



# Full Marathon

Week 7  
8 Miles

Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Dr. N
2	0.10	0.10	South	Stone Ave N
3	0.50	0.60	West/Right	N 77th St
4	0.45	1.05	South/Left	Greenwood Ave N
5	1.0	2.05	Becomes	Phinney Ave N
5	0.05	2.10	East/Right	N 50th St
6	1.00	3.10	South/Right	Fremont Ave N
7	0.30	3.40	East/Left	N 36th St
8	1.30	4.70	North/Left	Stone Way N
9	0.40	5.10	Becomes	Green Lake Way N
10	0.60	5.70	North/Counterclockwise	Outer Path of Green Lake
11	0.5	6.30	East/Right	N 65th St
12	0.10	6.40	North/Left	Roosevelt Way NE
13	---	---	West/Left	NE 70th St
14	0.6	7.0	Becomes	NE 71st St
15	0.9	7.9	Northwest/Counterclockwise	Outer Path of Green Lake
16	0.10	8.0	Northwest/Right	Green Lake Dr N
17	---	8.0	Finish	Bethany Community Church

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