

HALF MARATHON

WEEK 13
9 MILES



Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Stone Avenue N.
2	0.2	0.2	South	Stone Avenue N.
3	1.1	1.3	Right/West	N. 77th St
4	0.6	1.9	Left/South	8th Avenue NW.
5	1.65	3.55	Right/West	NW 65th St
6	0.55	4.1	Left/South	34th Ave NW (34th Ave NW "T"s into NW 54th St. Cross NW 54th St to be on the South (Ship Canal) side of the street to run/walk where the trail is. BE CAREFUL crossing NW 54th St.)
7	0.35	4.45	Left/East/NE	NW 54th St.
8	0.3	4.75	Right/East	N.W. 54th St becomes NW Market St.
9	0.65	5.4	Right/Southeast	24th Ave NW/Shilshole Ave NW Stay on the Left side of the street. Note: Shilshole Ave eventually turns East and leads to a "Y". Take the left road - NW 46th St.
10	0.45	5.85	Left/East	NW 46th St.
11	0.05	5.9	Right/South	9th Ave NW Note: The 9th Ave NW sign is bent. It's the avenue after 11th Ave. (as you head South on 9th Ave you will see a paved trail ahead of you on the South side of NW 45th St and immediately next to Fred Meyer. Cross NW 45th St. and follow the Burke Gilman Trail.)
12	0.2	6.1	Left/Southeast	Burke Gilman Trail
13	0.05	6.15	North/Left	8th Ave NW This is before Hale's Pub, (street sign may be bent so be careful to look for it) (on the South side of Leary. This is a short segment of 8th Ave that leads to Leary Way. It does not align exactly with 8th Ave NW on the North side of Leary Way so you will have to go slightly West to cross at the crosswalk.
14	---	---	West/Left	Leary Way (very small distance) till you get to the light on 8th Ave.
15	1.7	7.85	North/Left	Cross Leary and continue North on 8th Ave NW
16	1.1	8.95	Right/East	N. 77th St.
17	0.2	9.15	Left/North	Stone Ave N.
18	---	9.15	Finish	Bethany Community Church

Home Base: (206) 383-5949