

Week 18 – Full Marathon – 19 Miles

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Dr. N
2	0.20	0.20	Southeast	Green Lake Drive North
3	0.80	1.00	East/Counterclockwise	East Green Lake Drive North (outer path of Green Lake)
4	---	1.00	Cross	NE Ravenna Blvd. (Past Starbucks)
5	1.2	2.2	Left/Southeast	NE Ravenna Boulevard
6	0.05	2.25	Right/South	Ravenna Ave NE
7				Stay on Ravenna
8	0.1	2.4	Right/South	Ravenna Pl NE
9	0.2	2.6	Right/South	NE Blakely St. / Burke Gilman Trail
10	1.1	3.7	Left/East	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 side of Montlake Blvd NE
11	---	3.7	Cross (part of step 10)	Montlake Blvd NE
12	0.4	4.12	Right/South	Montlake Blvd NE (go across bridge, across the 520 overpass, to the first light)
13	0.24	4.36	Left/East	E Lake Washington Blvd E (street will curve to the right/south and become Lake Washington Blvd E)
14	0.30	4.66	Right/South; and then will curve left/east	Lake Washington Blvd E (will lead you into the Arboretum)
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	24 th 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 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
40	---	19.00	Finish	Bethany Community Church

