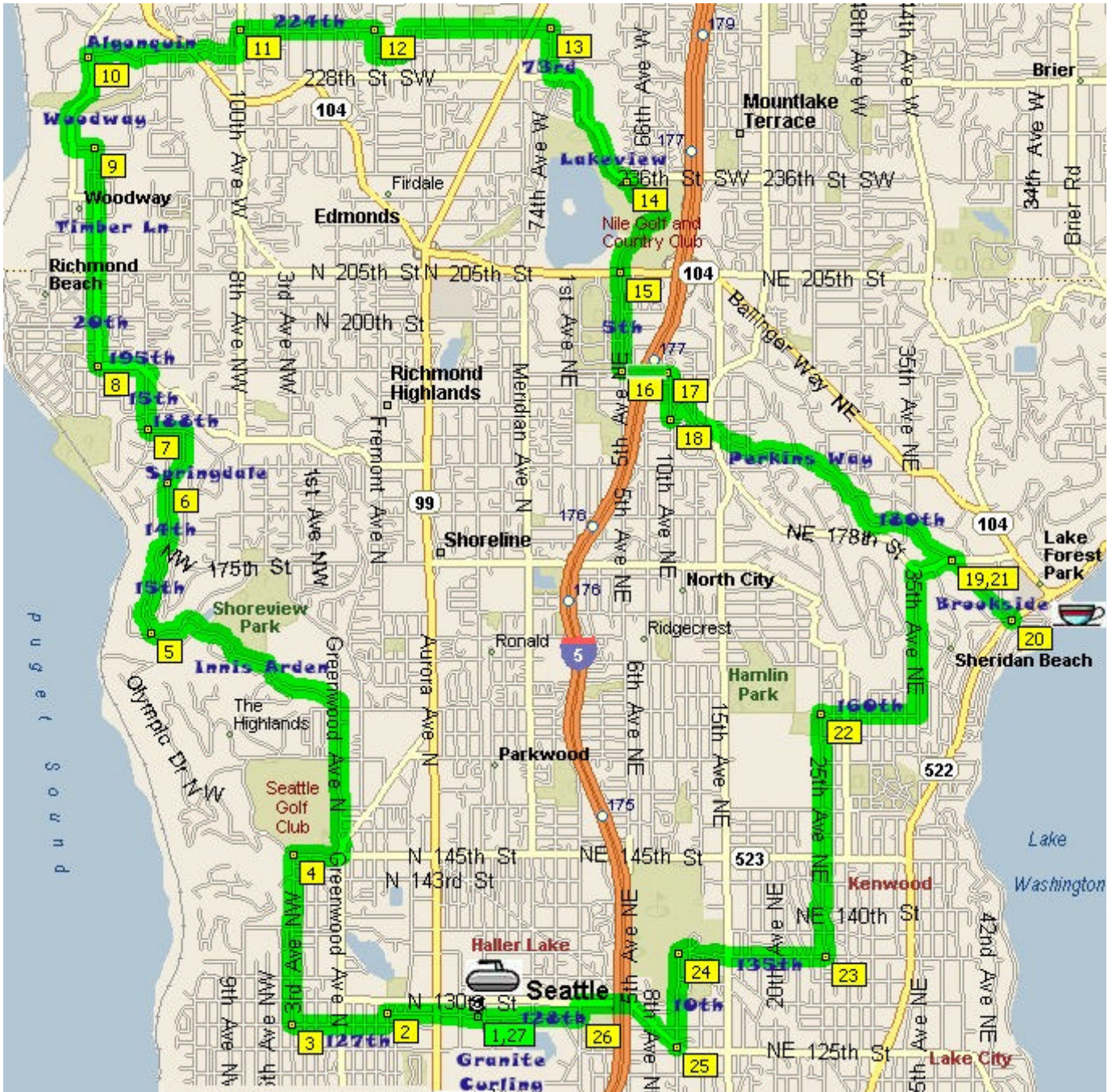


North Seattle - South Edmonds - Lake Forest Park

21.5 miles

Mile	Instruction	For
1 0.0	R Depart Granite Curling Club west on N 128th Street (cross Hwy 99).	0.5 mi
2 0.5	L Fremont Avenue N, then immediate right onto 127th Street.	0.6 mi
3 1.1	R 3rd Avenue NW - <i>stay to right and ride single file.</i>	0.9 mi
4 2.0	R 145th Street.	0.2 mi
2.2	L Greenwood Avenue N (sharp right to Greenwood Avenue).	0.8 mi
3.0	L Innis Arden Way (at <i>Shoreline Community College</i>). <i>Steep Downhill - Control your speed.</i>	1.0 mi
4.0	L NW 167th Street (at bottom of hill).	0.2 mi
5 4.2	BR 15th Ave NW (short uphill climb). Road changes to 14th Ave NW.	0.8 mi
6 5.0	BR Springdale Court NW.	0.3 mi
5.3	L NW 188th Street.	0.2 mi
7 5.5	R 15th Avenue NW.	0.3 mi
5.8	L Richmond Beach Road (NW 195th Street).	0.2 mi
8 6.0	R 20th Ave NW (gradual uphill climb). Road changes to Timber Lane.	1.1 mi
9 7.1	L Wachusett Road (turn when road dead-ends).	0.1 mi
7.2	R Woodway Park Road (after <i>Deer Park Reserve</i>).	0.6 mi
10 7.8	R Algonquin Road. Road changes name to 226th Street SW.	0.5 mi
8.3	Cross Edmonds Way (SR-104) and continue on 15th Street SW.	0.3 mi
8.6	L 100th Avenue W.	0.1 mi
11 8.7	R 224th Street SW.	0.7 mi
12 9.4	R 88th Ave W, left on 226th St, left on 86th, continue on 224th Street.	1.2 mi
13 10.6	R 73rd Place W.	0.3 mi
10.9	L 228th Street SW which continues as Lakeview Drive.	0.7 mi
14 11.6	R As road changes to 236th Street go right through <i>Nile Golf Course</i> .	0.7 mi
15 12.3	Cross NE 205th (SR-104) and continue on 5th Ave NE.	0.5 mi
16 12.8	L NE 195th Street (cross I-5 on Bike Bridge).	0.2 mi
17 13.0	After bridge road continues as 10th Avenue NE.	0.2 mi
18 13.2	L NE Perkins Way (continues as NE 180th Street).	1.9 mi
19 15.1	At intersection continue straight on Brookside Blvd.	0.6 mi
20 15.7	L Lake Forest Park Center - rest stop.	
15.7	R Return from Center on Brookside Blvd.	0.6 mi
21 16.3	L NE 178th Street.	0.2 mi
16.5	L 35th Avenue NE.	0.8 mi
17.3	R NE 160th Street.	0.5 mi
22 17.8	L 25th Avenue NE (jog at 140th to stay on 25th Avenue).	1.3 mi
23 19.1	R NE 135th Street (after 15th Ave continues along golf course).	0.7 mi
24 19.8	L 10th Ave NE (turn at golf course).	0.5 mi
25 20.3	R Sharp right onto Roosevelt Way NE.	0.3 mi
20.6	Veers left and continues under I-5 as NE 130th Street.	0.3 mi
26 20.9	L 1st Ave NE (after park) and immediate right to N 128th Street.	0.6 mi
27 21.5	R Return to <i>Granite Curling Club</i> .	



**North Seattle - South Edmonds - Lake Forest Park
21.5 miles**

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