

Home Base: (206) 383-5949



FULL MARATHON

WEEK 5
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