



Throbbing Thigh Thriller – 32.4 miles – 2015' climbing





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Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total
	→	Right	NE 20th Ave	0	0.1	→	Right	S Bertsinger Rd becomes S 1st Way	17.1
0.1	→	Right	NE 139th St	0.1	0.1	↑	Straight	S 21st Pl/NW 54th Ave	17.3
0.5	→	Right	NE 10th Ave	0.6	0.1	↑	Straight	S 4th Way	17.4
0.5	←	Left	NE 149th St	1.1	0.2	↑	Straight	S 25th Pl	17.6
1	→	Right	NW 11th Ave	2.1	0.3	↑	Straight	NW 259th St	17.9
2.5	←	Left	NW 199th St	4.6	0.4	↑	Straight	NW 41st Ave	18.3
1.5	→	Right	NW 41st Ave	6	0.2	←	Left	S 15th St	18.5
0.5	→		Keep right at the fork	6.5	0.5	→	Right	S 45th Ave	19
0	↑	Straight	NW 209th St	6.5	0.2	↑	Straight	NW Royle Rd	19.2
1.6	←	Left	NorthWest11th Ave	8.2	0.7	←	Left	NW Hillhurst Rd	19.9
1.2	←	Left	NW Ecklund Rd	9.4	0.7	↑	Straight	NW 31st Ave	20.6
0.3	←	Left	NW Carty Rd	9.7	1	←	Left	NW 209th St	21.6
1.1	→	Right	NW Hillhurst Rd	10.8	1.9	←	Left	NW Krieger Rd	23.6
2.1	↑	Straight	S 9th Ave	13	0.9	←	Left	NW 192nd St (sharp turn)	24.5
0.3	←	Left	Pioneer St	13.2	0.3	←	Left	NW 192nd St NW 67th Ave	24.7
0.4	←	Left	Rest break at park at corner	13.6	0.2	→	Right	NW 67th Ave becomes NW 196th St/O Leary Rd	25
0	→	Right	N Main Ave	13.6	0.3	←	Left	NW 61st Ave/O Leary Rd	25.2
1.1	↑	Straight	NW 291st St	14.7	0.1	→	Right	NW 199th St/Sutton Rd	25.3
0.6	→	Right	NW 291st St becomes NW 61st Ave	15.3	2.5	→	Right	NW 11th Ave	27.8
0.1	←	Left	NW 289th St	15.4	2.5	←	Left	NW 149th St	30.3
0.5	→	Right	NW 51st Ave	15.9	1	→	Right	NE 10th Ave	31.3
0.6	↑	Straight	N Reiman Rd	16.5	0.5	←	Left	NE 139th St	31.8
0.4	→	Right	NW 269th St/Pioneer St	16.9	0.5	←	Left	NE 20th Ave	32.3
0.1	←	Left	S Bertsinger Rd (sharp turn)	17	0.1	←	Left	Turn left	32.4