| Location                                     |  | BIKE MS COAST THE COAST RIDE - 25 MILE ROUTE<br>Onto Road Name   | Dic   | Acc  |
|--|--|--|---|--|
| Start: Monmouth University                   | Turn   | 400 Cedar Avenue, West Long Branch, NJ 07764   | DIS   | ACC  |
| Start. Monmouth University                   |  | 170/85 Registration/Start: 7:00 a.m. / 8:00 a.m.   |   |  |
|  |  | 50 Registration/Start: 8:00 a.m. / 9:00 a.m.   |   |  |
|  |  | 25 Registration/Start: 9:00 a.m. / 10:00 a.m.  |   |  |
|  |  | Finish Line Celebration: 11:00 a.m. to 3:00 p.m.   |   |  |
|  |  |  |   |  |
| West Long Branch                             | R  | Out of Monmouth University Parking Lot   | 0.1   | 0.1  |
| Ocean  | L  | Larchwood Avenue   | 0.7   | 0.8  |
|  | S  | Cross over Park Avenue   | 0.0   | 0.8  |
|  | L  | S. Lincoln Avenue at SS  | 0.5   | 1.3  |
|  | S  | Cross over Norwood Avenue at SS continuing on S. Lincoln Avenue  | 0.1   | 1.4  |
|  | S  | S. Lincoln Avenue under RR   | 0.1   | 1.5  |
|  |  | Lincoln Avenue   | 0.1   | 1.6  |
|  | L  | Elberon Avenue   | 0.4   | 2.0  |
|  | R  | Park Avenue  | 0.0   | 2.0  |
| Long Branch City                             | QL   | Elberon Avenue   | 0.6   | 2.6  |
|  | L  | S. Lake Drive  | 0.5   | 3.1  |
| Deal   | R  | Ocean Avenue to end  | 3.2   | 6.3  |
| Loch Arbor Village                           |  | Edgemont Drive   | 0.1   | 6.4  |
| Asbury Park                                  | L  | Park Avenue  | 0.1   | 6.5  |
|  | R  | Deal Lake Road   | 0.1   | 6.6  |
|  | L  | Grand Avenue   | 1.0   | 7.6  |
|  | BL   | Cross Cookman Avenue staying on Grand Avenue   | 0.1   | 7.7  |
|  | L  | Lake Avenue  | 0.1   | 7.8  |
| driving directions below                     |  | At Heck Street over foot bridge - ***NEED TO WALK BIKE OVER BRIDGE ***   | 0.0   | 7.8  |
| Ocean Grove (Neptune)                        | S  | Onto Pilgrim Pathway from foot bridge  | 0.1   | 7.9  |
|  | L  | Bath Avenue to end   | 0.2   | 8.1  |
| Dradlau Daosh                                |  | Ocean Avenue   | 0.4   | 8.5  |
|  |  | Broadway Avenue  | 0.1   | 8.6  |
|  |  | Central Avenue - turns into Fletcher Lake Avenue   | 0.4   |  |
|  | L  | Pennsylvania Avenue  | 0.0   |  |
| Bradley Beach                                | QL<br>R  | Lake Terrace around lake<br>Ocean Avenue   | 0.4   | 9.4<br>11.0  |
| Avon By the Sea<br>RS1: Belmar Triangle      |  | Ocean Avenue & 1st Avenue, Belmar, NJ 07719  |   | 11.0   |
| Belmar Borough                               | N  | Open/Close: 8:15 a.m 1:30 p.m.   |   | 11.0   |
|  |  |  | 0.0   | 11.0   |
|  |  | TURNAROUND LOCATION FOR 25 MILE ROUTE  |   | 11.0   |
|  | L  | Ocean Avenue to end  |   | 12.6   |
| Bradley Beach                                |  | Lake Terrace   |   | 13.0   |
|  | R  | Pennsylvania Avenue  |   | 13.0   |
| Ocean Grove/Neptune                          |  | Fletcher Lake Avenue   |   | 13.4   |
|  |  |  |   |  |
|  | R  | Broadway   | 0.1   | 13.5   |
|  |  | Broadway<br>Ocean Avenue   |   |  |
|  | R<br>L   | Ocean Avenue   | 0.2   | 13.7   |
|  | L  | Ocean Avenue<br>Heck Avenue  | 0.2<br>0.5  | 13.7<br>14.2   |
|  | L  | Ocean Avenue   | 0.2<br>0.5<br>0.0   | 13.7<br>14.2<br>14.2   |
|  | L<br>L<br>R  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue   | 0.2<br>0.5<br>0.0   | 13.5<br>13.7<br>14.2<br>14.2<br>14.3<br>14.4   |
| Asbury Park                                  | L<br>L<br>R<br>L<br>R  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street  | 0.2<br>0.5<br>0.0<br>0.1  | 13.7<br>14.2<br>14.2<br>14.3   |
| Asbury Park                                  | L<br>L<br>R<br>L<br>R  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street   | 0.2<br>0.5<br>0.0<br>0.1<br>0.1   | 13.7<br>14.2<br>14.2<br>14.3<br>14.4   |
| Asbury Park                                  | L<br>L<br>R<br>L<br>R<br>R<br>L  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end   | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1   | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.9   |
| Asbury Park                                  | L<br>L<br>R<br>L<br>R<br>R<br>L  | Ocean Ávenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)   | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1  | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0   |
| Loch Arbor                                   | L<br>R<br>L<br>R<br>R<br>R<br>R<br>R<br>R  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive  | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1  | 13.7<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0<br>16.1<br>16.2<br>16.3   |
| Loch Arbor<br>Allenhurst                     | L<br>L<br>R<br>L<br>R<br>R<br>L<br>L<br>L  | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue  | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>3.2   | 13.7<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0<br>16.1<br>16.2<br>16.3<br>19.5   |
| Loch Arbor                                   | L<br>L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>L                                | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>N. Lake Drive - BL around lake   | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>3.2<br>0.4  | 13.7<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0<br>16.1<br>16.2<br>16.3<br>19.5<br>19.9   |
| Loch Arbor<br>Allenhurst                     | L<br>L<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>L<br>R<br>L<br>R                      | Ocean Ávenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>N. Lake Drive - BL around lake<br>Elberon Avenue to end   | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>0.1<br>3.2<br>0.4<br>0.5  | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0<br>16.1<br>16.2<br>16.3<br>19.5<br>19.9<br>20.4   |
| Loch Arbor<br>Allenhurst                     | L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>R<br>R                 | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>N. Lake Drive - BL around lake<br>Elberon Avenue to end<br>Park Avenue at SS  | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>3.2<br>0.4<br>0.5<br>0.0  | 13.7<br>14.2<br>14.3<br>14.4<br>14.9<br>16.0<br>16.1<br>16.2<br>16.3<br>19.5<br>19.9<br>20.4<br>20.4   |
| Loch Arbor<br>Allenhurst                     | L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>QL                     | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>N. Lake Drive - BL around lake<br>Elberon Avenue to end<br>Park Avenue at SS<br>Elberon Avenue  | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.2<br>0.4<br>0.5<br>0.0<br>0.0  | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.4<br>14.4<br>14.4<br>14.4<br>16.1<br>16.1<br>16.1   |
| Loch Arbor<br>Allenhurst                     | L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>R<br>QL<br>R                     | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>N. Lake Drive - BL around lake<br>Elberon Avenue to end<br>Park Avenue at SS<br>Elberon Avenue<br>Lincoln Avenue at SS  | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.2<br>0.4<br>0.5<br>0.0<br>0.0  | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.4<br>14.4<br>16.0<br>16.1<br>16.2<br>19.5<br>19.5<br>20.4<br>20.4<br>20.4<br>20.8<br>21.0                                 |
| Loch Arbor<br>Allenhurst                     | L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>R<br>R<br>R<br>R<br>R<br>BL      | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>Edgemont Drive<br>Ocean Avenue<br>Elberon Avenue to end<br>Park Avenue at SS<br>Elberon Avenue<br>Lincoln Avenue at SS<br>Stay left on S. Lincoln Avenue at split and go under RR | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.5<br>1.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.2<br>0.4<br>0.5<br>0.0<br>0.4<br>0.2<br>0.3   | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.4<br>14.5<br>16.0<br>16.1<br>16.2<br>19.5<br>19.5<br>20.4<br>20.4<br>20.4<br>20.4<br>20.4<br>21.0<br>21.3                 |
| Loch Arbor<br>Allenhurst<br>Long Branch City | L<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>L<br>R<br>L<br>R<br>R<br>R<br>QL<br>R<br>S | Ocean Avenue Heck Avenue Heck Avenue Benson Avenue Main Street Bond Street Lake Avenue at TL to end Grand Avenue (cross over Cookman Avenue staying on Grand Avenue) Deal Lake Road Park Avenue Edgemont Drive Ocean Avenue N. Lake Drive - BL around lake Elberon Avenue to end Park Avenue at SS Elberon Avenue at SS Stay left on S. Lincoln Avenue at split and go under RR Cross Norwood Avenue at SS                         | 0.2<br>0.5<br>0.0<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1<br>0.1  | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.4<br>14.4<br>14.5<br>16.0<br>16.1<br>16.2<br>19.5<br>19.5<br>20.4<br>20.4<br>20.4<br>20.4<br>20.4<br>21.3<br>21.5<br>21.5 |
| Loch Arbor<br>Allenhurst                     | L<br>R<br>R<br>R<br>L<br>R<br>L<br>R<br>L<br>R<br>R<br>R<br>R<br>R<br>R<br>BL      | Ocean Avenue<br>Heck Avenue<br>Benson Avenue<br>Main Street<br>Bond Street<br>Lake Avenue at TL to end<br>Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)<br>Deal Lake Road<br>Park Avenue<br>Edgemont Drive<br>Ocean Avenue<br>Edgemont Drive<br>Ocean Avenue<br>Elberon Avenue to end<br>Park Avenue at SS<br>Elberon Avenue<br>Lincoln Avenue at SS<br>Stay left on S. Lincoln Avenue at split and go under RR | 0.2           0.5           0.0           0.1           0.5           1.1           0.2           0.3           0.5           0.7 | 13.7<br>14.2<br>14.2<br>14.3<br>14.4<br>14.4<br>14.5<br>16.0<br>16.1<br>16.2<br>19.5<br>19.5<br>20.4<br>20.4<br>20.4<br>20.4<br>20.4<br>21.0<br>21.3                 |

\*\*\* Driving Directions Around Lake

- S Lake AvenueL Main Street / Hwy 71L Main Avenue

- L Delaware R Asbury Avenue R Pilgrims Pathway