

Dist	Prev	Note	Next
0.0	0.0	Start of route	0.0
0.0	0.0	L onto 19th Ave	0.6
0.6	0.6	R onto Market St	0.3
0.9	0.3	R onto Forbes Creek Dr	1.3
2.2	1.3	L onto NE 112th St; regroup	0.5
2.7	0.5	R onto 108th Ave NE	0.5
3.3	0.5	L onto NE 121st St	0.1
3.4	0.1	R onto 106th Ave NE	0.1
3.5	0.1	R onto 105th Ave NE	0.1
3.6	0.1	R onto 103rd Ave NE	0.1
3.7	0.1	L onto NE 124th St	0.7
4.4	0.7	L onto 93rd Ave NE	0.4
4.8	0.4	R onto NE Juanita Dr	2.4

4.8 miles. +298/-486 feet

Dist	Prev	Note	Next
11.0	0.2	L onto NE 165th St	0.4
11.4	0.4	R onto 75th Ave NE	0.1
11.4	0.1	L onto NE 170th St	0.4
11.9	0.4	R onto 68th Ave NE	0.4
12.3	0.4	R onto NE 175th St	0.8
13.1	0.8	L to go E. on BGT	1.3
14.3	1.3	R	0.0
14.4	0.0	R onto W Riverside Dr	0.1
14.5	0.1	Exit L toward Burke-Gilman Trail, go N.	0.0
14.5	0.0	R into Blyth Park for rest stop	0.1
14.6	0.1	L onto Sammamish River Trail	0.1
14.7	0.1	R to stay on Sammamish River Trail	1.1
15.7	1.1	L to stay on Sammamish River Trail	0.3

4.9 miles. +74/-264 feet

Dist	Prev	Note	Next
7.2	2.4	R onto NE 132nd St	0.5
7.7	0.5	L onto 87th Ave NE	0.1
7.9	0.1	R onto NE 134th St	0.3
8.1	0.3	L onto 91st PI NE	0.1
8.3	0.1	R onto NE 136th St	0.0
8.3	0.0	L onto 92nd PI NE	0.1
8.5	0.1	L onto 93rd Ave NE	0.3
8.8	0.3	L to stay on 93rd Ave NE	0.3
9.1	0.3	R onto 90th Ave NE	0.2
9.3	0.2	L onto NE 143rd St	0.3
9.5	0.3	R onto 84th Ave NE	0.9
10.5	0.9	L onto NE 159th St	0.3
10.8	0.3	R onto 81st PI NE	0.2

6.0 miles. +232/-271 feet

Dist	Prev	Note	Next
16.1	0.3	L to stay on Sammamish River Trail	0.1
16.1	0.1	Slight L onto North Creek Trail	0.6
16.7	0.6	R to stay on North Creek Trail	0.1
16.8	0.1	Slight R to stay on North Creek Trail	0.3
17.2	0.3	R onto Beardslee Blvd	0.1
17.3	0.1	Continue onto NE 195th St	0.2
17.4	0.2	R onto North Creek Pkwy	0.7
18.1	0.7	L onto 120th Ave NE; cross at South crosswalk	0.9
19.0	0.9	Continue onto 39th Ave SE	0.4
19.4	0.4	L onto 240th St SE	0.3
19.6	0.3	R onto 35th Ave SE	0.8
20.4	0.8	L onto 228th St SE	0.4
20.8	0.4	R onto 29th Dr SE	0.4

5.1 miles. +244/-180 feet

Dist	Prev	Note	Next
21.2	0.4	L onto 223rd St SE	0.2
21.4	0.2	L onto 23rd Dr SE	0.1
21.5	0.1	Continue onto 224th St SE	0.0
21.5	0.0	L into parking lot	0.1
21.6	0.1	Exit parking lot to go SE on North Creek Trail	0.4
22.0	0.4	Slight R to stay on North Creek Trail	1.2
23.2	1.2	R onto 35th Ave SE	0.1
23.3	0.1	L onto 242nd St SE/Monte Villa Pkwy	0.3
23.6	0.3	R onto 39th Ave SE	0.2
23.8	0.2	R onto North Creek Pkwy N	0.6
24.4	0.6	R onto North Creek Trail	0.1
24.5	0.1	R to stay on North Creek Trail	0.1
24.6	0.1	Straight onto NE 195th St	0.2

3.8 miles. +121/-210 feet

Dist	Prev	Note	Next
31.2	0.6	R onto 16th Ave W	0.0
31.2	0.0	L onto 5th St W	0.0
31.2	0.0	L into parking lot; regroup	0.0
31.3	0.0	Exit parking lot L to cross Market street at cross walk; continue up 15th Ave	0.0
31.3	0.0	L	0.1
31.3	0.1	R onto 1st St	0.1
31.5	0.1	L onto 13th Ave	0.1
31.6	0.1	L onto 2nd St	0.1
31.7	0.1	R onto 15th Ave	0.1
31.8	0.1	L onto 3rd St	0.2
31.9	0.2	R onto 18th Ave	0.3
32.3	0.3	L at 17th Ave	0.0

1.6 miles. +86/-45 feet

Dist	Prev	Note	Next
24.8	0.2	R into Beardslee Plaza for 30 min. lunch	0.1
24.9	0.1	L	0.1
24.9	0.1	R onto Beardslee Blvd	0.6
25.6	0.6	Continue onto Main St	0.1
25.7	0.1	L after Wells Fargo Bank (on the right)	0.3
25.9	0.3	R onto W Riverside Dr	0.1
26.0	0.1	Slight R onto Burke-Gilman Trail	0.8
26.8	0.8	L thru parking lot to 96th Ave NE	0.1
26.8	0.1	R onto 96th Ave NE/Waynita Way NE	2.8
29.7	2.8	Continue onto NE 120th Pl	0.2
29.8	0.2	Continue onto 98th Ave NE	0.4
30.2	0.4	Slight R onto Old Market Street Trail	0.5
30.6	0.5	Continue onto 98th Ave NE	0.6

6.1 miles. +329/-341 feet