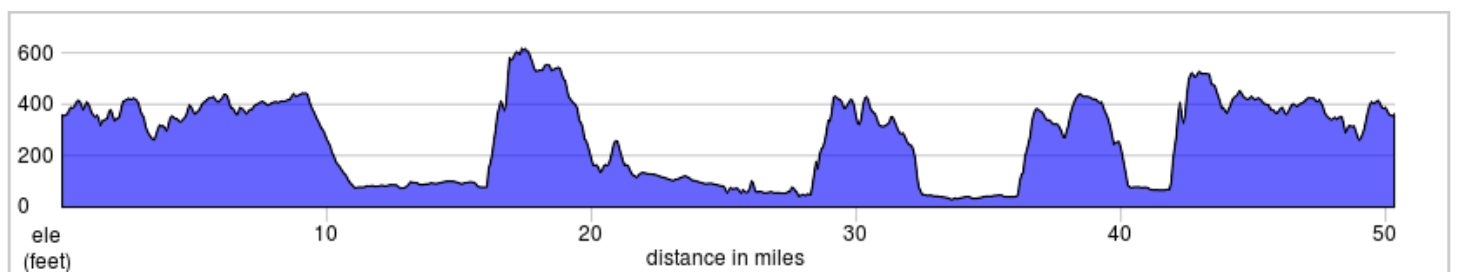
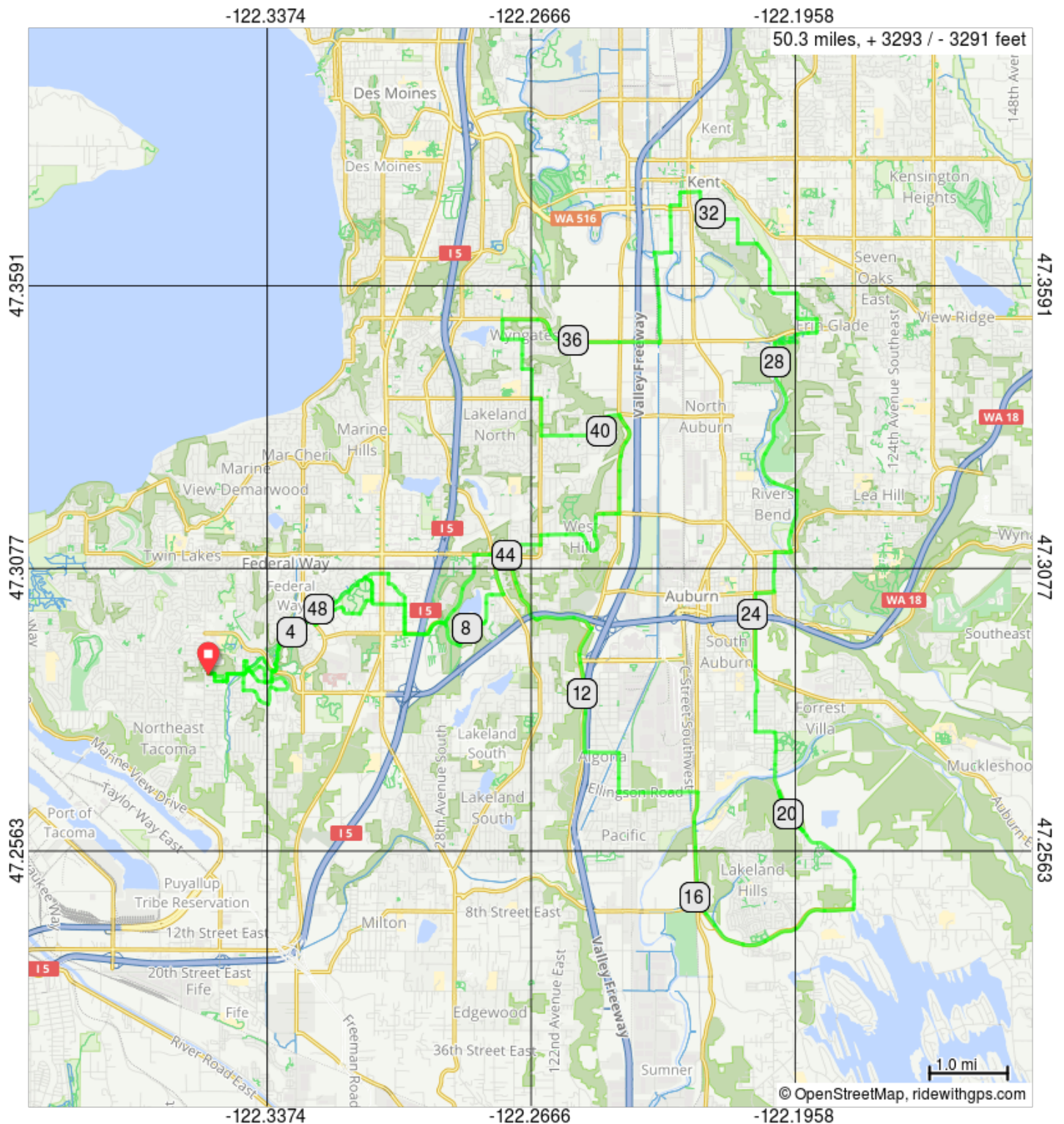


CHEW South 2018 #7 Tom's 4 Hills



Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0		Start of route	0.1
2.	0.1	0.1	←	L onto SW 344th St.	0.0
3.	0.1	0.0	→	SW 344th St turns R and becomes 18th Ave SW	0.0
4.	0.1	0.0	←	Immediate L onto SW 344th PI	0.1
5.	0.2	0.1	→	SW 344th PI turns R and becomes 16th Ave SW	0.1
6.	0.3	0.1	←	L onto 345th PI	0.1
7.	0.3	0.1	←	L onto 15th PI SW	0.1
8.	0.4	0.1	→	15th PI SW turns R and becomes SW 344th St	0.2
9.	0.6	0.2	←	L onto 12th Ave SW	0.2

0.6 miles. +58/-0 feet

Num	Dist	Prev	Type	Note	Next
10.	0.8	0.2	→	R onto SW 341st St	0.0
11.	0.8	0.0	→	R onto 11th Ave SW	0.2
12.	1.0	0.2	←	L onto SW 344th PI	0.1
13.	1.1	0.1	↑	Continue becomes 8th Ave SW	0.2
14.	1.3	0.2	←	L onto SW 346th St	0.1
15.	1.4	0.1	←	L onto 6th Ave SW	0.0
16.	1.5	0.0	→	R onto SW 345th St	0.1
17.	1.6	0.1	↑	Continue becomes 4th PI SW	0.2
18.	1.8	0.2	↑	Continue becomes SW 347th St	0.1
19.	1.9	0.1	→	R onto SW 347th Way	0.1

1.3 miles. +65/-76 feet

Num	Dist	Prev	Type	Note	Next
20.	2.0	0.1	←	L onto 7th Ave SW	0.2
21.	2.2	0.2	→	R onto SW 349th Way	0.1
22.	2.3	0.1	↑	Continue becomes SW 347th Way	0.0
23.	2.3	0.0	↑	Continue becomes 9th PI SW	0.3
24.	2.6	0.3	→	R onto 12th Ave SW	0.2
25.	2.8	0.2	→	R onto B.P.A Trail	0.6
26.	3.4	0.6	↑	Cross SW Campus Dr. veer R to continue onto BPA Trail	0.9
27.	4.3	0.9	→	R onto 1st Way S, get into L lane.	0.1
28.	4.4	0.1	←	L onto S 333rd St	0.4

2.5 miles. +206/-199 feet

Num	Dist	Prev	Type	Note	Next
29.	4.8	0.4	↑	At the traffic circle, 1st exit onto S 332nd St	0.3
30.	5.1	0.3	←	L onto Celebration Park Rd	0.2
31.	5.3	0.2	←	Quick Restroom Stop	0.1
32.	5.3	0.1	←	L onto 13th Ave S	0.3
33.	5.6	0.3	→	R onto S 324th St	0.3
34.	5.9	0.3	→	R onto 17th Ave S	0.1
35.	6.0	0.1	↑	Continue becomes 20th Way S	0.8
36.	6.8	0.8	←	L onto S 336th St	0.6
37.	7.4	0.6	↑	At traffic circle Exit 1st exit onto S 336th St	0.1

3.0 miles. +144/-139 feet

Num	Dist	Prev	Type	Note	Next
38.	7.5	0.1	↑	Continue onto Weyerhaeuser Way S	0.3
39.	7.8	0.3	↑	At the traffic circle, 2nd exit onto 33rd Pl S	0.4
40.	8.1	0.4	↑	Continue onto S 334th St	0.1
41.	8.2	0.1	↑	At the traffic circle, 2nd exit onto 38th Ave S	0.4
42.	8.6	0.4	➡	R onto S 328th St	0.2
43.	8.8	0.2	⬅	L onto Military Rd S	0.5
44.	9.3	0.5	➡	R onto Peasley Canyon Rd S. Downhill watch speed.	1.0

1.9 miles. +64/-47 feet

Num	Dist	Prev	Type	Note	Next
45.	10.3	1.0	↑	At the traffic circle take 2nd Exit to stay on Peasley Canyon Rd S. CAUTION shoulder rough in spots.	0.8
46.	11.1	0.8	➡	R onto W Valley Hwy S. Shoulder lane starts after T/S.	1.6
47.	12.7	1.6	⬅	L onto 1st Ave N	0.4
48.	13.1	0.4	➡	R onto Milwaukee Blvd S	0.5
49.	13.6	0.5	⬅	L onto Ellingson Rd. Take R lane rough shoulder holes and grates.	1.0
50.	14.6	1.0	➡	R onto A St SE	0.7
51.	15.3	0.7	↑	Continue onto E Valley Hwy E	0.7

6.0 miles. +60/-138 feet

Num	Dist	Prev	Type	Note	Next
52.	16.0	0.7	⬅	L take L lane onto Terrace View Dr SE up the hill.	0.1
53.	16.1	0.1	⬅	Veer L at Terrace View Ln onto paved trail along L side of road. Begin long climb.	1.2
54.	17.2	1.2	⬅	Slight L onto Lake Tapps Pkwy E	0.3
55.	17.5	0.3	↑	Slight L to stay on Lake Tapps Pkwy E. Downhill, watch speed.	0.9
56.	18.4	0.9	⬅	L onto 182nd Ave E	0.1
57.	18.5	0.1	⚡	REST STOP @ Texaco on R. Exit rest stop to R onto 182nd Ave E	0.4

3.2 miles. +548/-103 feet

Num	Dist	Prev	Type	Note	Next
58.	18.9	0.4	↑	Continue becomes Kersey Way SE	0.9
59.	19.8	0.9	⚠	CAUTION PROTRUDING WATER DIVERTING CURBS on shoulder. Ride along the white line.	1.9
60.	21.7	1.9	↑	Continue becomes R St SE	0.6
61.	22.3	0.6	⬅	L onto 29th St SE	0.3
62.	22.5	0.3	➡	R onto M St SE	1.8
63.	24.3	1.8	➡	R onto E Main St	0.2
64.	24.5	0.2	⬅	L onto R St NE	0.5
65.	25.0	0.5	➡	R onto 8th St NE	0.1
66.	25.2	0.1	↑	Continue onto SE 320th St	0.1

6.7 miles. +158/-598 feet

Num	Dist	Prev	Type	Note	Next
67.	25.2	0.1	←	L onto 104th Ave SE	0.8
68.	26.0	0.8	←	L onto SE 307th Pl	0.3
69.	26.3	0.3	↑	Continue onto Green River Rd SE	2.0
70.	28.3	2.0	→	R onto Trail hard to see. S. 277th Corridor Trail. Up the hill. Super FUN Climb!	1.1
71.	29.4	1.1	←	L onto 108th Ave SE	0.2
72.	29.6	0.2	←	L onto SE 272nd St	0.2
73.	29.8	0.2	→	Slight R onto 104th Ave SE	0.3
74.	30.1	0.3	←	L onto SE 267th St	1.0
75.	31.1	1.0	←	Slight L onto S 257th St/E Maple St	0.2

5.9 miles. +554/-314 feet

Num	Dist	Prev	Type	Note	Next
76.	31.4	0.2	→	R onto Reiten Rd	0.3
77.	31.7	0.3	←	L onto E Chicago St	0.3
78.	32.0	0.3	→	R onto Van De Vanter Ave	0.1
79.	32.1	0.1	←	L onto E Guiberson St	0.1
80.	32.2	0.1	→	R onto Kennebeck Ave S	0.2
81.	32.4	0.2	←	L onto E Gowe St	0.3
82.	32.7	0.3	←	L onto 1st Ave S	0.2
83.	32.8	0.2	→	R onto W Saar St	0.1
84.	33.0	0.1	←	L onto 3rd Ave S	0.6
85.	33.6	0.6	→	R onto S 259th St	0.2
86.	33.8	0.2	←	L onto Interurban Trail	1.2

2.7 miles. +4/-315 feet

Num	Dist	Prev	Type	Note	Next
87.	34.9	1.2	→	R onto S. 277th St.	1.2
88.	36.1	1.2	↑	Continue onto S 272nd Way. Big climb.	0.9
89.	37.1	0.9	←	L onto 42nd Ave S	0.2
90.	37.3	0.2	←	L onto S Star Lake Rd	0.3
91.	37.6	0.3	→	R onto 46th Ave S	0.4
92.	37.9	0.4	←	L onto S 282nd St	0.1
93.	38.1	0.1	→	R onto 48th Ave S	0.4
94.	38.4	0.4	←	L onto S 288th St	0.1
95.	38.6	0.1	→	R onto 51st Ave S	0.5
96.	39.0	0.5	←	L onto S 296th St	0.7
97.	39.7	0.7	→	R onto 64th Ave S	0.1

6.0 miles. +509/-303 feet

Num	Dist	Prev	Type	Note	Next
98.	39.8	0.1	←	L onto S 298th St	0.1
99.	39.9	0.1	↑	Continue becomes 65th Ave S. Fast downhill. Watch speed.	0.3
100.	40.2	0.3	→	Continue becomes S 292nd St	0.2
101.	40.4	0.2	🍴	Optional Food-Rest Stop at Jimmy's Deli Corner on R.	0.0
102.	40.4	0.0	→	R onto 68th Ave S/W Valley Hwy N	1.3
103.	41.7	1.3	→	R onto 15th St. NW	0.3
104.	41.9	0.3	←	L onto Terrace Dr. Big Climb.	0.8
105.	42.7	0.8	←	L onto S 316th St	0.5

3.0 miles. +501/-239 feet

Num	Dist	Prev	Type	Note	Next
106 .	43.2	0.5	←	L onto 51st Ave S	0.1
107 .	43.4	0.1	→	R onto S 318th St	0.4
108 .	43.7	0.4	←	L onto 44th Ave S	0.2
109 .	43.9	0.2	→	R onto S 321st St	0.2
110 .	44.1	0.2	→	R onto Peasley Canyon Rd S	0.1
111 .	44.2	0.1	↑	Continue becomes S 320th St	0.3
112 .	44.5	0.3	←	L onto Weyerhaeuser Way S. May need to use crosswalk if busy traffic.	1.0
113 .	45.4	1.0	↑	Exit the traffic circle 1st Exit onto S 336th St	0.6
114 .	46.0	0.6	→	R onto 20th Ave S	0.4

3.3 miles. +113/-248 feet

Num	Dist	Prev	Type	Note	Next
115 .	46.4	0.4	←	At small traffic circle L onto S 330th St	0.4
116 .	46.8	0.4	→	R onto 13th Ave S	0.3
117 .	47.2	0.3	↑	Continue becomes 11th Pl S	0.0
118 .	47.2	0.0	←	L onto B.P.A Trail	1.9
119 .	49.1	1.9	↑	Cross SW Campus Dr onto 6th Ave SW up the hill.	0.2
120 .	49.2	0.2	→	R onto SW 346th St	0.2
121 .	49.4	0.2	↑	Continue becomes 10th Ave SW	0.2
122 .	49.6	0.2	←	Slight L onto 11th Ave SW	0.1
123 .	49.6	0.1	←	L onto B.P.A Trail	0.1

3.6 miles. +235/-219 feet

Num	Dist	Prev	Type	Note	Next
124 .	49.7	0.1	↑	Cross 12th Ave SW off BPA Trail continue onto SW 344th St	0.2
125 .	49.9	0.2	←	L onto SW 345th Pl. becomes 15th Pl SW	0.1
126 .	50.0	0.1	→	R onto 345th Pl	0.2
127 .	50.2	0.2	→	R onto 18th Ave SW	0.2
128 .	50.3	0.2	☐	End of route	0.0

0.7 miles. +6/-61 feet