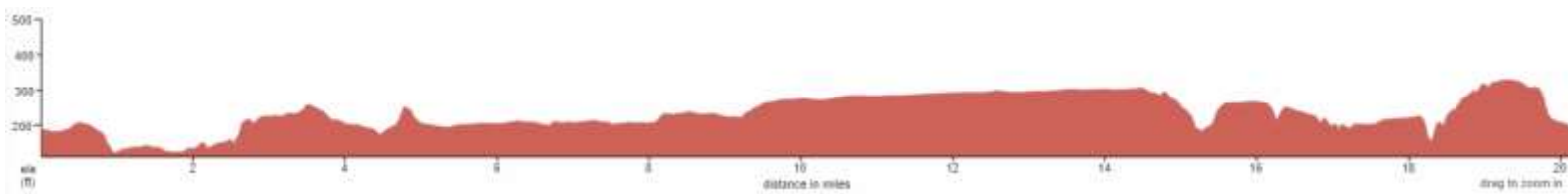
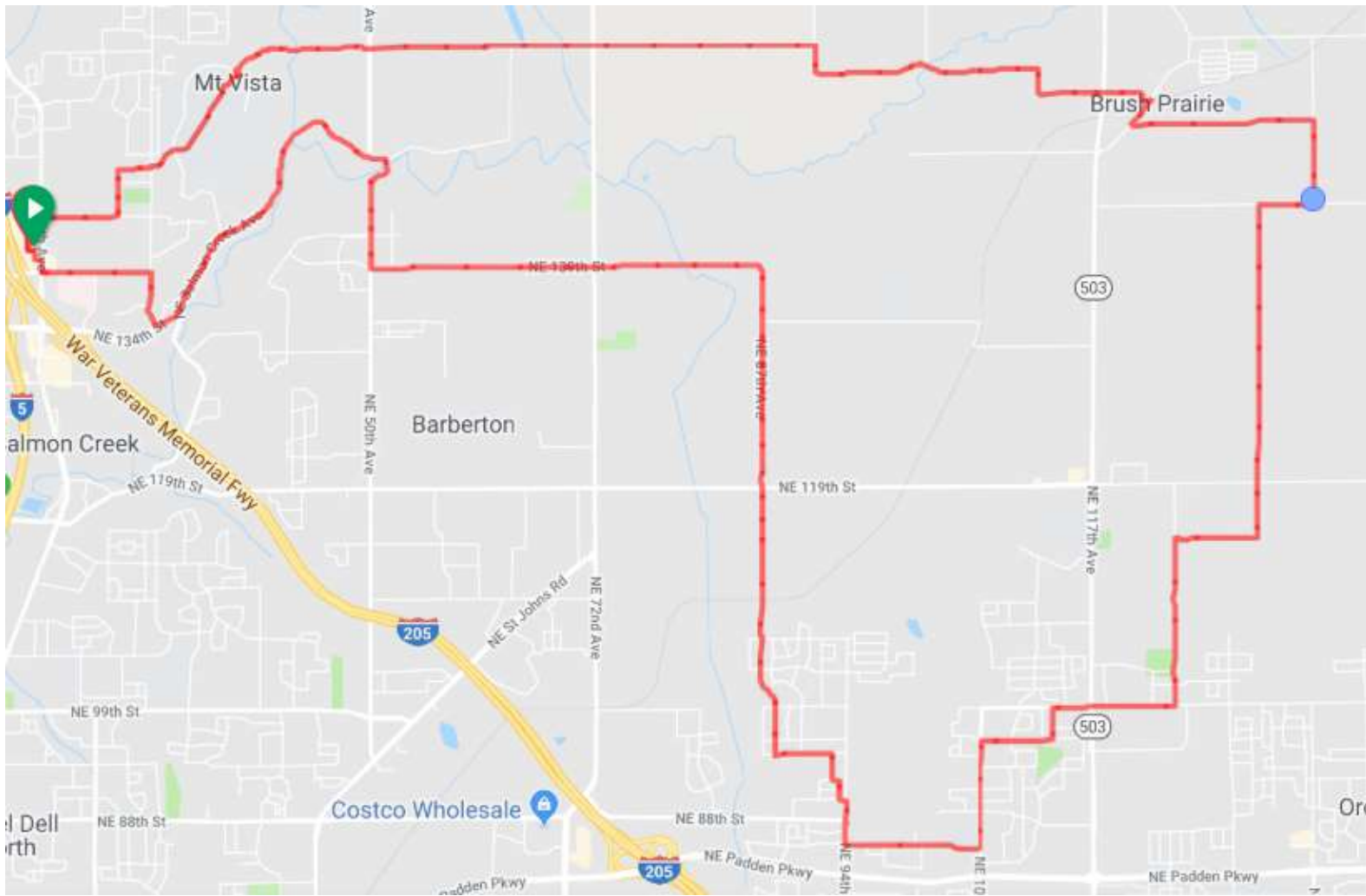


*Friday Original – 20.0 miles – 730' climbing*





Friday Original – 20 miles – 730 climbing

Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total
	→	Right	NE 20th Ave	0.1	0.8	→	Right	NE 114th St	10.7
0.1	←	Left	NE 139th St	0.1	0.4	←	Left	NE 132nd Ave	11
0.5	→	Right	NE 29th Ave	0.6	1.5	→	Right	NE 144th St	12.5
0.3	←	Left	NE 134th St/Salmon Creek Ave	0.9	0.2	←	Left	NE 137th Ave	12.8
1.5	→	Right	NE 50th Ave	2.5	0.4	←	Left	NE 151st St	13.2
0.5	←	Left	NE 139th St / 87th Ave	3	0.8	→	Right	NE Caples Rd/Old State Hwy 503	14
0.2	←	Left	NE 95th St	7	0.1	←	Left	NE 154th St	14.1
0.3	→	Right	NE 93rd Pl	7.3	0.2	↑	Straight	X 503	14.4
0.1	←	Left	NE 92nd St	7.4	0.3	↑	Straight	Continue onto NE 112th Ave	14.7
0	→	Right	NE 92nd St / NE 93rd Ave	7.4	0.1	←	Left	NE 156th St	14.8
0.1	←	Left	NE 90th St	7.5	1	→	Right	NE 156th St becomes NE 92nd Ave	15.8
0	→	Right	NE 94th Ave	7.6	0.1	←	Left	NE 159th St	15.9
0.2	←	Left	NE 86th St	7.8	2.7	←	Left	Bear left at WSU Entrance Rd to path	18.6
0.6	←	Left	NE 107th Ave	8.4	0.6	↑	Straight	X 29th; 148th St	19.2
0.5	→	Right	NE 96th St	8.9	0.2	←	Left	NE 26th Ave	19.4
0.3	←	Left	NE 114th Ave	9.2	0.2	→	Right	NE 144th St	19.6
0.1	→	Right	NE 99th St	9.3	0.4	↑	Straight	across 20th Ave into parking lot	20
0.6	←	Left	NE 124th Ave	9.9	0.4	↑	Straight	across 20th Ave into parking lot	20