

FULL MARATHON

WEEK 4
5 MILES

Home Base: (206) 383-5949



1. From Bethany Community Church, walk/run downhill on Greenlake Dr across to OUTER PATH
2. Clockwise on outer path to Ravenna Blvd
3. Ravenna Blvd to 20th Ave NE
4. Left/North on 20th Ave NE through Cowan Park to NE 70th St
5. Left/West on NE 70th St – follow over I-5 to 5th Ave NE
6. Right/North on 5th Ave NE to NE Maple Leaf Pl
7. Left/West on NE Maple Leaf Pl to Woodlawn
8. Left/SW on Latona to Greenlake Dr
9. Right/NW on Greenlake Dr back to Bethany Community Church