



**After Work Special**

**18 miles, Moderate Hills**

**Start: Albertsons 8300 NE 137th Ave**

<http://ridewithgps.com/routes/575251>

*Route by Mary Zamani 7/2011*

Turn	Mile*	Street
Start	0.7	Albertsons parking lot
L		137th Ave
L		99th St
R		124th Ave
BC	2.0	114th St
BC		132nd Ave
R	3.9	144th St at "T"
L		137th Ave
R	5.0	159th St
L		142nd Ave
X	7.2	Eaton Blvd
CS		Grace
R	8.2	Main St BC 219th
R	9.6	167th Ave
X		Eaton Blvd
CS		167th Ave BC 169th, 170th
L	12.7	159th St
R	12.8	172nd Ave
X		119th St
R	15.8	99th St
L	17.6	137th Ave
R		into parking lot

<b>Key</b>	
BC	becomes
CS	continue straight
L	left
R	right
X	cross

*\*Mileages are approximate.*

*jv 7/2011*