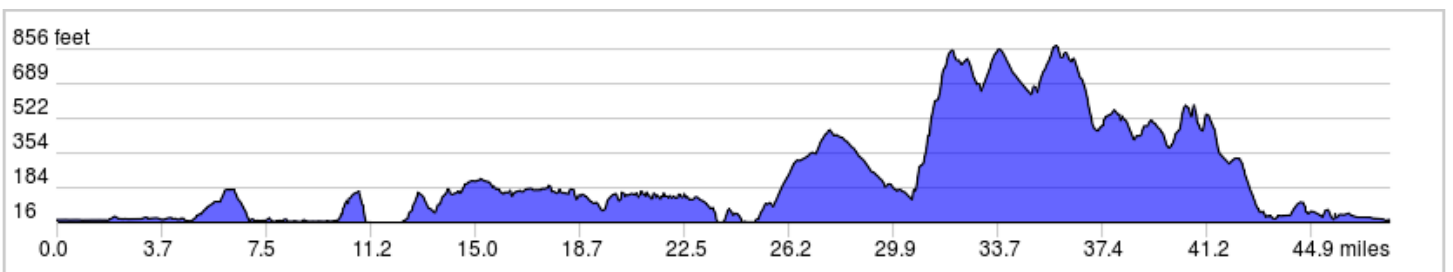
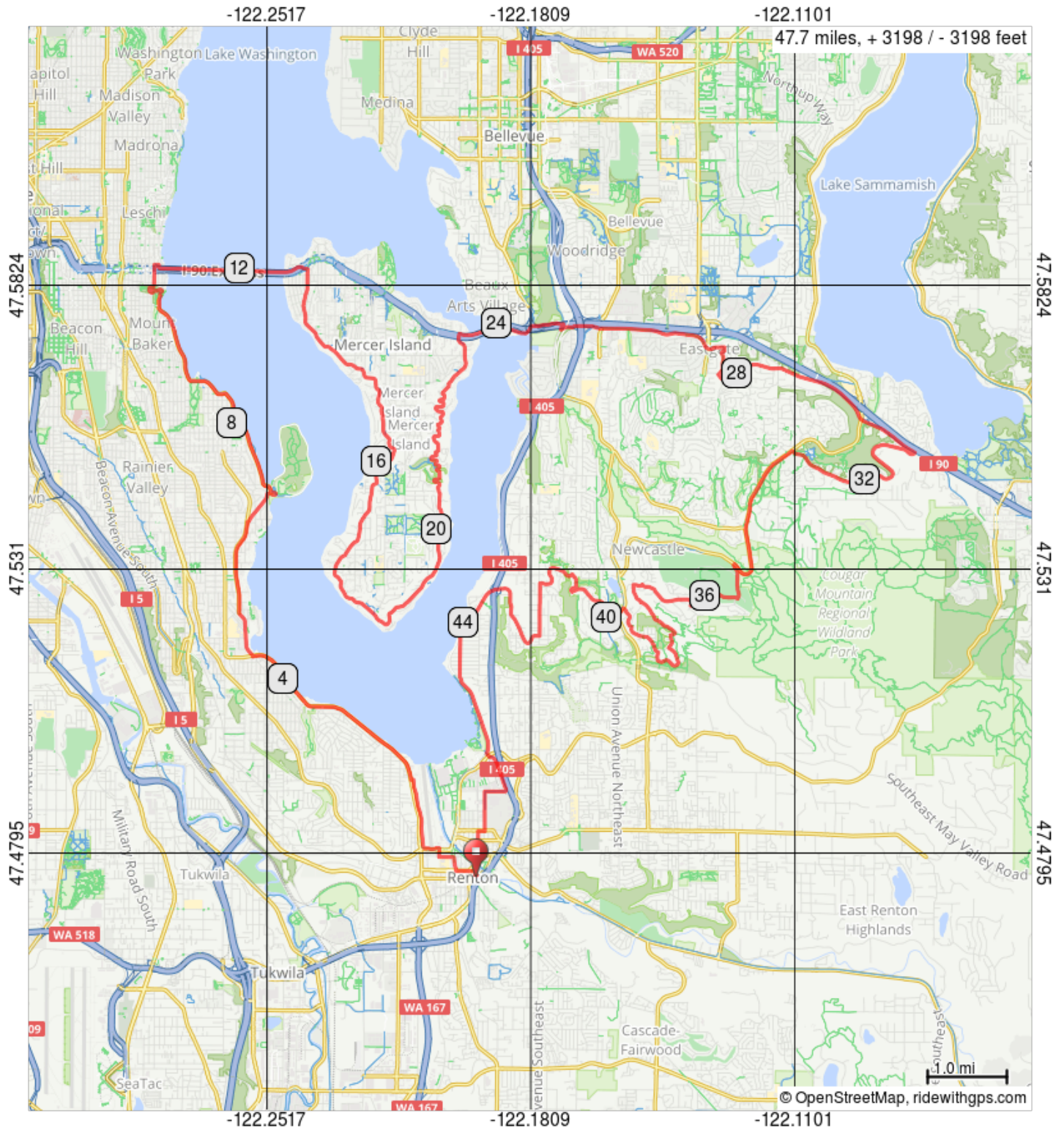






































FALL CYCLING #10 2016



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	0.0
3.	0.1	0.0		L onto S 2nd St	0.2
4.	0.3	0.2		R onto Burnett Pl S. Take 2nd Burnett	0.2
5.	0.5	0.2		Burnett Pl S turns L and becomes S Tobin St	0.2
6.	0.7	0.2		R onto Shattuck Ave S	0.1
7.	0.8	0.1		Continue onto Perimeter Rd W	0.0
8.	0.8	0.0		L to stay on Perimeter Rd W	1.1
9.	1.8	1.1		L toward Rainier Ave S	0.0
10.	1.9	0.0		R onto Rainier Ave S	2.7
11.	4.6	2.7		R onto 56th Ave S/Seward Park Ave S	1.8
12.	6.3	1.8		R to stay on Seward Park Ave S	0.4
13.	6.8	0.4		R onto S Juneau St STEEP DOWNHILL. SS @ bottom	0.1
14.	6.8	0.1		Veer R around loop to REST ROOM STOP	0.1
15.	7.0	0.1		R onto Lk Wash Blvd S	3.2
16.	10.1	3.2		L to stay on Lake Washington Blvd S. Steep Uphill	0.7
17.	10.9	0.7		CAUTION - STEEP DOWNHILL - BIKES EXITING TRAIL	0.0
18.	10.9	0.0		R onto S Irving St	0.1
19.	10.9	0.1		R onto I-90 Trail to cross bridge	0.0
20.	10.9	0.0		L onto I-90 Trail/Mountains to Sound Greenway Trail	1.9
21.	12.9	1.9		R onto W Mercer Way	10.6
22.	23.5	10.6		R onto I-90 Trail/Mountains to Sound Greenway Trail	0.6
23.	24.1	0.6		R to stay on I-90 Trail/Mountains to Sound Greenway Trail	1.0
24.	25.1	1.0		R onto Mountains to Sound Greenway Trail	0.1
25.	25.1	0.1		L onto I-90 Trail/Mountains to Sound Greenway Trail	0.5
26.	25.7	0.5		CAUTION - Use crosswalk to cross Factoria Blvd SE onto SE 36th (Honda Hill)	0.1
27.	25.7	0.1		R into REST STOP @ STARBUCKS just past QFC.	1.3
28.	27.0	1.3		Continue onto SE 38th St	0.1
29.	27.1	0.1		Straight - cross 150th Ave	0.2
30.	27.3	0.2		R onto 154th Ave SE	0.1
31.	27.3	0.1		R onto SE 39th St	0.0
32.	27.4	0.0		Slight L onto 153rd Ave SE	0.3
33.	27.7	0.3		L onto SE Newport Way	2.9
34.	30.6	2.9		R onto NW Village Park Dr -- MONTREAUX CLIMB STEEP Long Hill	2.5
35.	33.1	2.5		L onto Lakemont Blvd SE	1.7
36.	34.8	1.7		Continue onto SE 68th St/SE Newcastle Coal Creek Rd/Newcastle Golf Club Rd	0.3

34.8 miles. +2329/-1708 feet

Num	Dist	Prev	Type	Note	Next
37.	35.1	0.3	←	Sharp L onto 155th Ave SE. steep uphill	0.0
38.	35.2	0.0	↑	Continue onto 155th Ave SE	0.4
39.	35.6	0.4	➡	R onto SE 80th St	0.4
40.	36.0	0.4	➡	R onto SE 80th PI	0.1
41.	36.0	0.1	➡	R onto 149th PI SE	0.0
42.	36.1	0.0	↑	Continue onto SE 79th PI	0.1
43.	36.1	0.1	←	SE 79th PI turns slightly L and becomes 148th Ave SE	0.2
44.	36.4	0.2	➡	R onto 147th Ave SE	0.1
45.	36.4	0.1	↑	Continue onto SE 79th Dr	0.7
46.	37.1	0.7	←	L onto 136th Ave SE	0.1
47.	37.2	0.1	←	L to stay on 136th Ave SE	0.2
48.	37.5	0.2	←	L onto 144th PI SE	0.6
49.	38.1	0.6	➡	R onto SE 87th St. Street Not Marked. Gate across road. use Sidewalk.	0.1
50.	38.1	0.1	←	L onto 144th Ave SE	0.1
51.	38.3	0.1	↑	Continue onto SE 90th St	0.1
52.	38.3	0.1	←	L onto 143rd Ave SE	0.2
53.	38.6	0.2	↑	Continue onto SE 92nd St	0.3
54.	38.9	0.3	↑	Continue onto 140th Ave SE	0.1
55.	39.0	0.1	←	L onto 139th Ave SE	0.2
56.	39.2	0.2	↑	Continue onto SE 88th Way	0.3
57.	39.5	0.3	←	L onto 135th Ave SE	0.3
58.	39.8	0.3	←	L onto Coal Creek Pkwy SE	0.1
59.	39.8	0.1	➡	R onto SE 84th Way	0.1
60.	39.9	0.1	➡	Optional Rest Room Stop - Lake Boren Park -- Exiting reststop, R back onto SE 84th Way	0.1
61.	40.0	0.1	➡	R onto 129th PI SE. STEEP UPHILL	0.2
62.	40.2	0.2	↑	Continue onto SE 80th Way	0.5
63.	40.7	0.5	➡	R onto 122nd PI SE	0.3
64.	41.0	0.3	←	L onto SE 75th PI	0.4
65.	41.4	0.4	↑	Continue onto 118th Ave SE	0.1
66.	41.5	0.1	↑	Continue onto SE 77th Ct	0.2
67.	41.6	0.2	←	L onto 116th Ave SE	0.7
68.	42.3	0.7	➡	R onto SE 88th St -- CAUTION FAST DOWNHILL AHEAD	0.1
69.	42.4	0.1	↑	Continue onto SE May Creek Park Dr	0.6
70.	42.9	0.6	↑	Continue onto Lincoln Ave NE	0.2
71.	43.2	0.2	↑	Continue onto 110th Ave SE	0.0

8.3 miles. +763/-1359 feet

Num	Dist	Prev	Type	Note	Next
72.	43.2	0.0	↑	Continue onto NE 44th St	0.4
73.	43.6	0.4	↑	Continue onto Lake Washington Blvd N	0.6
74.	44.2	0.6	←	Slight L onto Burnett Ave N	0.6
75.	44.7	0.6	←	Slight L onto Lake Washington Blvd N	1.0
76.	45.7	1.0	←	L onto Houser Way N. CAUTION RR TRACKS	0.0
77.	45.7	0.0	←	L to stay on Houser Way N	0.5
78.	46.3	0.5	→	R onto N 8th St	0.3
79.	46.5	0.3	←	L onto Garden Ave N	0.5
80.	47.0	0.5	→	R onto N 4th St	0.1
81.	47.1	0.1	←	L onto Park Ave N	0.4
82.	47.5	0.4	→	R onto Bronson Way N -- NOTE: Move into L Lane	0.1
83.	47.6	0.1	←	L onto Mill Ave S	0.1
84.	47.7	0.1	←	L into parking lot. Route Complete.	0.0
85.	47.7	0.0	☐	End of route	0.0

4.6 miles. +182/-221 feet