

Quadricep Burner for Mortals (Out and Back Log Boom Park in Kenmore across 520 Bridge) **27.8 miles**

| Leg | Dir | Type | Notes | Total |
|-----|-----|--------------|---|-------|
| | ← | Left | Turn left | 0.0 |
| 0.0 | ← | Sharp Left | Turn sharp left onto Burke-Gilman Trail | 0.0 |
| 1.9 | ↑ | Straight | Continue onto Burke-Gilman Trail | 1.9 |
| 3.8 | → | Slight Right | Keep right onto Burke-Gilman Trail | 5.7 |
| 4.0 | ↑ | Straight | Continue onto Burke-Gilman Trail | 9.8 |
| 0.5 | → | Right | Turn right | 10.2 |
| 0.0 | ← | Sharp Left | Turn sharp left onto Rainier Vista | 10.3 |
| 0.0 | ← | Left | Turn left onto Rainier Vista | 10.3 |
| 0.0 | ← | Slight Left | Turn slight left onto Rainier Vista | 10.3 |
| 0.0 | ← | Left | Turn left | 10.4 |
| 0.0 | → | Slight Right | Turn slight right | 10.4 |
| 0.0 | → | Slight Right | Keep right | 10.4 |
| 0.1 | → | Slight Right | Turn slight right | 10.5 |
| 0.0 | ← | Left | Turn left | 10.5 |
| 0.3 | ← | Left | Turn left onto East Hamlin Street | 10.8 |
| 0.1 | → | Right | Turn right | 10.9 |
| 0.0 | ↑ | Straight | Continue | 10.9 |
| 6.0 | ↑ | Straight | Continue | 16.9 |
| 0.0 | → | Right | Turn right onto East Park Drive East | 16.9 |
| 0.2 | → | Right | Turn right | 17.1 |
| 0.2 | → | Right | Turn right | 17.3 |
| 0.0 | ← | Slight Left | Keep left | 17.3 |
| 0.1 | ← | Slight Left | Turn slight left | 17.4 |
| 0.0 | ← | Slight Left | Keep left | 17.4 |
| 0.0 | → | Right | Turn right | 17.4 |
| 0.0 | → | Slight Right | Turn slight right onto Rainier Vista | 17.4 |
| 0.0 | → | Right | Turn right onto Rainier Vista | 17.4 |
| 0.0 | → | Sharp Right | Turn sharp right | 17.5 |
| 0.0 | ← | Left | Turn left onto Burke-Gilman Trail | 17.5 |
| 1.9 | ← | Slight Left | Keep left onto Burke-Gilman Trail | 19.5 |
| 0.1 | ↑ | Straight | Continue onto Burke-Gilman Trail | 19.6 |

| Leg | Dir | Type | Notes | Total |
|-----|-----|--------------|------------------------------------|-------|
| 0.2 | → | Slight Right | Keep right onto Burke-Gilman Trail | 19.8 |
| 6.1 | ↑ | Straight | Continue onto Burke-Gilman Trail | 25.9 |
| 1.9 | → | Sharp Right | Turn sharp right | 27.7 |
| 0.0 | → | Right | Turn right | 27.8 |

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