

Half Marathon

Week 19
10 Miles

HOME BASE: (206) 383-5949



Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Dr. N
2	0.03	0.03	(Proceed) South	(on) Stone Ave Nth
3	2.64	2.67	Right/West	North 80th St/NW 80th St
4	1.32	3.99	Left/South	32 nd Ave NW
5	---	3.99	Cross	Cross NW 54th St to get to Trail on South side of road
6	1.31	5.30	Right/West, then Curves North	NW 54th/Seaview Ave NW (NW 54 th St starts West and then curves in a Northerly direction where it becomes Seaview Ave NW)
7	0.77	6.07	Turnaround/South	Seaview Ave NW As you proceed north on Seaview you will pass a multi-tenant building on the left side of the street addressed as 7001 Seaview Ave. N. Continue north and when you see a small building in the parking lot with "M-5" on it, then turnaround. (If you go past a small restaurant (named Coney Island) at 8003 Seaview Ave then you have gone too far)
8	0.06	6.13	Left/North	KEY TURN 38th Ave NW (at Railroad Crossing)
9	0.07	6.20	Right/East	NW 61st St
10	0.21	6.41	Left/North	36th Ave NW
11	1.75	8.16	Right/East	NW 65th St
12	0.61	8.77	Left/North	8th Ave NW
13	1.12	9.89	Right/East	North 77th St
14	0.19	10.08	Left/North	Stone Ave N
15	---	10.08	Finish	Bethany Community Church