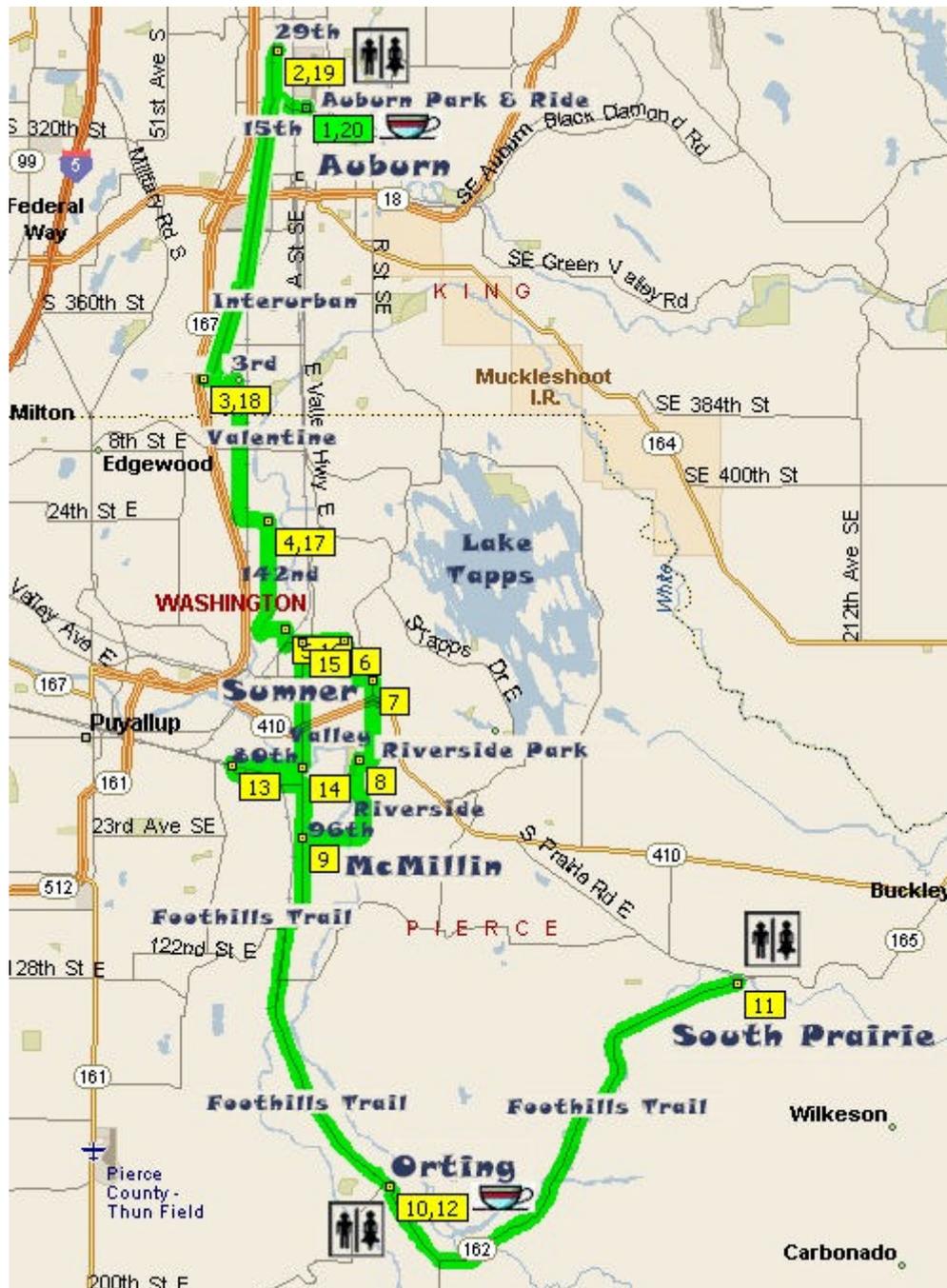


Auburn - Sumner - South Prairie 60 miles - Flat

Mile	Instruction	For
1 0.0	Exit Auburn Park & Ride going west on 15th Street NW .	0.3 mi
0.3 R	Emerald Downs Drive (heading north).	0.9 mi
2 1.2 L	29th Street NW (at end of race track parking).	0.1 mi
1.3 L	Interurban Trail (going south).	5.0 mi
3 6.3 L	3rd Avenue SW (end of trail).	0.5 mi
6.8 R	Milwaukee Blvd S .	0.2 mi
7.0 L	5th Ave SE , then immediate right on Valentine Ave (136th Ave) .	1.8 mi
8.8 L	24th Street .	0.4 mi
4 9.2 R	142nd Avenue .	1.3 mi
10.5 BL	At "Y" in road bear left over bridge (Tacoma Avenue).	0.3 mi
5 10.8 L	Puyallup Street .	0.5 mi
11.3 R	E Valley Hwy .	0.1 mi
6 11.4 L	Elm Street which bears right and becomes 160th Avenue .	1.0 mi
12.4 L	60th Street (Main Street) .	0.4 mi
7 12.8 R	Sumner-Tapps Hwy (cross under SR-410 , becomes 166th Ave).	1.2 mi
14.0 R	78th Street (Wood McCumber Road) .	0.2 mi
8 14.2 L	Riverside Road .	1.2 mi
15.4 R	Turns and becomes 96th Street (cross river).	1.0 mi
9 16.4 L	Foothills Trail (west side of Pioneer Way).	2.0 mi
18.4	Foothills Trail - McMillin Trail Stop .	3.6 mi
10 22.0	Foothills Trail - Orting Trail Stop (restrooms - water).	8.0 mi
11 30.0	Foothills Trail - South Prairie - end of paved trail. Park at trail end for snacks and relaxation (restrooms - water).	
11 30.0	Return trip on Foothills Trail .	8.0 mi
12 38.0	Foothills Trail - Orting Trail Stop (restrooms - water).	3.6 mi
41.6	Foothills Trail - McMillin Trail Stop .	3.4 mi
13 45.0 R	At trail end, right 134th and immediate right on 80th Street .	1.0 mi
14 46.0 L	Valley Avenue .	1.8 mi
15 47.8 R	Elm Street which curves left and becomes E Valley Hwy .	0.3 mi
16 48.1 L	Puyallup Street .	0.6 mi
48.7 R	Tacoma Avenue (becomes 142nd Avenue).	1.6 mi
17 50.3 L	24th Street then right on 136th Avenue (Valentine Avenue) .	2.2 mi
52.5 L	5th Avenue then immediate right on Milwaukee Blvd .	0.3 mi
52.8 L	3rd Avenue .	0.5 mi
18 53.3 R	Onto the Interurban going north.	5.2 mi
19 58.5 R	Exit trail to 29th Street NW .	0.1 mi
58.6 R	Emerald Downs Drive .	0.9 mi
59.5 L	15th Street NW (stay on left hand sidewalk across bridge).	0.3 mi
20 59.8 L	Return to Auburn Park & Ride .	



Auburn - Sumner - South Prairie 60 miles - Flat

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