

100
MILE

RIDE STARTS:
SUNDAY, AUGUST 13
FRED HUTCH
WAVE 1: 7 A.M. / WAVE 2: 7:30 A.M.

LEG	DIR	NOTES	TOTAL
	→	Turn right onto Fairview Ave N	0.0
0.3	←	Turn left onto Eastlake Ave E	0.4
1.4	→	Turn right onto Fuhrman Ave E	1.8
0.4	↑	Continue onto Boyer Ave E	2.1
0.2	←	Keep left to stay on Boyer Ave E	2.4
0.4	←	Keep left to stay on Boyer Ave E	2.8
0.7	→	Turn right onto Lake Washington Blvd E	3.5
0.6	↑	Cont Straight at E Madison	4.2
2.0	↑	Continue onto Lakeside Ave	6.2
1.2	↑	Continue onto Lake Washington Blvd S	7.4
3.0	←	Keep left to stay on Lake Washington Blvd S	10.5

LEG	DIR	NOTES	TOTAL
0.2	↑	REST STOP: SEWARD PARK	10.6
0.0	→	Turn right onto S Juneau St	10.6
0.1	←	Turn left onto Seward Park Ave S	10.7
0.4	←	Turn left to stay on Seward Park Ave S	11.1
0.4	↑	Cont Straight at S Myrtle St	11.6
1.4	←	Turn left onto Rainier Ave S	12.9
1.0	↑	Cont Straight at 68 th Ave S	13.9
1.7	←	Turn left toward Perimeter Rd W	15.6
0.0	→	Turn right onto Perimeter Rd W	15.6
0.2	←	Slight left to stay on Perimeter Rd W	15.8
0.7	←	Slight left to stay on Perimeter Rd W	16.5
0.1	←	Slight left to stay on Perimeter Rd W	16.7
0.0	→	Turn right to stay on Perimeter Rd W	16.7
0.0	↑	Continue onto Shattuck Ave S	16.7
0.0	↑	Continue straight to stay on Shattuck Ave S	16.7

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LEG	DIR	NOTES	TOTAL
0.1	←	Turn left onto S Tobin St	16.8
0.2	→	Turn right onto Logan Ave S	17.0
0.3	←	Turn left onto S 3rd St	17.3
0.3	→	Turn right onto Mill Ave S	17.5
0.0	←	Turn left onto S 3rd St	17.6
0.0	←	Turn left onto Cedar River Trail	17.6
0.1	←	Slight left onto Cedar River Trail/Cedar River Trail Walk	17.7
1.0	↑	Cont Straight on Trail	18.7
0.3	↑	Cont Straight on CR Trail	18.9
0.9	→	Turn right to stay on Cedar River Trail	19.9
4.0	↑	Cont Straight on CR Trail	23.9
3.9	↑	REST STOP: MAPLE VALLEY	27.7
0.0	←	Turn left toward Maxwell Rd SE	27.8
0.0	→	Turn right onto Maxwell Rd SE	27.8
0.2	←	Turn left onto SE 216 th Way	28.0

LEG	DIR	NOTES	TOTAL
1.0	↑	Cont Straight at 244 th Ave SE	29.0
2.0	→	Turn right onto 276 th Ave SE/Issaquah-Ravensdale Rd	31.0
1.6	↑	Continue onto Landsburg Rd SE	32.6
0.8	↑	START OF KOM	33.4
0.2	↑	Time Cut point must arrive by 11:30am	33.6
0.8	↑	END KOM	34.3
0.5	←	Turn left onto SE Kent Kangley Rd	34.8
0.1	↑	START OF TT	34.9
1.0	↑	END OF TT	35.9
3.2	→	Turn right onto Kanaskat Kangley Rd SE/ SE Kanasket Kangley Rd	39.1
1.2	↑	REST STOP: KANASKAT	40.2
1.1	→	Slight right onto Retreat-Kanaskat Rd	41.4
0.5	←	Turn left onto Cumberland Kanaskat Rd/ Cumberland Kanasket Rd SE	41.9

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LEG	DIR	NOTES	TOTAL
4.1	↑	Continue onto Veazie Cumberland Rd SE	46.0
3.0	→	Turn right onto SE 392nd St	49.0
0.8	←	Keep left to continue on SE 400 th Way	49.8
1.1	→	Turn right onto WA-169 N	50.9
0.9	→	Turn right onto Enumclaw Franklin Rd SE	51.8
1.3	↑	REST STOP: PALMER COKING COAL	53.0
2.6	←	Slight left onto SE Green River Gorge Rd	55.6
3.8	↑	Continue onto Lawson St	59.4
0.6	→	Turn right onto 3rd Ave	60.1
0.6	→	Turn right onto Black Diamond Ravensdale Rd	60.7
2.6	↑	Continue onto SE Ravensdale Way	63.4
0.9	←	Slight left onto 276 th Ave SE/Landsburg Rd SE	64.3
1.3	←	Turn left onto SE Summit Landsburg Rd	65.5
0.8	→	Slight right onto SE 252nd St	66.3
0.1	↑	Continue onto SE 248 th St	66.4

LEG	DIR	NOTES	TOTAL
0.6	↑	REST STOP: TRAIL HEAD	67.0
1.0	↑	Continue onto 240 th Ave SE	68.0
0.0	←	Turn left onto SE 244 th St	68.1
0.4	→	Turn right at the 1st cross street onto 234 th Way SE	68.4
0.2	↑	Continue straight onto SE 240 th Way	68.6
0.9	→	Turn right onto Witte Rd SE	69.5
1.6	→	Turn right onto WA-169 N/Renton-Maple Valley Rd	71.2
0.1	→	Turn right onto SE 216 th Way	71.3
0.1	←	Turn left onto Maxwell Rd SE	71.4
0.2	←	Turn left toward Cedar River Trail	71.6
0.0	↑	REST STOP: MAPLE VALLEY INBOUND	71.6
0.0	→	Turn right onto Cedar River Trail	71.6
0.0	↑	REST STOP: MAPLE VALLEY	71.7
7.9	←	Turn left to stay on Cedar River Trail	79.6
2.3	→	Turn right onto S 3rd St	81.8

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LEG	DIR	NOTES	TOTAL
0.0	→	Turn right onto Mill Ave S	81.8
0.1	←	Turn left onto S 2nd St	81.9
0.3	→	Turn right onto Logan Ave S	82.2
0.2	←	Turn left onto S Tobin St	82.4
0.2	→	Turn right onto Shattuck Ave S	82.6
0.1	↑	Continue onto Perimeter Rd W	82.6
0.0	←	Turn left to stay on Perimeter Rd W	82.7
0.1	←	Slight left to stay on Perimeter Rd W	82.8
0.9	←	Turn left toward Rainier Ave N	83.7
0.0	→	Turn right onto Rainier Ave N	83.8
2.7	→	Turn right onto 56 th Ave S/Seward Park Ave S	86.5
1.8	→	Turn right to stay on Seward Park Ave S	88.2
0.4	→	Turn right onto S Juneau St	88.7
0.1	→	Turn right onto Lake Washington Blvd S	88.7
0.0	↑	REST STOP: SEWARD PARK	88.7

LEG	DIR	NOTES	TOTAL
3.2	↑	Continue onto Lakeside Ave S	91.9
1.2	↑	Continue onto Lake Washington Blvd	93.2
1.4	←	Turn left onto Lake Washington Blvd E	94.6
1.2	←	Turn left onto Boyer Ave E	95.9
1.4	↑	Continue onto Fuhrman Ave E	97.2
0.4	←	Turn left onto Eastlake Ave E	97.6
1.4	→	Slight right onto Fairview Ave E	99.0
0.6	→	Turn right onto Valley St	99.6
0.2	→	Turn right onto Westlake Ave N	99.8
0.1	→	Turn right onto 9 th Ave N	99.9
0.0	↑	Continue onto Westlake Ave N	99.9
1.4	→	Turn right onto 4 th Ave N	101.4
0.1	↑	Continue onto Fremont Ave N/Fremont Bridge	101.5
0.1	→	Turn right onto N 34 th St/J.P. Patches Pl	101.6
0.3	→	Turn right onto Stone Way N	102.0

LEG	DIR	NOTES	TOTAL
0.0	↑	Continue straight onto N Northlake Way	102.0
0.2	→	Turn right onto N Northlake Pl	102.2
0.1	←	Slight left	102.3
	🏁	FINISH	102.4

