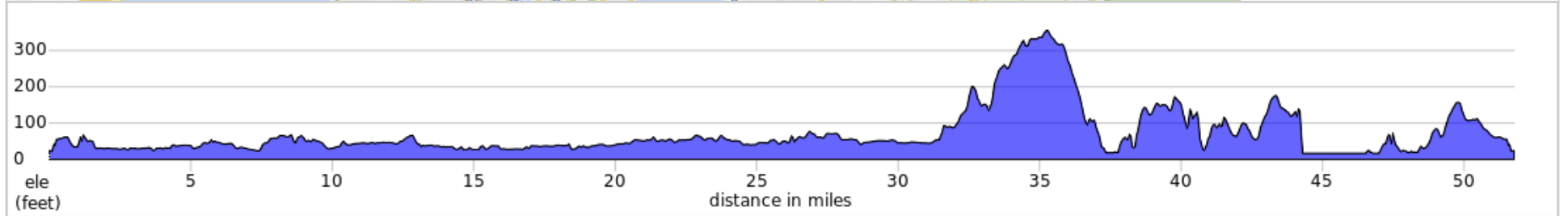
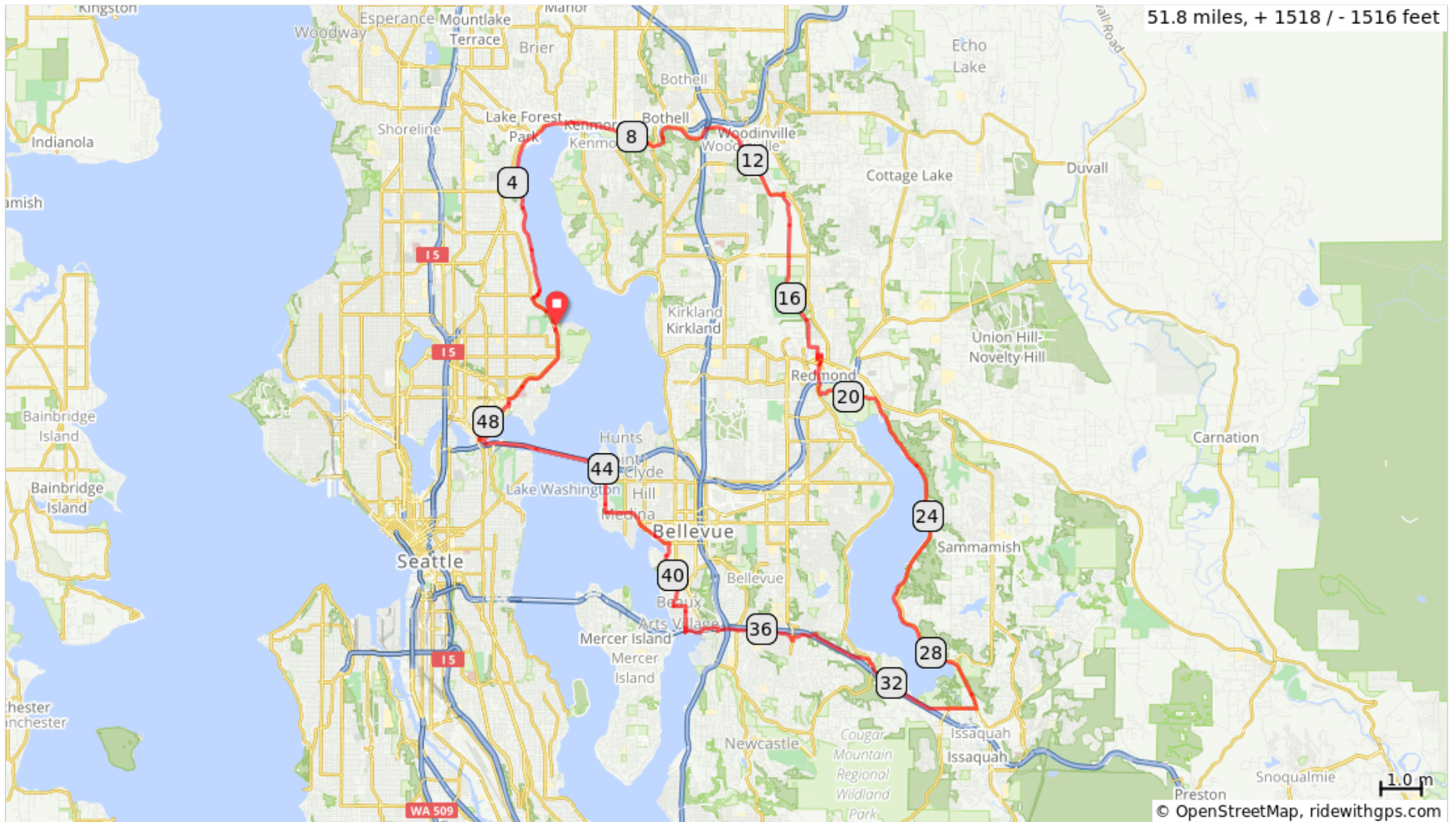


FRUMPS Ride to Redmond for Lunch



51.8 miles, + 1518 / - 1516 feet



FRUMPS Ride to Redmond for Lunch

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	▣	Start of route	0.2
2.	0.2	0.2	➔	R onto Sand Point Way NE	0.8
3.	1.0	0.8	➔	R	0.1
4.	1.1	0.1	➔	Slight L onto Lake Shore Blvd NE	0.0
5.	1.2	0.0	➔	L toward Burke-Gilman Trail	0.0
6.	1.2	0.0	➔	R onto Burke-Gilman Trail	4.2

1.2 miles. +73/-37 feet

Num	Dist	Prev	Type	Note	Next
7.	5.4	4.2	➔	Slight R to stay on Burke-Gilman Trail	3.4
8.	8.8	3.4	➔	R toward Burke-Gilman Trail	0.0
9.	8.8	0.0	🚻	Bathroom Stop at Blythe Park	0.0
10.	8.8	0.0	➔	R into Blythe Park for Bathroom Stop	0.5

7.6 miles. +82/-61 feet

Num	Dist	Prev	Type	Note	Next
11.	9.3	0.5	⬆	Continue onto W Riverside Dr	1.0
12.	10.3	1.0	⬆	Continue onto NE Woodinville Dr	0.9
13.	11.2	0.9	⬆	Continue onto Redmond-Woodinville Rd NE	0.2
14.	11.5	0.2	➔	R	0.0

2.7 miles. +28/-36 feet

Num	Dist	Prev	Type	Note	Next
15.	11.5	0.0	➔	R onto Redmond-Woodinville Rd NE	1.4
16.	12.9	1.4	➔	L at Stimson Ln	0.0
17.	12.9	0.0	➔	R onto Sammamish River Trail	0.3
18.	13.2	0.3	➔	L to stay on Sammamish River Trail	0.0

1.8 miles. +30/-35 feet

Num	Dist	Prev	Type	Note	Next
19.	13.3	0.0	←	Sharp L to stay on Sammamish River Trail	4.0
20.	17.2	4.0	←	Slight L to stay on Sammamish River Trail	0.0
21.	17.3	0.0	←	L to stay on Sammamish River Trail	0.0

4.0 miles. +48/-49 feet

Num	Dist	Prev	Type	Note	Next
22.	17.3	0.0	➔	Slight R toward 160th Ave NE	0.2
23.	17.5	0.2	➔	R onto 160th Ave NE	0.3
24.	17.7	0.3	🍴	Stopping at Jamba Juice or Jimmy Johns or Trader Joes for lunch.	0.1
25.	17.8	0.1	➔	R onto NE 83rd St	0.1

0.6 miles. +1/-1 feet

Num	Dist	Prev	Type	Note	Next
26.	17.9	0.1	➔	R onto 161st Avenue Northeast/Lampert Lane	0.2
27.	18.2	0.2	➔	Trail takes slight R onto Heron Rookery Trail	0.2
28.	18.3	0.2	➔	R onto Leary Way	0.1
29.	18.4	0.1	➔	R onto Sammamish River Trail	0.0

0.6 miles. +6/-12 feet

Num	Dist	Prev	Type	Note	Next
30.	18.4	0.0	←	L to stay on Sammamish River Trail	0.0
31.	18.5	0.0	➔	R to stay on Sammamish River Trail	0.6
32.	19.1	0.6	←	L onto Marymoor Connector Trail	0.1

0.6 miles. +13/-10 feet

Num	Dist	Prev	Type	Note	Next
33.	19.1	0.1	➔	Slight R to stay on Marymo or Connector Trail	1.0
34.	20.2	1.0	➔	Slight R to stay on Marymo or Connector Trail	0.5
35.	20.6	0.5	➔	R onto East Lake Sammamish Trail	5.2

1.6 miles. +20/-6 feet

Num	Dist	Prev	Type	Note	Next
36.	25.8	5.2	➜	Slight L to stay on East Lake Sammamish Trail	1.1
37.	26.9	1.1	➜	Slight L to stay on East Lake Sammamish Trail	2.9
38.	29.8	2.9	➔	R onto SE 56th St	0.2
39.	30.0	0.2	⬆	Continue onto NW Sammamish Rd	0.5

9.3 miles. +74/-72 feet

Num	Dist	Prev	Type	Note	Next
40.	30.5	0.5	➔	R to stay on NW Sammamish Rd	1.0
41.	31.5	1.0	⬆	Continue onto W Lake Sammamish Pkwy SE	1.3

1.5 miles. +16/-3 feet

Num	Dist	Prev	Type	Note	Next
42.	32.8	1.3	⬆	At the traffic circle, continue straight to stay on W Lake Sammamish Pkwy SE	0.1
43.	32.9	0.1	➜	L onto Interstate 90 Trail/Mountains to Sound Greenway	1.5

1.4 miles. +0/-16 feet

Num	Dist	Prev	Type	Note	Next
44.	34.5	1.5	←	L onto SE Eastgate Way	0.1
45.	34.5	0.1	←	L onto SE 37th St	0.6
46.	35.1	0.6	←	L onto 150th Ave SE	0.1
47.	35.2	0.1	→	R onto SE 38th St	0.1
48.	35.3	0.1	↑	Continue onto SE 36th St	1.3

2.4 miles. +43/-6 feet

Num	Dist	Prev	Type	Note	Next
49.	36.7	1.3	←	L onto 128th Ave SE/Factoria Blvd SE	0.0
50.	36.7	0.0	→	R onto I-90 Trail/Mountains to Sound Greenway Trail	0.5
51.	37.2	0.5	→	R onto Mountains to Sound Greenway Trail	0.1

1.9 miles. +19/-78 feet

Num	Dist	Prev	Type	Note	Next
52.	37.3	0.1	←	L onto I-90 Trail/Mountains to Sound Greenway Trail	0.9
53.	38.2	0.9	←	L to Enatai Beach Park for Bathroom Stop	0.0
54.	38.2	0.0	←	L onto 108th Ave SE	0.1
55.	38.3	0.1	→	R at SE Lake Rd	0.0

1.1 miles. +56/-48 feet

Num	Dist	Prev	Type	Note	Next
56.	38.3	0.0	←	L toward 108th Ave SE	0.0
57.	38.3	0.0	↻	Bathroom Break	0.0
58.	38.4	0.0	→	R toward 108th Ave SE	0.0
59.	38.4	0.0	←	L onto 108th Ave SE	0.6
60.	39.0	0.6	←	L onto SE 25th St	0.3
61.	39.3	0.3	→	R onto 104th Ave SE	1.0

1.0 miles. +131/-18 feet

Num	Dist	Prev	Type	Note	Next
62.	40.2	1.0	←	L onto SE 10th St	0.1
63.	40.3	0.1	→	R onto 102nd Ave SE	0.1
64.	40.4	0.1	←	L onto SE 8th St	0.1
65.	40.6	0.1	→	R onto 100th Ave SE	0.5
66.	41.1	0.5	←	L onto Main St	0.1
67.	41.2	0.1	↑	Continue onto Lake Washington Blvd NE	1.2

1.9 miles. +104/-107 feet

Num	Dist	Prev	Type	Note	Next
68.	42.3	1.2	↑	Continue onto NE 12th St	0.7
69.	43.0	0.7	→	R onto Evergreen Point Rd	1.1
70.	44.1	1.1	←	Slight L onto 520 Trail	3.0
71.	47.2	3.0	→	R onto 24th Ave E	0.1
72.	47.3	0.1	←	L onto E Shelby St	0.1

6.1 miles. +178/-219 feet

Num	Dist	Prev	Type	Note	Next
73.	47.4	0.1	→	R onto Montlake Blvd E	0.1
74.	47.5	0.1	→	R onto Walla Walla Ln	0.2
75.	47.7	0.2	↑	Continue onto Walla Walla Rd	0.4
76.	48.0	0.4	→	R toward Canal Rd NE	0.1
77.	48.2	0.1	→	R onto Canal Rd NE	0.2

0.9 miles. +28/-71 feet

Num	Dist	Prev	Type	Note	Next
78.	48.4	0.2	→	R onto NE Wahkiakum Ln	0.3
79.	48.7	0.3	→	Keep R to stay on NE Wahkiakum Ln	0.1
80.	48.7	0.1	←	Keep L to stay on NE Wahkiakum Ln	0.0
81.	48.7	0.0	→	R onto NE 41st St	0.1
82.	48.8	0.1	←	L onto 36th Ave NE	0.2

0.6 miles. +36/-5 feet

Num	Dist	Prev	Type	Note	Next
83.	49.0	0.2	➔	R onto NE 45th St	0.1
84.	49.1	0.1	➡	Slight L onto Sand Point Way NE	2.5
85.	51.5	2.5	➔	R	0.2
86.	51.7	0.2	➔	Slight R at 62nd Ave NE	0.1
87.	51.8	0.1	🚩	End of route	0.0

3.0 miles. +103/-163 feet