



FULL MARATHON

WEEK 3
4 MILES

Home Base: (206) 383-5949

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Drive N.
2	0.2	0.2	Southeast	Green Lake Drive N.
3	0.0	0.2	Cross	W. Green Lake Dr. N
4	0.8	1.0	Left/Clockwise	E. Green Lake Dr. N (outer path of Green Lake) (map is approximate)
5	1.05	2.05	Left/Southeast	NE Ravenna Blvd
6	---	2.05	Turnaround	17th Ave NE (return to Bethany Community Church)
7	2.05	4.10	Finish	Bethany Community Church