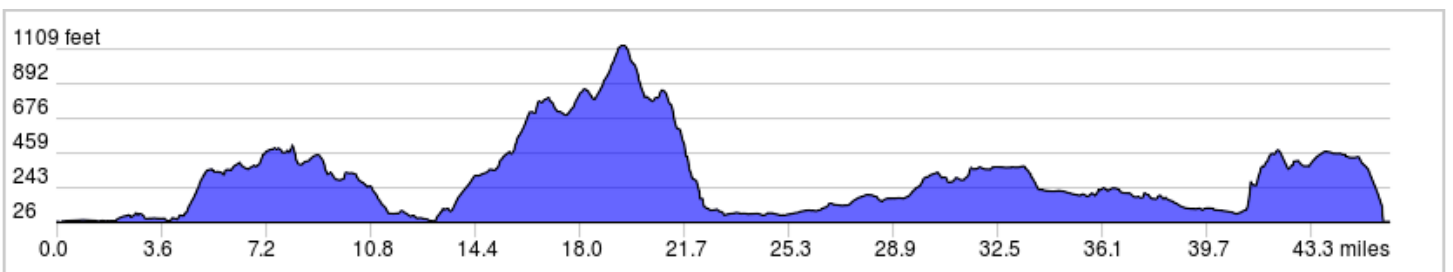
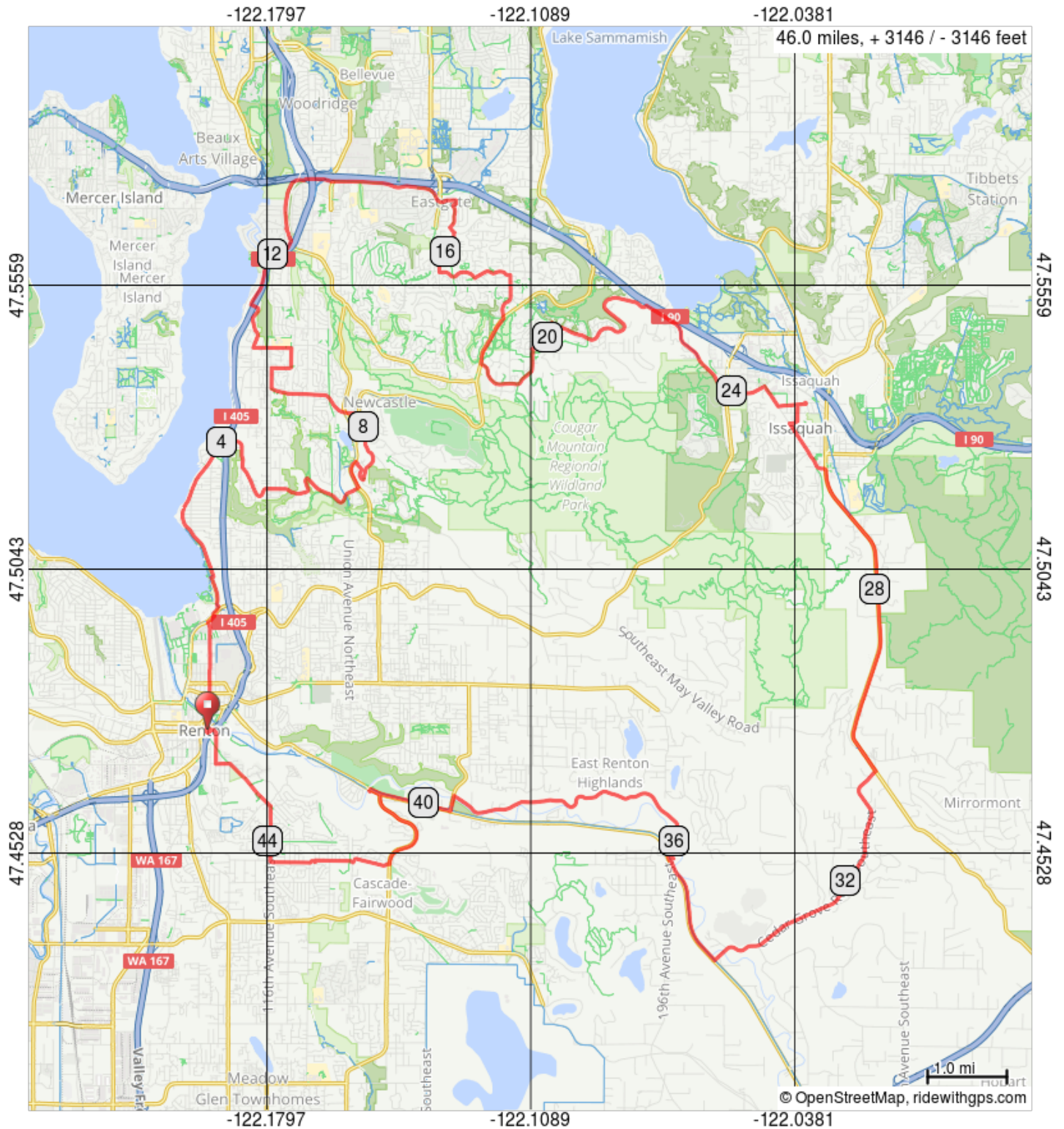





































CHEW South #7 2017



Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0		Start of route	0.0
2.	0.0	0.0		R onto Mill Ave S	0.1
3.	0.1	0.1		R on Bronson then QUICK L	0.1
4.	0.2	0.1		L onto Park Ave-and quick R to stay on Park	1.1
5.	1.4	1.1		R to stay on Park (be in far L lane) and quick L on to Lake Washington	0.1
6.	1.5	0.1		L onto Lake Washington Blvd N	0.1
7.	1.6	0.1		L into Coulon Park for Rest Room	0.4
8.	2.0	0.4		R toward Lake Washington Blvd N	0.0
9.	2.1	0.0		L onto Lake Washington Blvd N	1.8
10.	3.9	1.8		Continue onto N 44th St	0.3
11.	4.2	0.3		Continue onto 110th Ave SE	0.0
12.	4.3	0.0		Continue onto Lincoln Ave NE	0.2
13.	4.5	0.2		Hill-regroup at first stop sign	0.1
14.	4.5	0.1		Slight L onto Monterey PI NE	0.4
15.	4.9	0.4		Continue onto SE May Creek Park Dr	0.2
16.	5.1	0.2		Continue onto SE 88th St	0.3
17.	5.3	0.3		Continue onto SE May Creek Park Dr	1.3
18.	6.6	1.3		L onto Coal Creek Pkwy SE-Light	0.4
19.	7.0	0.4		R onto 135th Ave SE-2nd light	0.3
20.	7.3	0.3		L onto 136th Ave SE-T	0.6
21.	7.9	0.6		Continue onto 134th Ave SE	0.4
22.	8.2	0.4		Continue onto Newcastle Way	0.1
23.	8.4	0.1		Stay out of R only lane	1.1
24.	9.4	1.1		R onto 116th Ave SE	0.3
25.	9.7	0.3		R onto SE 64th St	0.2
26.	9.9	0.2		SE 64th St turns L and becomes 120th Ave SE	0.2
27.	10.2	0.2		L onto SE 60th St	0.5
28.	10.7	0.5		R onto Lake Washington Blvd SE	0.5
29.	11.2	0.5		Take lane b-4 overpass-HUGE pot holes on overpass/ cars going R onto I-405 and coming off	0.1
30.	11.3	0.1		R to stay on Lake Washington Blvd SE-ss	0.5
31.	11.8	0.5		R onto TRAIL-B-4 tracks	0.7
32.	12.5	0.7		L onto Lake Washington Blvd SE	0.6
33.	13.1	0.6		Slight R onto I-90 Trail/Mountains to Sound Greenway Trail-at I-90 overpass	0.5
34.	13.6	0.5		Cross to SE 36th - use crosswalk	0.1
35.	13.7	0.1		OPTIONAL RESTROOM - QFC	1.2

Num	Dist	Prev	Type	Note	Next
36.	14.9	1.2	➡	REGROUP-Quadrant homes bldg. Circular driveway	0.1
37.	14.9	0.1	⬆	Continue onto SE 38th St-be in middle lane to go through light by Chevron	0.3
38.	15.2	0.3	➡	R onto 154th Ave SE-1st street past light-Short Hill	0.1
39.	15.3	0.1	➡	R onto SE 39th St	0.0
40.	15.3	0.0	⬅	Quick 1st L onto 153rd Ave SE	0.3
41.	15.6	0.3	⬅	L onto SE Newport Way	0.1
42.	15.7	0.1	➡	R onto 152nd Ave SE	0.2
43.	15.9	0.2	⬆	Continue onto SE 45th St	0.2
44.	16.1	0.2	⬆	Continue onto 150th Ave SE	0.2
45.	16.3	0.2	⬅	L onto SE 46th Way	0.5
46.	16.8	0.5	⬅	L to stay on SE 46th Way	0.5
47.	17.3	0.5	➡	R onto 164th Ave SE	0.5
48.	17.9	0.5	➡	R onto Lakemont Blvd SE	0.4
49.	18.2	0.4	⬆	REST ROOM BREAK - LEWIS CREEK PARK ON L	0.3
50.	18.5	0.3	⬅	L onto SE Cougar Mountain Way	0.8
51.	19.4	0.8	⬆	Continue onto 168th PI SE	0.2
52.	19.6	0.2	⬅	L toward SE 59th St --- PATHWAY, THROUGH POSTS	0.1
53.	19.7	0.1	➡	R onto SE 59th St - CAUTION STEEP DOWNHILL	0.0
54.	19.7	0.0	⬆	Continue onto 169th Ave SE	0.1
55.	19.8	0.1	➡	R onto SE 58th St	0.0
56.	19.9	0.0	⬆	Continue onto 173rd Ave SE --- CAUTION FAST DOWNHILL	0.4
57.	20.3	0.4	➡	R onto Village Park Dr SE	0.5
58.	20.8	0.5	⬆	CAUTION - FAST DOWNHILL	1.5
59.	22.4	1.5	➡	R onto Newport Way NW	2.0
60.	24.4	2.0	➡	R to stay on Newport Way NW-light	0.3
61.	24.7	0.3	⬅	L onto NW Juniper St --- Landmark Newport Way Storage - REST STOP AT ISSAQUAH COFFEE .4 Miles ahead on L	0.4
62.	25.0	0.4	⬅	RESTSTOP - ISSAQUAH COFFEE	0.0
63.	25.1	0.0	➡	R toward NW Juniper St	0.0
64.	25.1	0.0	➡	Leaving Coffee Stop R onto NW Juniper St	0.1
65.	25.2	0.1	⬅	L onto 222nd Ave SE/5th Ave NW	0.1
66.	25.3	0.1	⬆	Continue onto School District Rd	0.1
67.	25.4	0.1	➡	Slight R to stay on School District Rd	0.8
68.	26.2	0.8	➡	R onto Front St S-light	1.0
69.	27.3	1.0	⬆	Continue onto Issaquah-Hobart Road Southeast	3.0
70.	30.3	3.0	⬆	REST STOP - QUICK, 76 Station	0.1

16.6 miles. +1319/-1340 feet

Num	Dist	Prev	Type	Note	Next
71.	30.4	0.1	➡	R onto Cedar Grove Rd SE-past 76 station	3.7
72.	34.0	3.7	➡	R onto Cedar River Trail	1.5
73.	35.6	1.5	➡	DISMOUNT - R OFF TRAIL BEFORE OVER PASS - go around trees to gravel trail to connect to SE Cedar Mountain PI then back up to connect to Renton Maple Valley Rd	0.1
74.	35.7	0.1	➡	R toward Renton Maple Valley Rd	0.1
75.	35.7	0.1	➡	R onto SE Renton Maple Valley Rd	0.1
76.	35.8	0.1	➡	R onto SE Jones Rd-light	3.6
77.	39.5	3.6	⬅	L onto 154th PI SE-ss -- OPTION- use crosswalk to the L. Go under 154th to get on trail going east	0.2
78.	39.7	0.2	➡	R toward Cedar River Trail-speed limit 10mph from 149th until under the 405.	0.0
79.	39.7	0.0	⬅	L onto Cedar River Trail	1.1
80.	40.8	1.1	➡	R off trail, gravel path to Maple Valley Rd	0.0
81.	40.8	0.0	➡	R onto SE Renton Maple Valley Rd	0.1
82.	40.9	0.1	➡	R onto 140th Way SE- Hill regroup 2nd light (Fairwood Blvd)	1.3
83.	42.2	1.3	➡	R onto SE Fairwood Blvd	0.4
84.	42.6	0.4	⬆	Continue straight onto 132nd PI SE	0.1
85.	42.7	0.1	➡	R onto SE 164th St-ss	0.5
86.	43.2	0.5	⬅	L onto 126th Ave SE	0.0
87.	43.2	0.0	➡	R onto 164th PI SE	0.1
88.	43.3	0.1	➡	R onto SE 164th St	0.3
89.	43.5	0.3	➡	R onto 120th Ave SE	0.3
90.	43.8	0.3	➡	R onto 116th Ave SE/Edmonds Ave SE	0.7
91.	44.5	0.7	⬅	L onto S Puget Dr then immediate R	0.0
92.	44.5	0.0	➡	R onto Beacon Way S	0.7
93.	45.2	0.7	⬅	L onto S 7th St	0.2
94.	45.4	0.2	➡	R onto Renton Ave S -- CAUTION STEEP HILL	0.4
95.	45.8	0.4	⬆	Continue straight onto S 3rd St	0.1
96.	45.9	0.1	➡	R onto Mill Ave S	0.1
97.	46.0	0.1	➡	R....yay!	0.0
98.	46.0	0.0	🏁	End of route	0.0

15.7 miles. +754/-1056 feet