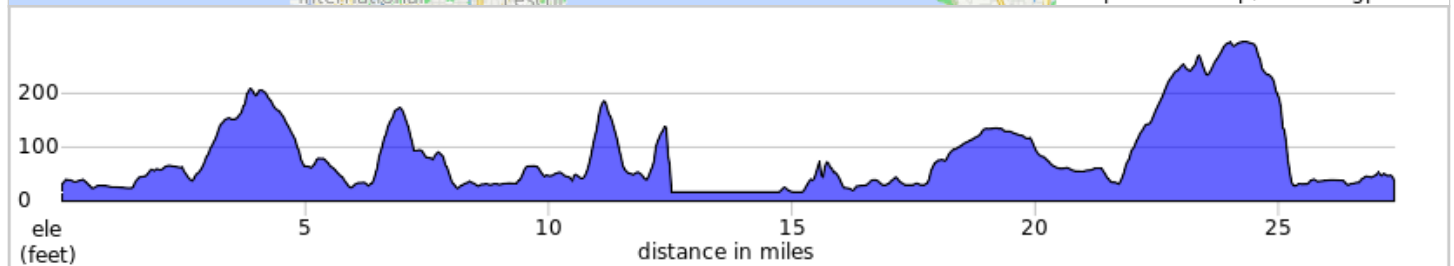
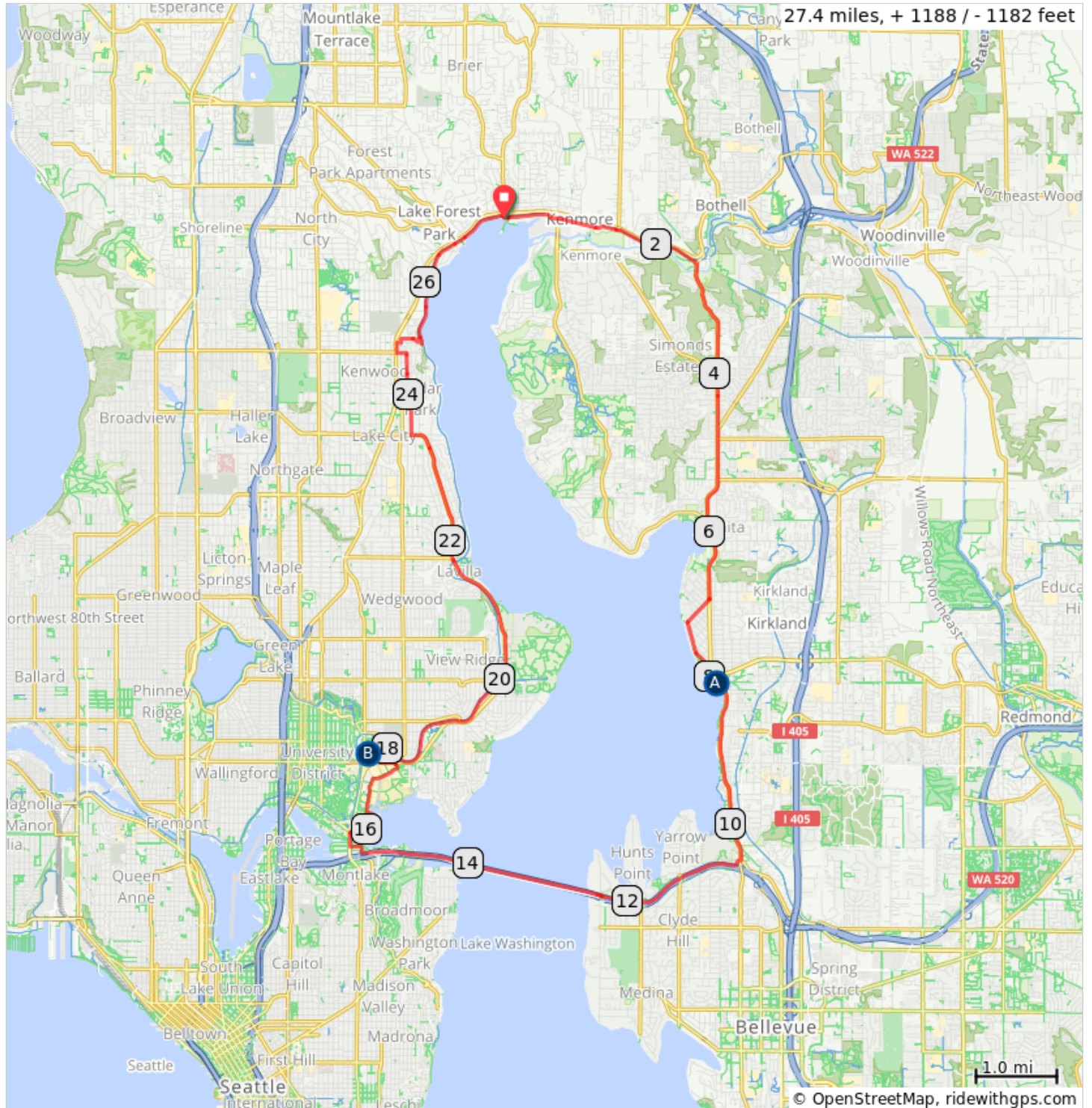


N Lake Loop Sandpoint



A. Optional Restroom and Water

B. Coffee Break



N Lake Loop Sandpoint

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		R onto NE 175th St	1.4
1.5		L toward Burke-Gilman Trail	0.0
1.5		R onto Burke-Gilman Trail	1.0
2.5		R into gravel parking lot	0.1
2.5		R onto 96th Ave NE	3.0
5.5		Continue onto 98th Ave NE	1.0
6.5		Continue onto Market St	0.3
6.8		R onto 6th street W	0.4
7.2		L onto Waverly Way	0.7
7.9		R onto Market St	0.1
8.0		Continue onto Lakeshore Plaza	0.0
8.0		L to stay on Lakeshore Plaza	0.1
8.1		L onto Kirkland Ave	0.0
8.2		R onto Lake St S	0.6
8.8		Continue onto Lake Washington Blvd NE	1.7

8.8 miles. +430/-431 feet

Dist	Type	Note	Next
10.4		R onto NE Points Dr	0.1
10.5		L toward 520 Trail	0.0
10.5		R onto 520 Trail	1.8
12.4		Regroup Stop prior to getting onto 520 bridge	3.0
15.4		R toward E Park Dr E	0.0
15.4		R onto E Park Dr E	0.1
15.4		L onto E Shelby St	0.1
15.6		R onto Montlake Blvd E Stay on sidewalk over bridge	0.2
15.8		R into University Stadium parking	0.2
16.0		L toward Walla Walla Rd	0.3
16.3		R to stay on Walla Walla Rd	0.2
16.5		R to stay on Walla Walla Rd Be careful at gates	0.2
16.7		R onto NE Clark Rd Be careful at gate	0.3
17.1		L onto Mary Gates Memorial Dr NE	0.1

8.3 miles. +341/-343 feet

Dist	Type	Note	Next
17.1		L onto NE 45th St	0.2
17.3		R into university mall at QFC	0.1
17.4		L toward 26th Ave NE	0.1
17.5		R onto 26th Ave NE	0.0
17.6		R at Starbucks Break for refreshments	0.1
17.7		R onto NE University Village St	0.1
17.7		L at parking garage	0.1
17.8		R onto NE 49th St Gear down steep climb	0.1
17.9		L onto 30th Ave NE	0.0
17.9		Sharp R onto Burke Gilman Trail Watch for traffic in both directions	2.0
19.9		R onto NE 65th Street Stay in right hand bike lane	0.1
20.1		L onto Sand Point Way NE	3.3
23.4		Continue onto NE 125th St	0.1
23.5		R onto 37th Ave NE	0.5

6.4 miles. +353/-157 feet

Dist	Type	Note	Next
24.0		L onto NE 135th St	0.0
24.1		R onto 36th Ave NE	0.5
24.6		L onto NE 145th St	0.1
24.7		R onto Bothell Way Stay in bus lane	0.1
24.8		R onto NE 147th St	0.1
24.9		L onto 35th Ave NE	0.0
24.9		Continue onto NE 148th St	0.2
25.1		L onto 39th Ave NE	0.0
25.2		R onto 40th Ave NE	0.1
25.3		Slight L onto Burke-Gilman Trail	2.1
27.4		Sharp R into Log Boom Park	0.0
27.4		End of route	0.0

3.9 miles. +43/-294 feet