



# HALF MARATHON

WEEK 4  
3.5 MILES

Home Base: (206) 383-5949

1. From Bethany Community Church, walk/run downhill on Greenlake Dr across to OUTER PATH
2. Clockwise on outer path to Ravenna Blvd
3. Ravenna Blvd to 12th Ave NE
4. Turn around and follow same route back to Bethany Community Church