

Home Base: (206) 383-5949



HALF MARATHON

WEEK 8
4 MILES

1. From Bethany Community Church, walk/run downhill on Greenlake Dr. N across Greenlake DR to OUTER PATH
2. Clockwise on outer path to Latona
3. Left/NE Cross Greenlake Dr at crosswalk with signal TAKE CARE CROSSING STREET
4. Uphill on Latona for one block to Woodlawn Ave NE
5. Left/NW on NE Maple Leaf Pl to 5th Ave NE THIS CORNER IS ONE MILE MARK ON ROUTE
6. Right/South on 5th Ave NE to NE 70th St
7. Right/SW on NE 70th St across Ravenna Blvd
8. NE 70th St “Vs” into Woodlawn Ave
9. Follow Woodlawn Ave to Kirkwood Place N
10. Right/North on Kirkwood across Greenlake Dr to outer path TAKE CARE CROSSING GREENLAKE DR!!
11. Outer path counter clockwise to Greenlake Dr N
12. Right/NW on Greenlake Dr N back to Bethany Community Church

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	---	0.1	Cross	East Green Lake Way N.
4	0.7	0.8	Left/Southeast/Clockwise	Green Lake (Outer Track)
5	---	0.8	Left/Northeast	At Latona Ave NE cross over E Green Lake Dr. N.
6		1 Blk	Northeast	Uphill on Latona Ave NE
7	0.1	2 Blk	Right/Southeast	Woodlawn Ave NE
8	0.1	1.0	Left/Northeast	NE Maple Leaf Pl
9	0.2	1.2	Right/South	5th Ave NE
10	0.1	1.3	Right/Southwest	NE 70th St
11	---	1.3	Cross	NE Ravenna Blvd
12	0.9	2.2	Continue	Along Woodlawn Ave N (Ravenna “V”s into this Ave)
13	1 Blk	2.2	Right/North	Kirkwood Pl N
14	---	2.2	Cross	E Green Lake Way N
15	1.7	3.9	Right/Counter clockwise	Green Lake (Outer Track) (Latona is 3.1 miles)
16	0.1	4.0	Right/Northwest/Cross	Green Lake Dr. N.
17	---	4.0	Finish	Bethany Community Church