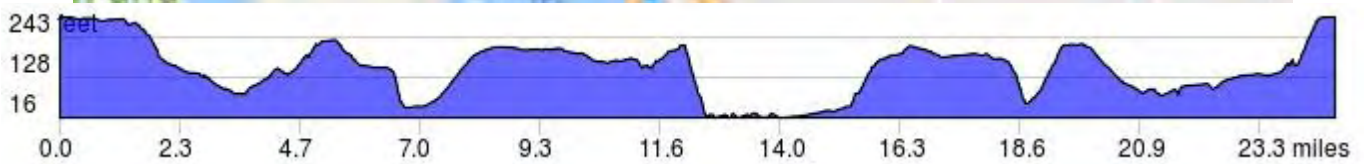
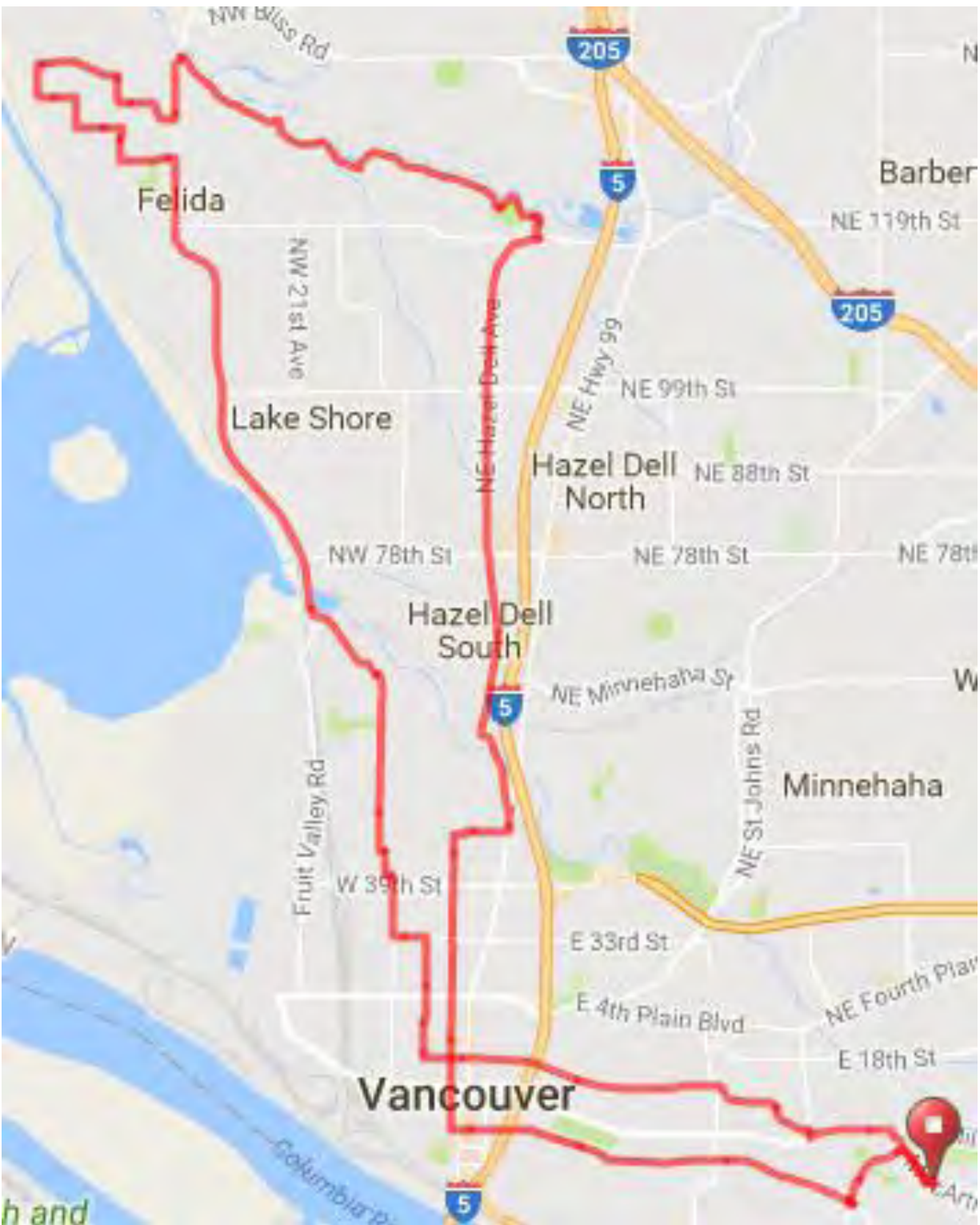


Earthquake – 24.7 miles – 1105' climbing



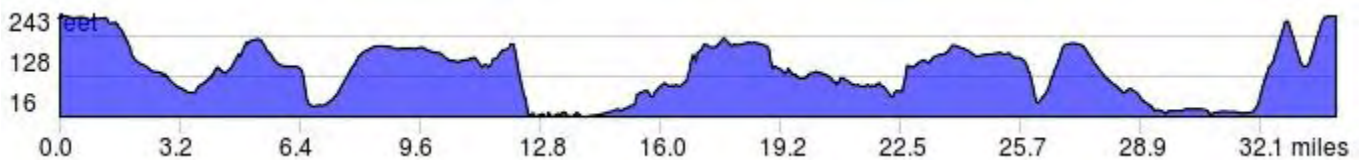


Earthquake – 24.7 miles – 1105' climbing

Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total
	→	Right	MacArthur Blvd	0.0	0.1	→	Right	NW 43rd Ave	11.6
0.4	←	Left	E Mill Plain Blvd	0.4	0.1	←	Left	NW McCann Rd	11.7
0.5	→	Right	Brandt Rd	1.0	0.2	→	Right	Turn right to stay on NW McCann Rd	11.9
0.1	←	Left	E McLoughlin Blvd	1.0	0.2	←	Left	NW 36th Ave	12.1
2.2	→	Straight	Jog left then right to W McLoughlin Blvd	3.2	0.3	→	Right	Salmon Creek Trail	12.5
0.3	→	Right	Franklin St	3.5	1.4	←	Left	Turn left to stay on Salmon Creek Trail	13.9
0.7	←	Left	W 33rd St	4.2	1.4	←	Left	Stay on Salmon Creek Trail	15.3
0.2	→	Right	NW Kauffman Ave	4.4	0.1	←	Left	Turn left toward NE 117th St	15.3
0.4	←	Left	NW 41st St/Fir St	4.8	REGROUP AT BALLFIELD BATHROOMS				
0.2	←	Left	NW 43rd St	5.0	0.1	→	Right	NE 117th St	15.4
0	→	Right	NW Lincoln Ave	5.0	0.2	←	Left	NE Hazel Dell Ave	15.6
1.1	←	Left	NW Bernie Dr	6.1	3.5	→	Right	Main St	19.1
0.6	→	Right	NW Fruit Valley Rd/NW Lakeshore Ave	6.7	0.1	→	Right	E 45th St	19.3
2.6	↑	Straight	NW 36th Ave	9.3	0.3	←	Left	NW Columbia St	19.6
0.4	←	Left	NW 127th St	9.7	1.8	←	Left	W Evergreen Blvd	21.4
0.3	→	Right	NW 43rd Ave	10	0.5	↑	Straight	At the traffic circle, to stay on E Evergreen Blvd	21.9
0.2	←	Left	NW 131st St	10.2	1	→	Right	Slight right to stay on E Evergreen Blvd	22.9
0.3	↑	Straight	NW 48th Ave	10.5	1	↑	Left	Take the ramp after the bridge	23.9
0.2	←	Left	NW McCann Rd	10.6	0	↑	Straight	Merge onto N Blandford Dr	24
0.4	→	Right	NW Ashley Heights Dr	11.1	0.5	→	Right	MacArthur Blvd	24.4
0.3	↑	Straight	NW 137th St	11.4	0.3	←	Left	N Devine Rd	24.7
0.1	←	Left	Slight left to stay on NW 137th St	11.5					



Earthquake with Salmon Creek Loop – 34.1 miles – 1556' climbing





Earthquake with Salmon Creek Loop – 34.1 miles – 1556' climbing

Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total	
	→	Right	MacArthur Blvd	0.0	REGROUP AT BALLFIELD BATHROOMS					
0.4	←	Left	E Mill Plain Blvd	0.4	0.1	←	Left	Turn left toward NE 117th St	15.3	
0.5	→	Right	Brandt Rd	1.0	0.1	←	Left	NE 117th St	15.4	
0.1	←	Left	E McLoughlin Blvd	1.0	0.9	↑	Straight	onto NE 119th St	16.4	
2.2	→	Straight	Jog left then right to W McLoughlin Blvd	3.2	1.2	←	Left	NE 50th Ave	17.6	
0.3	→	Right	Franklin St	3.5	1.5	←	Left	NE Salmon Creek St	19.1	
0.7	←	Left	W 33rd St	4.2	1.5	←	Left	Stay on NE Salmon Creek Ave	20.6	
0.2	→	Right	NW Kauffman Ave	4.4	0.9	→	Right	NE 119th St	21.5	
0.4	←	Left	NW 41st St/Fir St	4.8	0.2	↑	Straight	NE 117th St	21.7	
0.2	←	Left	NW 43rd St	5.0	0.8	←	Left	NE Stutz Rd	22.5	
0	→	Right	NW Lincoln Ave	5.0	0.3	←	Straight	Jog left then right	22.8	
1.1	←	Left	NW Bernie Dr	6.1	0	→	Right	NE Stutz Rd	22.8	
0.6	→	Right	NW Fruit Valley Rd/NW Lakeshore Ave	6.6	0.3	→	Right	NE 105th St	23.1	
2.6	↑	Straight	NW 36th Ave	9.3	0.5	←	Left	NE Hazel Dell Ave	23.6	
0.4	←	Left	NW 127th St	9.7	2.9	→	Right	Main St	26.5	
0.3	→	Right	NW 43rd Ave	10.0	0.1	→	Right	E 45th St	26.6	
0.2	←	Left	NW 131st St	10.2	0.3	←	Left	NW Columbia St	27.0	
0.3	↑	Straight	NW 48th Ave	10.4	0.6	→	Right	W 33rd St	27.6	
0.2	←	Left	NW McCann Rd	10.6	0.2	←	Left	Franklin St	27.7	
0.4	→	Right	NW Ashley Heights Dr	11.1	1.3	←	Left	W 8th St	29.0	
0.3	↑	Straight	NW 137th St	11.4	0.1	→	Right	Esther St	29.0	
0.1	←	Left	Stay on NW 137th St	11.5	0.1	↑	Straight	At the traffic circle, stay on Esther St	29.1	
0.1	→	Right	NW 43rd Ave	11.6	0.1	↑	Straight	Phil Arnold Way	29.3	
0.1	←	Left	NW McCann Rd	11.7	0.1	→	Right	Columbia St	29.4	
0.2	→	Right	Stay on NW McCann Rd	11.9	1.3	←	Left	SE Columbia Shores Blvd	30.6	
0.2	←	Left	NW 36th Ave	12.1	0.1	↑	Straight	Columbia House Blvd	30.7	
0.3	→	Right	Salmon Creek Trail	12.5	1.4	↑	Straight	S Blandford Dr	32.1	
1.4	←	Left	Stay on Salmon Creek Trail	13.9	1.7	→	Right	MacArthur Blvd	33.8	
1.4	←	Left	Stay on Salmon Creek Trail	15.3	0.3	←	Left	N Devine Rd	34.1	