Eastside Ups and Downs 19

| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 0.0 | 0.0 | Start of route | 0.1 |
| 0.1 | 0.1 | L onto 19th Ave | 0.6 |
| 0.7 | 0.6 | R onto Market St | 0.3 |
| 0.9 | 0.3 | Continue onto 98th Ave NE | 0.9 |
| 1.9 | 0.9 | Continue straight onto NE 120th PI | 0.2 |
| 2.0 | 0.2 | Continue onto 100th Ave NE | 2.1 |
| 4.2 | 2.1 | Continue onto Waynita Way NE | 0.6 |
| 4.8 | 0.6 | Continue onto 96th Ave NE | 0.2 |
| 5.0 | 0.2 | R onto sidewalk along Bothell Way NE | 0.0 |
| 5.1 | 0.0 | R onto trail entrance | 0.1 |
| 5.2 | 0.1 | Keep L to stay on Sammamish River Trail | 0.6 |
| 5.8 | 0.6 | R onto 102nd Ave NE | 0.1 |
| 5.9 | 0.1 | L onto E Riverside Dr | 0.4 |

5.9 miles. +307/-477 feet

| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 12.4 | 0.6 | R onto 119th PI NE | 0.9 |
| 13.3 | 0.9 | L onto NE 160th St | 0.1 |
| 13.4 | 0.1 | R onto Juanita Woodinville Way NE | 1.0 |
| 14.4 | 1.0 | R onto NE Woodinville Dr | 0.6 |
| 14.9 | 0.6 | Continue onto Woodinville-Redmond Rd NE | 1.7 |
| 16.6 | 1.7 | Continue onto NE 145th St | 0.2 |
| 16.8 | 0.2 | L onto bike tralL | 0.0 |
| 16.8 | 0.0 | R onto Sammamish River Trail | 0.1 |
| 16.9 | 0.1 | L to stay on Sammamish River Trail | 0.0 |
| 17.0 | 0.0 | Sharp L to stay on Sammamish River Trail | 1.6 |
| 18.6 | 1.6 | L to stay on Sammamish River Trail | 0.1 |
| 18.7 | 0.1 | R onto NE 124th St | 0.4 |
| 19.0 | 0.4 | R onto 154th PI NE | 0.9 |


| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 6.3 | 0.4 | R onto 108th Ave NE | 0.1 |
| 6.5 | 0.1 | Continue onto 112th PI NE | 1.1 |
| 7.6 | 1.1 | R onto Juanita Woodinville Way NE | 0.4 |
| 8.0 | 0.4 | L onto NE 145th St | 0.1 |
| 8.0 | 0.1 | R onto 109th Ave NE | 0.2 |
| 8.3 | 0.2 | R onto NE 143rd St | 0.1 |
| 8.3 | 0.1 | L onto 108th Ave NE | 0.8 |
| 9.1 | 0.8 | L onto NE 132nd St | 1.4 |
| 10.5 | 1.4 | R to Square Park restroom stop | 0.1 |
| 10.7 | 0.1 | Exit L onto NE 132d St | 0.1 |
| 10.7 | 0.1 | L onto 132nd Ave NE | 0.8 |
| 11.6 | 0.8 | L onto NE 143rd St | 0.2 |
| 11.8 | 0.2 | Continue onto NE 144th St | 0.6 |

5.9 miles. $+523 /-168$ feet

| Dist | Prev | Note | Next |
| :---: | :---: | :---: | :---: |
| 20.0 | 0.9 | Continue onto NE 109th St | 0.2 |
| 20.2 | 0.2 | Continue onto 160th Ave NE | 0.3 |
| 20.5 | 0.3 | Continue onto NE 104th St | 0.4 |
| 20.9 | 0.4 | R onto 166th Ave NE | 0.3 |
| 21.1 | 0.3 | L onto NE 100th St | 0.3 |
| 21.4 | 0.3 | R onto 171st Ave NE | 1.1 |
| 22.4 | 1.1 | R onto NE 80th St | 0.4 |
| 22.8 | 0.4 | R onto 166th Ave NE | 0.1 |
| 22.9 | 0.1 | L onto NE 83rd St | 0.3 |
| 23.2 | 0.3 | R onto 161st Avenue Northeast/Lampaert Lane | 0.3 |
| 23.5 | 0.3 | L to QFC/Starbucks 30 min lunch stop | 0.0 |
| 23.6 | 0.0 | L from Lunch stop | 0.1 |
| 23.6 | 0.1 | R onto 160th Ave NE | 0.1 |

7.2 miles. +161/-448 feet

| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 23.7 | 0.1 | L onto NE 90th St | 0.1 |
| 23.8 | 0.1 | R onto Sammamish River Trail | 0.1 |
| 23.9 | 0.1 | L to stay on Sammamish River Trail | 0.5 |
| 24.5 | 0.5 | Slight L to stay on Sammamish River Trail | 0.1 |
| 24.6 | 0.1 | Keep L to stay on Sammamish River Trail | 0.3 |
| 24.9 | 0.3 | R to stay on Sammamish River Trail | 0.0 |
| 25.0 | 0.0 | L to stay on Sammamish River Trail | 0.0 |
| 25.0 | 0.0 | R onto 520 Bike Trail | 1.3 |
| 26.2 | 1.3 | Crosswalk | 1.5 |
| 27.7 | 1.5 | L onto 148th Ave NE | 0.0 |
| 27.7 | 0.0 | R onto NE 29th PI | 0.6 |
| 28.3 | 0.6 | R onto NE 24th St | 0.1 |
| 28.4 | 0.1 | R onto 140th Ave NE | 2.4 |

4.8 miles. $+396 /-221$ feet

| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 36.9 | 0.2 | 110th Ave NE turns slightly R and becomes <br> 12th Ave | 0.2 |
| 37.1 | 0.2 | R onto 6th St | 0.2 |
| 37.3 | 0.2 | Continue straight onto 15th Ave | 0.0 |
| 37.3 | 0.0 | R onto 5th PI | 0.1 |
| 37.5 | 0.1 | R onto 18th Ave | 0.1 |
| 37.5 | 0.1 | L at 17th Ave to parking lot to finish ride | 0.0 |


| Dist | Prev | Note | Next |
| :---: | :---: | :--- | :---: |
| 30.8 | 2.4 | L onto Old Redmond Rd | 0.5 |
| 31.3 | 0.5 | R onto 132nd Ave NE | 2.9 |
| 34.2 | 2.9 | Continue onto NE 120th St | 0.3 |
| 34.5 | 0.3 | L onto Slater Ave NE | 0.3 |
| 34.8 | 0.3 | Continue straight onto NE 116th St | 0.0 |
| 34.8 | 0.0 | L onto 124th Ave NE | 0.1 |
| 34.9 | 0.1 | R onto NE 115th PI/Slater Ave NE | 1.0 |
| 35.9 | 1.0 | R at NE 100th St | 0.1 |
| 36.1 | 0.1 | L onto 117th PI NE | 0.3 |
| 36.3 | 0.3 | R onto NE 95th St | 0.3 |
| 36.6 | 0.3 | Continue onto 112th Ave NE | 0.0 |
| 36.6 | 0.0 | L onto NE 97th St | 0.2 |
| 36.8 | 0.2 | L onto 110th Ave NE | 0.2 |

8.3 miles. $+245 /-440$ feet

