

FULL MARATHON

WEEK 16
17 MILES

Home Base: (206) 383-5949



Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ N 80 th St
2	2.2	2.2	West	N 80th St
3	1.6	3.8	Left/South	32nd Ave NW
4	0.5	4.3	Left/East	NW Market St
5	0.7	5.0	Right/Southeast	Leary Ave NW
6	0.6	5.6	Left/East /Southeast	NW Leary Way
7	0.1	5.7	Right/South	At 8 th Ave NW
8	3.0	8.7	Join	Burke Gilman Trail
9	---	8.7	Stairs	Take the Stairs up to the University Bridge
10	0.3	9.0	Right/South	Cross University Bridge
11	0.5	9.5	Left/Southeast	Fuhrman Ave E
12	1.4	10.9	Becomes	Boyer Ave E
13	1.0	11.9	Left/North	Lake Washington Blvd E (run on left side path, you'll pass a playground and eventually pick up the sidewalk again)
14	0.3	12.2	Right/North	Montlake Blvd NE (go over the 520)
15	0.3	12.5	Left/Northwest	NE Pacific Place
16	1.4	13.9	Right/North	15th Ave NE
17	0.7	14.6	Left/Northwest	Ravenna Blvd
18	0.4	15.0	Left/West	N 65th St
19	---	15.0	Cross	E Green Lake Way N
20	2.0	17.0	Left/Clockwise	Green Lake (inner trail)
21	---	17.0	Cross	E Green Lake Dr N
22	0.2	17.2	Left/Northwest	E Green Lake Dr N/Green Lake Dr N
23	---	17.2	Finish	Bethany Community Church