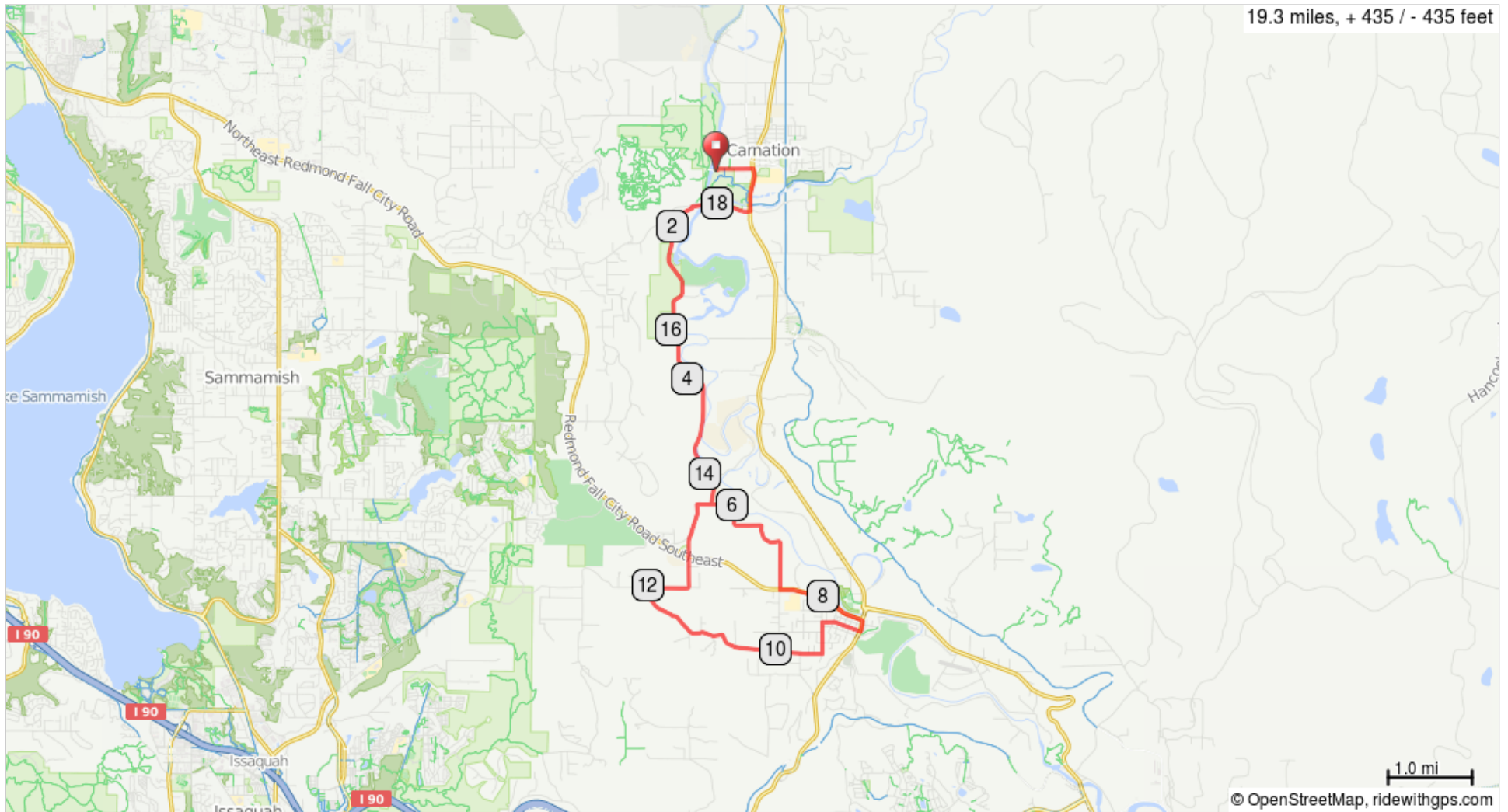
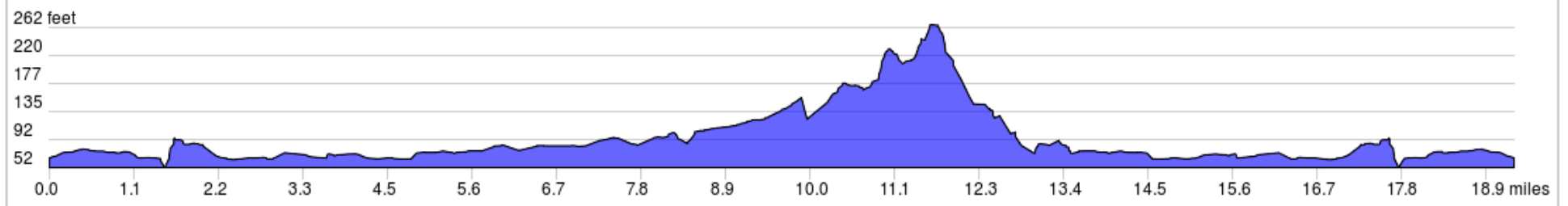


SHE BIKES- Seattle Cycle Sirens; Session #3 - Group Riding 101 Clinic with a Carnation Ride. (Steady)



19.3 miles, + 435 / - 435 feet



SHE BIKES- Seattle Cycle Sirens; Session #3 - Group Riding 101 Clinic with a Carnation Ride.
(Steady)

0.0	0.0	■	Start of route
0.0	0.0	→	R to stay on NE 40th St
0.4	0.4	→	R onto Tolt Ave
0.9	0.5	→	R onto NE 32nd St/NE Tolt Hill Rd
1.6	0.7	←	L onto W River Rd/W Snoqualmie River Rd NE
4.1	2.5	↑	Continue onto W Snoqualmie River Rd SE
5.3	1.2	↑	Continue onto SE 24th St
5.4	0.1	→	R onto W Snoqualmie River Rd SE
5.7	0.3	←	L onto SE 24th St/W River Rd
6.0	0.3	↑	Continue onto 316th Ave SE

6.0 miles. +107/-87 feet

6.2	0.2	↑	Continue onto SE 28th St/W River Rd
6.5	0.3	→	SE 28th St/W River Rd turns R and becomes 321st Ave SE
6.7	0.2	↑	Continue onto SE 31st St
6.9	0.2	↑	Continue onto 324th Ave SE/W River Rd
7.4	0.6	←	L onto SE Redmond-Fall City Rd
8.5	1.1	→	R onto Preston-Fall City Road Southeast
8.5	0.0	☹	Rest Stop at Valero
8.6	0.1	→	R onto SE 43rd Pl
9.1	0.5	←	L onto 332nd Ave SE/John St
9.5	0.4	→	R onto SE Issaquah-Fall City Road

3.5 miles. +76/-26 feet

11.9	2.4	→	R onto SE 40th St
12.4	0.5	←	Slight L onto 308th Ave SE
13.0	0.6	↑	Continue onto 309th Ave SE
13.4	0.4	→	R onto SE 24th St
13.6	0.2	←	L onto W Snoqualmie River Rd SE
13.9	0.3	←	L onto SE 24th St
14.0	0.1	↑	Continue onto W Snoqualmie River Rd SE
15.2	1.2	↑	Continue onto Main St/W River Rd
17.7	2.5	→	R onto NE Tolt Hill Rd
18.9	1.2	←	L onto NE 40th St
19.3	0.4	■	End of route

9.8 miles. +115/-256 feet