

CTS pace trial #1 Mag-Seward

|     |   |                                          |
|-----|---|------------------------------------------|
| 0.0 | ■ | Start of route                           |
| 0.0 | → | R                                        |
| 0.2 | ← | L onto NE 77th St                        |
| 0.3 | → | R onto 63rd Ave NE                       |
| 0.5 | → | R onto NE 74th St                        |
| 0.5 | ← | L onto 62nd Ave NE                       |
| 0.8 | ↑ | Continue straight to stay on 62nd Ave NE |
| 1.0 | → | R onto NE 65th St                        |
| 1.1 | ← | L onto Sand Point Way NE                 |
| 1.1 | → | R                                        |
| 1.2 | ← | L onto Burke-Gilman Trail                |
| 2.5 | → | R onto NE 51st St                        |
| 2.5 | ← | L onto 39th Ave NE                       |
| 2.8 | ↑ | Continue onto NE Blakeley St             |
| 2.9 | ← | L onto NE 45th Pl                        |

2.9 miles. +116/-65 feet

|     |   |                                    |
|-----|---|------------------------------------|
| 3.0 | ← | L onto Mary Gates Memorial Dr NE   |
| 3.1 | → | R onto NE Clark Rd                 |
| 3.4 | ← | L onto Walla Walla Rd              |
| 3.6 | → | Slight R to stay on Walla Walla Rd |
| 3.7 | ← | L to stay on Walla Walla Rd        |
| 3.9 | ← | L to stay on Walla Walla Rd        |
| 4.1 | → | R                                  |
| 4.3 | ← | Slight L                           |
| 4.3 | ← | L toward Walla Walla Rd NE         |
| 4.3 | → | R onto Walla Walla Rd NE           |
| 4.4 | → | R onto NE Pacific St               |
| 5.0 | → | R onto Brooklyn Ave NE             |
| 5.2 | ← | L onto NE Campus Pkwy              |
| 5.3 | ← | Slight L                           |
| 5.4 | ← | L toward Eastlake Ave NE           |
| 5.4 | → | R onto Eastlake Ave NE             |

2.4 miles. +124/-75 feet

|      |   |                                          |
|------|---|------------------------------------------|
| 5.7  | ← | L onto Fuhrman Ave E                     |
| 6.1  | ↑ | Continue onto Boyer Ave E                |
| 6.3  | ← | Keep L to stay on Boyer Ave E            |
| 6.7  | ← | Keep L to stay on Boyer Ave E            |
| 7.5  | → | R onto Lake Washington Blvd E            |
| 8.7  | → | R to stay on Lake Washington Blvd E      |
| 10.1 | ↑ | Continue onto Lakeside Ave               |
| 11.4 | ↑ | Continue onto Lake Washington Blvd S     |
| 14.4 | ← | Keep L to stay on Lake Washington Blvd S |
| 14.6 | ← | L onto Seward Park Rd                    |
| 14.6 | ← | L onto S Juneau St                       |
| 14.7 | → | R onto Lake Washington Blvd S            |

9.3 miles. +403/-433 feet

|      |   |                                     |
|------|---|-------------------------------------|
| 17.9 | ↑ | Continue onto Lakeside Ave S        |
| 19.1 | ↑ | Continue onto Lake Washington Blvd  |
| 20.6 | ← | L to stay on Lake Washington Blvd E |
| 20.7 | ← | L onto E Harrison St                |
| 20.8 | → | R to stay on E Harrison St          |
| 21.2 | → | R onto Martin Luther King Jr Way E  |
| 21.3 | ↑ | Continue onto 28th Ave E            |
| 21.4 | → | R onto E Roy St                     |
| 21.4 | ← | L onto 28th Ave E                   |
| 21.8 | ↑ | Continue onto 26th Ave E            |
| 22.0 | ← | Slight L onto E Galer St            |
| 22.0 | → | R onto 26th Ave E                   |
| 22.1 | ← | Slight L onto Boyer Ave E           |
| 22.8 | → | R onto 16th Ave E                   |

8.1 miles. +332/-332 feet

|      |   |                                                          |
|------|---|----------------------------------------------------------|
| 22.9 | → | R onto E Calhoun St                                      |
| 23.0 | ← | E Calhoun St turns L and becomes Montlake Playfield Path |
| 23.4 | → | R onto E Hamlin St                                       |
| 23.4 | ← | L onto Montlake Blvd E                                   |
| 23.7 | → | R onto Walla Walla Rd NE                                 |
| 23.7 | ← | L                                                        |
| 23.7 | → | R                                                        |
| 23.9 | ← | L onto Walla Walla Rd                                    |
| 24.2 | → | R to stay on Walla Walla Rd                              |
| 24.4 | → | R to stay on Walla Walla Rd                              |
| 24.4 | ← | Slight L to stay on Walla Walla Rd                       |
| 24.6 | → | R onto NE Clark Rd                                       |
| 25.0 | → | R onto Mary Gates Memorial Dr NE                         |
| 25.1 | ↑ | Continue onto NE 41st St                                 |

2.3 miles. +105/-91 feet

|      |   |              |
|------|---|--------------|
| 28.2 | ← | L            |
| 28.2 | ▀ | End of route |

0.2 miles. +0/-0 feet

|      |   |                                    |
|------|---|------------------------------------|
| 25.2 | ← | L onto 36th Ave NE                 |
| 25.4 | → | R onto WA-513                      |
| 25.4 | ← | L onto NE 45th St                  |
| 25.4 | ← | L onto Railroad Ave NE             |
| 25.5 | ← | L toward Burke Gilman Trail        |
| 25.5 | → | R onto Burke Gilman Trail          |
| 25.9 | ← | Slight L toward Burke-Gilman Trail |
| 25.9 | ↑ | Continue onto Burke-Gilman Trail   |
| 27.0 | → | R onto NE 65th St                  |
| 27.3 | ← | L onto 62nd Ave NE                 |
| 27.4 | → | Slight R to stay on 62nd Ave NE    |
| 27.7 | → | R onto NE 74th St                  |
| 27.7 | ← | L onto 63rd Ave NE                 |
| 27.9 | ← | L onto NE 77th St                  |
| 28.1 | → | R                                  |

3.0 miles. +93/-108 feet