ave	0.6
21.5	0.6	←	L onto Maryland Ave	0.4
22.0	0.4	→	R onto Wall St	0.1
22.1	0.1	←	L onto Larchwood Ave	1.4
23.5	1.4	←	L onto S Lincoln Ave	0.0
23.5	0.0	→	R onto Larchwood Ave	0.4
23.9	0.4	→	R onto Roosevelt Ave	0.2

4.0 miles. +66/-69 feet

Dist	Prev	Type	Note	Next
24.1	0.2	←	L onto Monmouth Rd	0.5
24.6	0.5	←	L onto Sherman Ave	0.5
25.1	0.5	→	R onto Washington Dr	0.3
25.4	0.3	→	R onto Crosby Ave	0.5
25.9	0.5	←	L onto Monmouth Rd	0.1
26.0	0.1	→	R onto Roseld Ave	0.5
26.5	0.5	←	L onto Wickapecko Dr	0.8
27.3	0.8	←	L onto Grassmere Avenue	0.4
27.7	0.4	↑	Make a U-turn at Scarba St	0.6
28.2	0.6	↑	At the traffic circle, take the 1st exit	0.0
28.3	0.0	↑	Continue onto Main St	0.2

4.4 miles. +75/-101 feet

Dist	Prev	Type	Note	Next
28.4	0.2	←	L onto 7th Ave	0.6
29.0	0.6	→	Slight R onto Ocean Ave	0.6
29.6	0.6	→	Ocean Ave turns slightly R and becomes Asbury Ave	0.4
30.0	0.4	📍	End of route	0.0

1.7 miles. +20/-13 feet