

## Week 16 – Half Marathon – 11 Miles

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ N 80 <sup>th</sup> 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 <sup>th</sup> Ave NW
8		~5.7		Water Station on BGT between Hales Ales & Fred Meyers
9	3.0	8.7	Left/North	Latona Ave NE
10				Note: Latona Ave NE will do ½ block jogs at 42 <sup>nd</sup> & 50 <sup>th</sup>
11	1.4	10.1	North	Latona becomes 2 <sup>nd</sup> Ave NE (for just 1 block)
12	0	10.1	Left/West	East Green Lake Way N
13	0.1	10.2	Right/North	Trail leading to Green Lake Inner trail
14	0	10.2	Counterclockwise / North	Green Lake Inner Trail
15	0.7	10.9	North	Kiddie Pool – go to E Green Lake Dr N
16	0.3	11.2	Finish	Bethany Community Church