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MN (16.4° E)



Data Zoom 11-4

Start exit lot; go west on 139th St
 X 20th Ave
 R 29th Ave
 L 134th St
 R Salmon Creek Ave 1.9m
 R 119th St BC 117th St
 X Hwy 99
 L Stutz
 R 105th St
 L Hazel Dell 4.0m
 R 83rd St 5.0m
 R Old Orchard
 L 87th BC 88th St
 X 9th, 15th, 21st
 R Lakeshore / 36th 6.7m
 L 127th St 8.9m
 R 43rd Ave
 L 131st St BC 48th Ave
 L McCann
 L Ashley Hts/McCann
 R 141st St 10.5m
 R 53rd Ave
 L 140th St
 R 50th Ave
 L Ashley Hts
 R 43rd Ave
 L McCann
 L 36th Ave 11.8m
 R Bliss
 L 21st Ave
 R 149th St
 L 11th Ave
 R 164th St
 L 10th Ave / Delfel
 R 179th St

Ashley Heights to Volcano Garden

37 miles, Moderate Hills

Start: Starbucks 14300 NE 20th Ave

Route by J Cote 2/2010

Route Continued----	
L	Delfel
Optional re-group@ Chevron station	
CS	Delfel BC 209th St
R	Lambert BC 11th, Ecklund
<i>Option: CS on 209th St to cut miles but add hills</i>	
L	Carty
L	Hillhurst BC 31st Ave
R	209th St
L	61st Ave
R	196th St BC 67th, 192nd
L	Krieger BC 179th St
R	61st Ave
L	169th St
R	41st Ave
BL	Seward BC 36th Ave
L	into Salmon Creek Park to trail
L	117th Ave out of park
X	Hwy 99, BC 119th
BL	Salmon Creek
L	134th St
R	23rd Ave
L	139th St
End	Starbucks parking lot
Key	
BC	becomes
BL	bear left
CS	continue straight
L	left
R	right
X	cross