

# 50 MILE

**RIDE STARTS:**  
**SUNDAY, AUGUST 13**  
**FRED HUTCH**  
**WAVE 1: 8:30 A.M. / WAVE 2: 9 A.M.**

LEG	DIR	NOTES	TOTAL
	📍	<b>START</b>	<b>0.0</b>
0.1	→	Slight right onto Fairview Ave N	0.1
0.3	←	Slight left onto Eastlake Ave E	0.4
1.4	→	Turn right onto Fuhrman Ave E	1.8
0.4	↑	Continue onto Boyer Ave E	2.2
1.2	↑	CS @ 24 <sup>th</sup> Ave	3.3
0.2	→	Turn right onto Lake Washington Blvd E	3.5
2.0	↑	CS @ Madrona Dr	5.6
0.7	↑	Continue onto Lakeside Ave	6.2
1.2	↑	Continue onto Lake Washington Blvd S	7.5
1.2	↑	CS @ 43 <sup>rd</sup> Ave	8.6

LEG	DIR	NOTES	TOTAL
0.0	←	Stay on trail across river and use bike path	17.0
0.5	→	Right turn onto 6 <sup>th</sup> St, leave bike path and use roadway	17.4
0.3	←	Turn left onto Garden Ave N	17.7
0.2	→	Right onto N 8 <sup>th</sup> St	18.0
0.3	←	Turn left onto Houser Way N	18.3
0.5	↑	Enter bike path here, on your right	18.7
0.1	↑	Leave bike path and use bike lane	18.8
0.0	→	Sharp right onto Lake Washington Blvd N	18.8
1.0	↑	CS @ Burnett Ave	19.8
1.3	↑	Continue onto N 44 <sup>th</sup> St	21.1
0.1	←	Turn left onto Seahawks Way	21.1
0.4	↑	Continue onto Ripley Ln N	21.5
0.1	→	Turn right onto bike trail, head North	21.6
0.7	↑	Exit bike trail	22.3
0.0	→	Right onto 106 <sup>th</sup> Ave SE	22.3

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LEG	DIR	NOTES	TOTAL
1.8	←	Keep left to stay on Lake Washington Blvd S	10.5
0.0	↑	CS @ Orcas St	10.5
<b>0.1</b>	↑	<b>WATER / REST STOP: SEWARD PARK</b>	<b>10.6</b>
0.0	→	Turn right onto S Juneau St	10.7
0.1	←	Turn left onto Seward Park Ave S	10.7
0.4	←	Turn left to stay on Seward Park Ave S	11.2
0.6	↑	CS @ Othello St	11.7
1.0	↑	CS @ Henderson St	12.7
0.3	←	Turn left onto Rainier Ave S	12.9
1.0	↑	CS @ 68 <sup>th</sup> Ave	13.9
1.1	↑	CS @ 84 <sup>th</sup> Ave	15.0
0.6	←	Turn left toward Perimeter Rd W	15.6
0.0	→	Turn right onto Perimeter Rd W	15.7
1.0	→	Slight right to stay on Perimeter Rd W	16.7
0.2	→	Sharp right	16.9

LEG	DIR	NOTES	TOTAL
0.7	↑	Continue straight onto Lake Washington Blvd SE	23.0
0.5	→	Right turn onto bike trail, 405 on your right	23.5
0.0	→	Turn right, back onto bike trail	23.6
0.1	↑	CS on bike trail	23.6
0.4	←	Veer left on bike trail	24.1
0.0	→	Veer right on bike trail	24.1
0.0	←	Veer left on bike trail	24.1
0.0	↑	CS on bike trail	24.1
0.1	→	Bike trail ends @ Newport Key	24.2
0.0	←	Turn left onto Lake Washington Blvd SE	24.2
0.0	↑	CS on Lake Washington Blvd, north	24.3
0.3	↑	CS onto 118 <sup>th</sup> Ave	24.5
0.3	←	Left onto Mountains to Sound Greenway Trail	24.8
0.1	←	Turn left onto I-90 Trail	24.9
0.4	←	Veer left to stay on bike trail	25.3

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LEG	DIR	NOTES	TOTAL
0.1	→	Veer right stay on I90 bike trail	25.4
0.2	↑	CS on Mountain to Sounds Greenway Trail	25.6
0.1	→	Veer right on bike trail	25.7
0.1	→	Veer right on bike trail	25.8
0.1	→	Turn right to stay on I-90 Trail	25.9
0.0	↑	CS on bike trail over bridge to Mercer Island	25.9
0.6	←	Turn left onto E Mercer Way	26.5
0.1	↑	CS @ 36 <sup>th</sup> St	26.5
<b>0.1</b>	↑	<b>WATER / REST STOP: JCC</b>	<b>26.6</b>
0.1	↑	CS @ 40 <sup>th</sup> St	26.8
3.3	↑	CS @ 70 <sup>th</sup> Pl	30.1
1.7	↑	CS @ 81st Ave	31.8
4.7	↑	CS @ 32nd St	36.5
0.5	↑	CS @ 24 <sup>th</sup> St	37.0
0.1	←	Turn left onto I-90 Trail	37.1

LEG	DIR	NOTES	TOTAL
0.1	→	Turn right onto N 34 <sup>th</sup> St	48.6
0.3	→	Turn right onto Stone Way N	48.9
0.0	←	Continue onto N Northlake Way	49.0
0.2	→	Turn right onto N Northlake Pl	49.2
<b>0.2</b>	📍	<b>FINISH: GAS WORK PARK</b>	<b>49.4</b>

LEG	DIR	NOTES	TOTAL
0.2	↑	CS, cross bridge on bike trail	37.3
<b>1.7</b>	↑	<b>WATER / REST STOP: I90 SCENIC OVERLOOK</b>	<b>39.0</b>
0.0	←	Turn left onto S Irving St	39.1
0.0	→	Turn right onto Lake Washington Blvd S	39.1
0.1	↑	Continue straight to stay on Lake Washington Blvd S	39.2
1.0	←	Turn left to stay on Lake Washington Blvd	40.2
1.4	←	Turn left onto Lake Washington Blvd E	41.6
1.2	←	Turn left onto Boyer Ave E	42.8
1.4	↑	Continue onto Fuhrman Ave E	44.2
0.4	←	Turn left onto Eastlake Ave E	44.6
1.4	→	Right onto Fairview Ave E	46.0
0.6	→	Turn right onto Valley St	46.6
0.2	→	Turn right onto Westlake Ave N	46.8
1.6	→	Slight right onto Fremont Bridge, use bike lane	48.4
0.1	↑	Continue onto Fremont Ave N/Fremont Bridge	48.5