

Full Marathon



Week 4
5 Miles

Home Base: (206) 383-5949

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Stone Avenue N.
2	0.1	0.1	South	Green Lake Way N.
3	0.0	0.1	Cross	East Green Lake Way N.
4	2.0	2.1	Left/Southeast /Clockwise	Green Lake (Inner Track)
5	0.0	2.1	Cross Just Before	Golf course (south end of lake) from Inner Track to Outer Track (Inner Track will be chalked)
6	0.0	2.1	Continue	South to N. 50 th St.
7	0.5	2.6	Right/West	N. 50 th St
8	1.4	4.0	Right/North	Phinney Ave N. (becomes Greenwood Ave N)
9	0.9	4.9	Right/West	N. 77 th St
10	0.0	4.9	Cross	Aurora Ave N
11	0.1	5.0	Left/North	Stone Ave N
12	---	5.0	Finish	Bethany Community Church