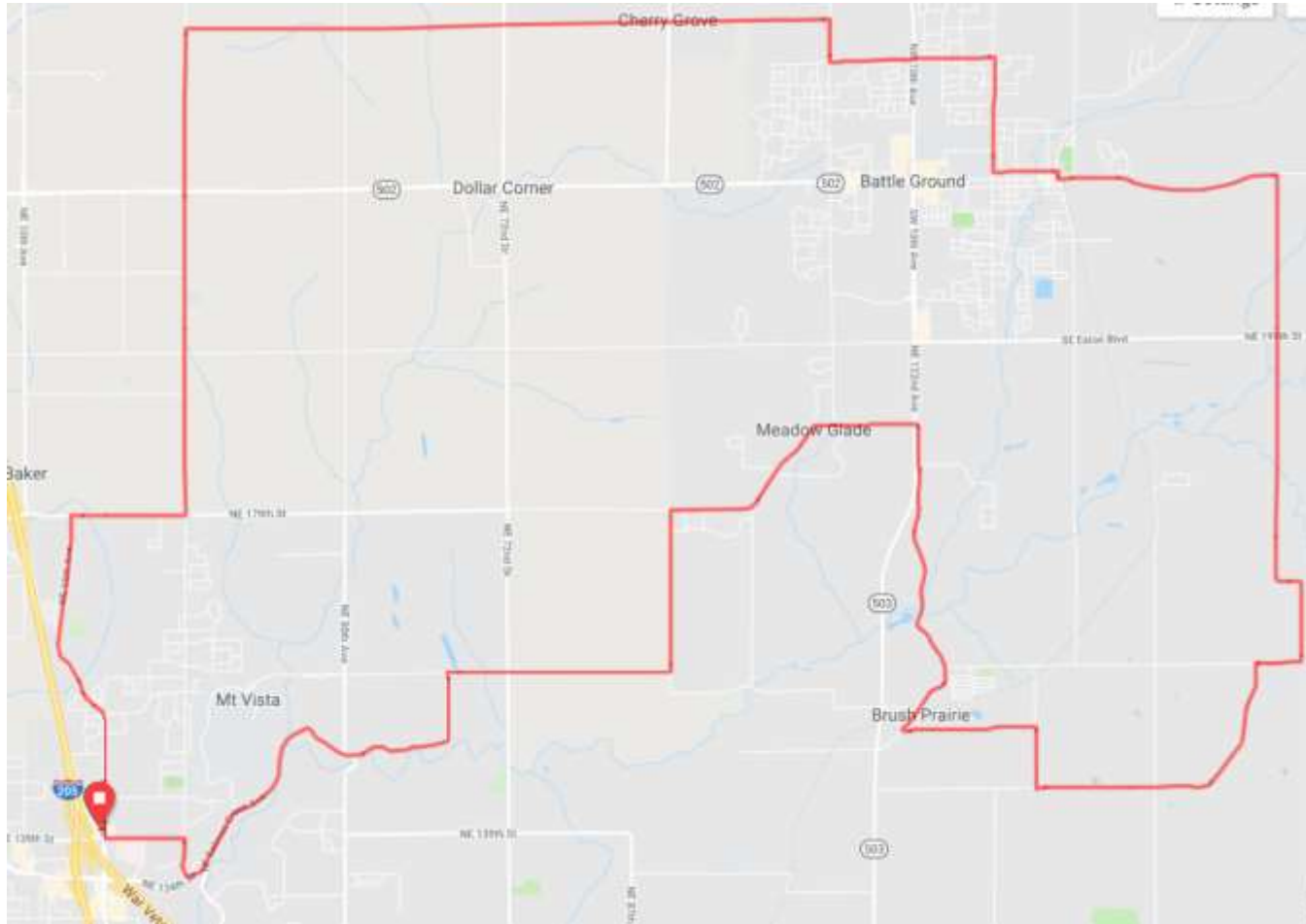


Non Throbbing Thigh Thriller – 29.9 miles – 800' climbing





Non Throbbing Thigh Thriller – 29.9 miles – 800' climbing

Leg	Dir	Type	Notes	Total
	→	Right	NE 20th Ave	0
0.1	←	Left	NE 139th St	0.1
0.5	→	Right	NE 29th Ave	0.6
0.3	←	Left	NE 134th St/Salmon Creek Ave	0.8
2.2	←	Left	becomes NE 64th Ave	3.1
0.4	→	Right	NE 159th St	3.5
1.4	←	Left	NE 92nd Ave	4.9
1	→	Right	NE 179th St/Cramer Rd/189th St	5.9
1.8	→	Right	Turn right on to bike path	7.6
0.3	→	Right	NE 122nd Ave / Caples Rd.	7.9
1.8	←	Left	NE 151st St	9.7
0.8	→	Right	NE 137th Ave	10.6
0.4	←	Left	NE 144th St	10.9
1.1	←	Left	NE Parkinen Rd	12
0.8	→	Right	NE 159th St	12.9
0.3	←	Left	NE 170th Ave/169th/167th	13.1
3.2	←	Left	NE 219th St	16.3
1	↑	Generic	STOP AT BATTLE GROUND SKATE PARK	17.3
0.4	→	Right	NE Grace Ave	17.7
0	←	Left	NE 1st St	17.7
0.4	→	Right	N Parkway Ave	18.1
0.7	←	Left	NW Onsdorff Blvd	18.8
1	→	Right	NE 112th Ave/NW 20th Ave	19.9
0.3	←	Left	NE 239th St	20.1
4	←	Left	NE 29th Ave	24.1
3	→	Right	NE 179th St	27.1
0.7	←	Left	NE 15th Ave/Union/20th Ave	27.8
2	→	Right	Turn right to Finish	29.9