

FULL MARATHON

WEEK 12
10 MILES



Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Stone Avenue N.
2	0.1	0.1	South	Stone Avenue N.
3	1.1	1.2	Right/West	N. 77th St
4	0.6	1.8	Left/South	8th Avenue NW.
5	2.1	3.9	Right/West	NW 65th St.
6	0.1	4.0	Left/South	36th Ave NW <i>(The road splits. Stay on right side of road.)</i>
7	0.1	4.1	Right/West	NW 61st St (under railroad underpass)
8	0.9	5.0	Right/North	Seaview Ave NW
9	---	5.0	Turnaround	At Shilshoe, before Golden Gardens
10	0.9	5.9	South	Seaview Ave NW
11	0.1	6.0	Left/East	NW 61st St (under railroad underpass)
12	0.1	6.1	Left/North	36th Ave NW (Stay on left side of road)
13	2.1	8.2	Right/East	NW 65th St
14	0.6	8.8	Left/North	8th Ave NW
15	1.1	9.9	Right/East	N. 77th St.
16	0.1	10.0	Left/North	Stone Ave N.
17	---	10.0	Finish	Bethany Community Church

HOME BASE: (206) 383-5949