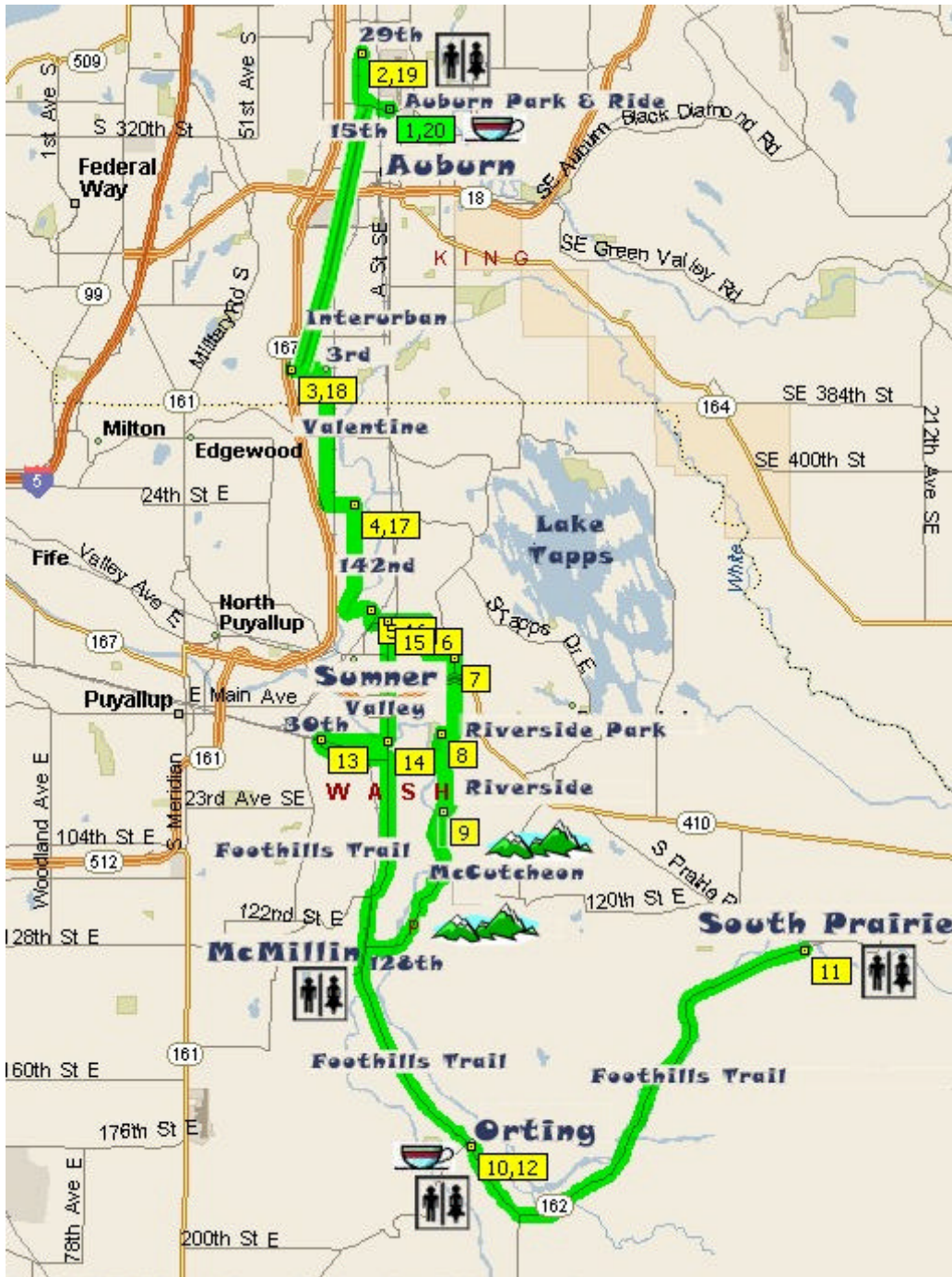


Auburn - Sumner - South Prairie 60 miles - Hilly

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
9 15.4	L McCutcheon Road (do not continue on 96th Street).	2.3 mi
	Caution: McCutcheon Road is very hilly with steep downhill at end.	
17.7	BR Continue on 128th Street across river and to Foothills Trail .	0.7 mi
18.4	L Cross SR-162 , turn left on Foothills Trail at 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 - Hilly

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