

HALF MARATHON

WEEK 18
12 MILES

Home Base: (206) 383-5949



Step	Stage	Total	Direction	Description
1	0.0	0.0	Start	Bethany Community Church @ Green Lake Dr. N
2	0.20	0.20	Southeast	Green Lake Drive North
3	0.80	1.00	East/Counterclockwise	East Green Lake Drive North (outer path of Green Lake)
4	-	-	Cross	NE Ravenna Blvd. (Past Starbucks)
5	0.95	1.95	Left/Southeast	NE Ravenna Boulevard
6	1.23	3.18	Right/South	15 Ave NE
7	-	-	Cross	NE Pacific St
8	0.45	3.63	Left/East	NE Pacific St (past UW Medical Center)
9	0.36	3.99	Right/South	Montlake Blvd NE (go across bridge, across the 520 overpass, to the first light)
10	0.24	4.23	Left/East	E Lake Washington Blvd E (street will curve to the right/south and become Lake Washington Blvd E)
11	0.30	4.53	Right/South; and then will curve left/east	Lake Washington Blvd E (will lead you into the Arboretum)
12	0.16	4.69	Left/Northeast; and then will curve right and head Southeast	KEY TURN! E Foster Island Rd (to the Arboretum Visitors Center)
13	0.96	5.65	Right/South	KEY TURN! Arboretum Dr. E (you will pass the Visitor's Center on your left and then run through the Arboretum)
14	0.28	5.93	Right/Northwest	Lake Washington Blvd E
15	0.35	6.28	Left/Northwest	KEY TURN! Veer onto E. Interlaken Blvd (and head up a hill)
16	0.05	6.33	Right/North	24 th Avenue East
17	1.16	7.49	Left/Northwest, then curves Right/North	Boyer Avenue East
18	0.37	7.86	Left/Northwest	Fuhrman Avenue East
19	0.29	8.15	Right/Northeast	Eastlake Avenue East (Take Eastlake Avenue to the (north) end of the bridge and then take the stairs down to the Burke Gilman Trail)
20	0.35	8.50	Left/West	Burke Gilman Trail
21	0.06	8.56	Right/North	Latona Avenue Northeast
22	0.77	9.33	Left/West	N 40 th Street

23	1.68	10.01	Right/North; then slight Right/Northeast	Stone Way North (Stone Way North will run into Green Lake Way North at North 50 th Street)
24	0.33	10.34	Straight/North	Green Lake Way North (pass the <u>ballfields</u> on the left)
25	0.15	10.49	Left/West	KEY TURN! West Green Lake Way North (This is the street at the south end of the Green Lake that runs just north of the track)
26	-	-	Right/North (to the inner path of Green Lake)	Just past the golf course, turn right into the Green Lake inner path (although if you want, you may go ahead and run/walk the outer path)
27	0.32	11.81	Left/clockwise	Inner path of Green Lake (as you approach the north end of the Lake, find any path that will take you out to the outer path along West Green Lake Drive North; if you pass the <u>kiddie pool</u> , you have gone too far.)
28	0.20	12.01	Left/Northwest	Green Lake Drive North
29	---	12.01	Finish	Bethany Community Church