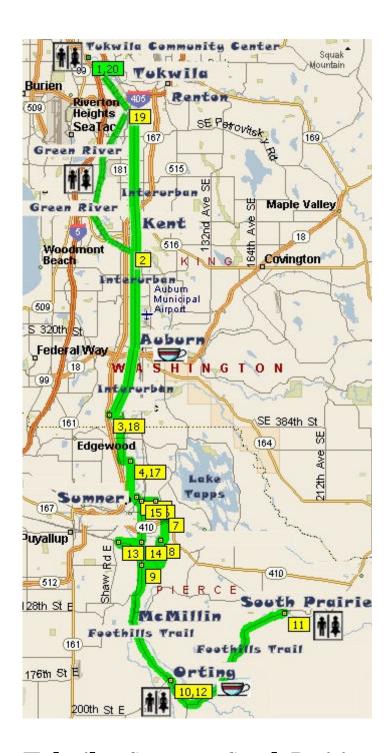
Tukwila - Sumner - South Prairie 88 miles - Flat

	Mile		Instruction	For
1	0.0		Depart <i>Tukwila Community Center</i> south on Green River Trail.	10.0 mi
			Trail stays mostly along river away from Interurban Avenue .	
	10.0		Van Dorens Park - Restrooms - Water.	5.2 mi
2	15.2	R	Interurban Trail going south (south goes right over bridge).	7.5 mi
3	22.7	L	3rd Avenue SW (end of trail).	0.5 mi
		R	Milwaukee Blvd S.	0.2 mi
	23.4	L	5th Ave SE , then immediate right on Valentine Ave (136th Ave).	1.8 mi
_		L	24th Street.	0.4 mi
4		R	142nd Avenue.	1.3 mi
_	26.9		At "Y" in road bear left over bridge (Tacoma Avenue).	0.3 mi
5	27.2		Puyallup Street.	0.5 mi
•	27.7	R	E Valley Hwy.	0.1 mi
6	27.8	L	Elm Street which bears right and becomes 160th Avenue.	1.2 mi
~	29.0	L	64th Street.	0.4 mi
7	29.4	R	Sumner-Tapps Hwy (cross under SR-410, becomes 166th Ave).	1.0 mi
0	30.4	R	78th Street (Wood McCumber Road).	0.2 mi
8	30.6	L	Riverside Road.	1.2 mi
•	31.8	R	Turns and becomes 96th Street (cross river).	1.0 mi
9	32.8	L	Foothills Trail (west side of Pioneer Way).	2.0 mi
10	34.8		Foothills Trail - McMillin Trail Stop.	3.6 mi
10	38.4		Foothills Trail - Orting Trail Stop (restrooms - water).	8.0 mi
11	46.4		Foothills Trail - South Prairie - end of paved trail. Park at trail and for speaks and relevation (restrooms, vector)	
11	46.4		Park at trail end for snacks and relaxation (restrooms - water).	8.0 mi
12	40.4 54.4		Return trip on Foothills Trail . Foothills Trail Ording Trail Ston (restrooms, water)	3.6 mi
12	5 4.4 5 8.0		Foothills Trail - Orting Trail Stop (restrooms - water). Foothills Trail - McMillin Trail Stop.	3.4 mi
13	61.4	R	At Puyallup Trail Head parking lot exit right on 80th Street .	3.4 mi 1.0 mi
13 14	62.4	L L	Valley Avenue.	1.0 mi
15	64.2	R	Elm Street which curves left and becomes E Valley Hwy.	0.3 mi
16	64.5	L	Puyallup Street.	0.5 mi
10	65.1	R	Tacoma Avenue (becomes 142nd Avenue).	0.0 mi
17	66.7	L	24th Street then right on 136th Avenue (Valentine Avenue).	2.2 mi
11	68.9	L	5th Avenue then immediate right on Milwaukee Blvd .	0.3 mi
	69.2	L	3rd Avenue.	0.5 mi
18	69.7	R	Onto the Interurban going north.	0.5 mi
19	83.7	14	Continue on Green River Trail going north.	3.5 mi
20	87.2	R	Return to <i>Tukwila Community Center</i> :	0.0 1111
₩U	U1.₩	10	min to I uniting Community Control.	



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