

## Week 19 – Full Marathon – 12 Miles

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Drive N.
2	0.2	0.2	South	Stone Ave N
3	1.0	1.2	Right/West	N 77th St
4	0.6	1.8	Left/South	8th Ave NW
5	1.6	3.4	Right/West	NW 65th St
6	0.6	4.0	Left/South	32nd Ave NW
7	2.0	6.0	Right/West/Northwest	Seaview Ave NW... Cross Seaview at 32 <sup>nd</sup> so you're on south side, it's part of Burke Gilman Trail
				<b>Water Station – you'll pass it twice, about mile 5 on the way out, about mile 7 on way back.</b>
8	---	6.0	Turnaround Point	Golden Gardens Park (Enter the park, run around the big building between the end of the parking lot and the water)
9	6.0	12.0	Return	To Bethany Community Church (reverse route)
10	---	12.0	Finish	Bethany Community Church