

Home Base: (206) 383-5949



Half Marathon

Week 8
6 Miles

| 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 | 1.5 | 1.6 | Left/Southeast/Clockwise | Green Lake (Inner Track) |
| 5 | --- | 1.6 | Cross Just Before | Golf course (south end of lake) from Inner Track to Outer Track |
| 6 | 0.4 | 2.0 | Continue | South to N. 50 th St. |
| 7 | 0.9 | 2.9 | Right/West | N. 50 th St |
| 8 | 1.2 | 4.1 | Right/North | Phinney Ave N (Phinney becomes Greenwood Ave N) |
| 9 | 0.2 | 4.3 | Right/East | N. 70th St |
| 10 | 0.2 | 4.5 | Right/South | Linden Ave N |
| 11 | 0.1 | 4.6 | Becomes | Woodland Pl N |
| 12 | --- | 4.6 | Go Under | Aurora Ave N |
| 13 | 0.1 | 4.7 | Left/East | N. 63rd St |
| 14 | 1.2 | 5.9 | Left/North/Counter Clockwise | Green Lake (Inner Track) |
| 15 | --- | 5.9 | Cross | E. Green Lake Dr N |
| 16 | 0.1 | 6.0 | Left/Northwest | Green Lake Dr. N |
| 17 | --- | 6.0 | Finish | Bethany Community Church |