2015 BIKE MS COAST THE COAST RIDE - 25 MILE ROUTE

Location	Turn	Onto Road Name	Dis	Acc
Start: Monmouth University		400 Cedar Avenue, West Long Branch, NJ 07764		
		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
	BR	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	R	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	L	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
	R	Ocean Avenue	0.4	8.5
	BR	Broadway Avenue	0.1	8.6
	L	Central Avenue - turns into Fletcher Lake Avenue	0.4	9.0
	L	Pennsylvania Avenue	0.0	9.0
Bradley Beach	QL	Lake Terrace around lake	0.4	9.4
Avon By the Sea	R	Ocean Avenue	1.6	11.0
RS1: Belmar Triangle	R	Ocean Avenue & 1st Avenue, Belmar, NJ 07719	0.0	11.0
Belmar Borough		Open/Close: 8:15 a.m. - 1:30 p.m.	0.0	11.0
			0.0	11.0
		TURNAROUND LOCATION FOR 25 MILE ROUTE	0.0	11.0
	L	Ocean Avenue to end	1.6	12.6
Bradley Beach	L	Lake Terrace	0.4	13.0
	R	Pennsylvania Avenue	0.0	13.0
Ocean Grove/Neptune	QR	Fletcher Lake Avenue	0.4	13.4
	R	Broadway	0.1	13.5
	L	Ocean Avenue	0.2	13.7
	L	Heck Avenue	0.5	14.2
	R	Benson Avenue	0.0	14.2
	L	Main Street	0.1	14.3
	R	Bond Street	0.1	14.4
Asbury Park	R	Lake Avenue at TL to end	0.5	14.9
	L	Grand Avenue (cross over Cookman Avenue staying on Grand Avenue)	1.1	16.0
	R	Deal Lake Road	0.1	16.1
	L	Park Avenue	0.1	16.2
Loch Arbor	R	Edgemont Drive	0.1	16.3
Allenhurst	L	Ocean Avenue	3.2	19.5
Long Branch City	L	N. Lake Drive - BL around lake	0.4	19.9
	R	Elberon Avenue to end	0.5	20.4
	R	Park Avenue at SS	0.0	20.4
	QL	Elberon Avenue	0.4	20.8
	R	Lincoln Avenue at SS	0.2	21.0
	BL	Stay left on S. Lincoln Avenue at split and go under RR	0.3	21.3
	S	Cross Norwood Avenue at SS	0.5	21.8
Ocean	R	Larchwood Avenue	0.7	22.5
	R	Into Monmouth University	0.1	22.6
	BL	Follow to Finish Line Arch	0.3	22.9

*** Driving Directions Around Lake

	S	Lake Avenue
	L	Main Street / Hwy 71
	L	Main Avenue
	L	Delaware
	R	Asbury Avenue
	R	Pilgrims Pathway