## Week 18 - Full Marathon - 19 Miles

1	Step	Stage	Total	Direction	Description
2	1		0.0	Start	•
3	2	0.20		Southeast	
1.00					
1.2			1.00		, , ,
Stay on Ravenna   Stay on Ravenna   Stay on Ravenna   Stay on Ravenna   Pine   O.2   2.6   Right/South   Ravenna PI NE   NE Blakely St. / Burke Gilman Trail   Stay on Ravenna   Pine   NE Blakely St. / Burke Gilman Trail   Stay on Ravenna   Pedestrian Bridge across Montlake Blvd NE The bridge   Pedestrian Bridge across Montlake Blvd NE The bridge   New York of Northeast   Pedestrian Bridge across Montlake Blvd NE.   Pedestrian Bridge across Montlake Blvd NE.   Oliver or Stay of John Montlake Blvd NE   Oliver or Stay of Jo		1.2		Left/Southeast	
Stay on Ravenna   Stay on Ravenna   Stay on Ravenna   Stay on Ravenna   Pine   O.2   2.6   Right/South   Ravenna PI NE   NE Blakely St. / Burke Gilman Trail   Stay on Ravenna   Pine   NE Blakely St. / Burke Gilman Trail   Stay on Ravenna   Pedestrian Bridge across Montlake Blvd NE The bridge   Pedestrian Bridge across Montlake Blvd NE The bridge   New York of Northeast   Pedestrian Bridge across Montlake Blvd NE.   Pedestrian Bridge across Montlake Blvd NE.   Oliver or Stay of John Montlake Blvd NE   Oliver or Stay of Jo					
8					Stay on Ravenna
10	8	0.1	2.4	Right/South	
1.1	9	0.2			NE Blakely St. / Burke Gilman Trail
11	10	1.1	3.7	<u> </u>	Pedestrian Bridge across Montlake Blvd NE The bridge is in front of Hec Ed / Alaska Airline Arena Where the UW plays basketball & volleyball After crossing go down several stairs to sidewalk on east
12	11		3.7	Cross (part of step 10)	
13		0.4			
13		<b>.</b>			
14	13	0.24	4.36	Left/East	
14         0.30         4.66         Right/South; and then will curve left/east will curve left/east         Lake Washington Blvd E (will lead you into the Arboretum) will curve left/east then will curve right and head Southeast           16         0.96         5.78         Right/South         KEY TURN! E Foster Island Rd (to the Arboretum Visitors Center)           17         0.28         6.06         Right/Northwest         Lake Washington Blvd E           18         0.35         6.41         Left/Northwest         KEY TURN! Arboretum Dr. E (you will pass the Visitor's Center on your left and then run through the Arboretum)           19         0.05         6.46         Right/Northwest         Lake Washington Blvd E           19         0.05         6.46         Right/North         24th Avenue East Water Station near 24th & Boyer           20         1.16         7.62         Left/Northwest, then curves Right/North         Boyer Avenue East           21         0.43         8.05         Slight Right/Northwest         Fuhrman Avenue East           22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/North         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1 <td></td> <td>• -</td> <td></td> <td></td> <td></td>		• -			
15         0.16         4.82         Left/Northeast; and then will curve right and head Southeast         KEY TURN!         E Foster Island Rd (to the Arboretum Visitors Center)           16         0.96         5.78         Right/South         KEY TURN! Arboretum Dr. E (you will pass the Visitor's Center on your left and then run through the Arboretum)           17         0.28         6.06         Right/Northwest         Lake Washington Blvd E           18         0.35         6.41         Left/Northwest         KEY TURN! Veer onto E. Interlaken Blvd (and head up a hill)           19         0.05         6.46         Right/North         24th Avenue East Water Station near 24th & Boyer           20         1.16         7.62         Left/Northwest the curves Right/North         Boyer Avenue East           21         0.43         8.05         Slight Right/Northwest         Fuhrman Avenue East           22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/Southwest         Fairview Ave N           26         0.5         10.1         Right/North         Westlake Ave N           27         1.9         12.0         Right/North         Fremont Ave N (cross Fremont Bridge)           30         1.4         13.6	14	0.30	4.66		
16         0.96         5.78         Right/South head Southeast         KEY TURN! Arboretum Dr. E (you will pass the Visitor's Center on your left and then run through the Arboretum)           17         0.28         6.06         Right/Northwest         Lake Washington Blvd E           18         0.35         6.41         Left/Northwest         KEY TURN! Veer onto E. Interlaken Blvd (and head up a hill)           19         0.05         6.46         Right/North         24th Avenue East Water Station near 24th & Boyer           20         1.16         7.62         Left/Northwest, then curves Right/North         Boyer Avenue East           21         0.43         8.05         Slight Right/Northwest         Fuhrman Avenue East           22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/North         Westlake Ave N           26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Right/South Fremont Ave N (cross Fremont Bridge)           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mi	15	0.16	1 82		KEY TIRNI E Foster Island Rd (to the Arboretum Visitors
Center on your left and then run through the Arboretum    17	15	0.10	4.02	then will curve right and	,
17         0.28         6.06         Right/Northwest         Lake Washington Blvd E           18         0.35         6.41         Left/Northwest         KEY TURN! Veer onto E. Interlaken Blvd (and head up a hill)           19         0.05         6.46         Right/North         24th Avenue East Water Station near 24th & Boyer           20         1.16         7.62         Left/Northwest, then curves Right/North         Boyer Avenue East           21         0.43         8.05         Slight Right/Northwest         Fuhrman Avenue East           22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/Southwest         Fairview Ave N           26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West	16	0.96	5.78	Right/South	
18	17	0.28	6.06	Right/Northwest	
19         0.05         6.46         Right/North         24 <sup>th</sup> Avenue East Water Station near 24 <sup>th</sup> & Boyer           20         1.16         7.62         Left/Northwest, then curves Right/North         Boyer Avenue East           21         0.43         8.05         Slight Right/Northwest         Fuhrman Avenue East           22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/Southwest         Fairview Ave N           26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West         NW 45th St           32         0.1         13.75         Right/North         11th Ave NW           33         0.85         14.6         Left/West         NW Market St           35	18	0.35	6.41		KEY TURN! Veer onto E. Interlaken Blvd (and head up a
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22         1.4         9.45         Left/South         Eastlake Avenue East           23         0.6         10.05         Right/Southwest         Fairview Ave N           26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West         NW 45th St           32         0.1         13.75         Right/North         11th Ave NW           33         0.85         14.6         Left/West         NW Leary Way           34         0.5         15.1         Left/West         NW Market St           35         0.6         15.7         Right/East         NW 65th St           37         0.75         17.8         Left/North         8th Ave NW           38         1.0         18.8         Right/East         NW 77th St <td></td> <td></td> <td></td> <td>Left/Northwest, then</td> <td></td>				Left/Northwest, then	
23         0.6         10.05         Right/Southwest         Fairview Ave N           26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West         NW 45th St           32         0.1         13.75         Right/North         11th Ave NW           33         0.85         14.6         Left/West         NW Leary Way           34         0.5         15.1         Left/West         NW Market St           35         0.6         15.7         Right/North         32nd Ave NW           36         1.35         17.05         Right/East         NW 65th St           37         0.75         17.8         Left/North         8th Ave NW           38         1.0         18.8         Right/East         NW 77th St	21	0.43	8.05	Slight Right/Northwest	Fuhrman Avenue East
26         0.5         10.1         Right/West         Valley St.           27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman Trail Water Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West         NW 45th St           32         0.1         13.75         Right/North         11th Ave NW           33         0.85         14.6         Left/West         NW Leary Way           34         0.5         15.1         Left/West         NW Market St           35         0.6         15.7         Right/North         32nd Ave NW           36         1.35         17.05         Right/East         NW 65th St           37         0.75         17.8         Left/North         8th Ave NW           38         1.0         18.8         Right/East         NW 77th St           39         0.2         19.00         Left/North         Stone Ave N	22	1.4	9.45	Left/South	Eastlake Avenue East
27         1.9         12.0         Right/North         Westlake Ave N           28         0.1         12.1         Right/North         Fremont Ave N (cross Fremont Bridge)           29         0.1         12.2         Left/West         N 34th St           30         1.4         13.6         Join         Burke Gilman TrailWater Station on BGT behind Hales at about mile 13           31         0.05         13.65         Left/West         NW 45th St           32         0.1         13.75         Right/North         11th Ave NW           33         0.85         14.6         Left/West         NW Leary Way           34         0.5         15.1         Left/West         NW Market St           35         0.6         15.7         Right/North         32nd Ave NW           36         1.35         17.05         Right/East         NW 65th St           37         0.75         17.8         Left/North         8th Ave NW           38         1.0         18.8         Right/East         NW 77th St           39         0.2         19.00         Left/North         Stone Ave N	23	0.6	10.05	Right/Southwest	Fairview Ave N
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35         0.6         15.7         Right/North         32nd Ave NW           36         1.35         17.05         Right/East         NW 65th St           37         0.75         17.8         Left/North         8th Ave NW           38         1.0         18.8         Right/East         NW 77th St           39         0.2         19.00         Left/North         Stone Ave N					, ,
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38         1.0         18.8         Right/East         NW 77th St           39         0.2         19.00         Left/North         Stone Ave N					
39 0.2 19.00 Left/North Stone Ave N					
Leading Community Community	40		19.00	Finish	Bethany Community Church

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