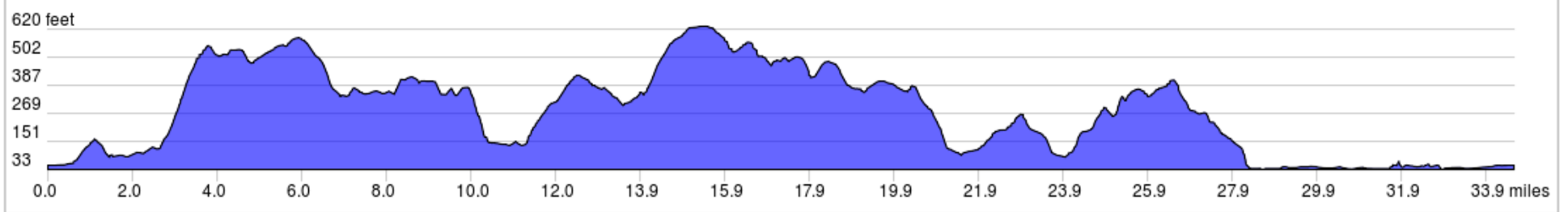
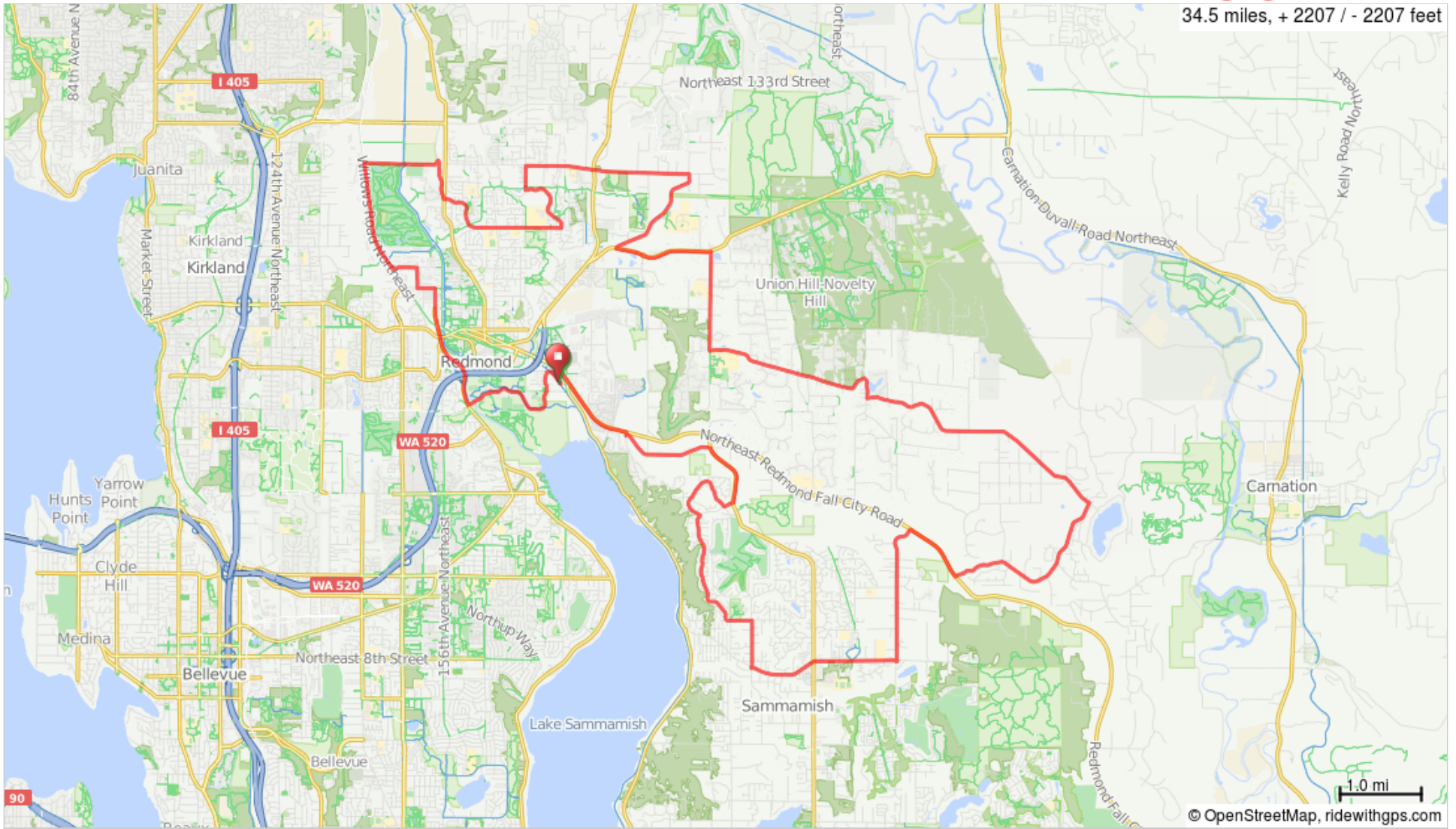


T-Day 2015 4 Hills route Sahalee Ames Lk Union Education Hills Nov 26 2016



34.5 miles, + 2207 / - 2207 feet



T-Day 2015 4 Hills route Sahalee Ames Lk Union Education Hills Nov 26 2016

0.0	▀	Start of route	0.2
0.2	→	R onto NE 70th St	0.1
0.3	→	R onto Redmond Way	1.2
1.5	→	R onto 192nd Dr NE	0.0
1.5	←	L onto 192nd Pl NE	0.3
1.8	↑	Continue onto NE 50th St	0.8
2.7	→	R onto Sahalee Way NE	0.8
3.5	→	R onto NE 37th Way	0.1
3.6	→	R onto 208th Ave NE	0.4
4.0	↑	Continue onto NE 43rd St	0.1

4.0 miles. +593/-127 feet

4.0	↑	Continue onto 204th Ave NE	0.4
4.4	↑	Continue onto NE 37th Way	0.1
4.5	→	R onto 205th Pl NE	0.8
5.3	↑	Continue onto SE Ridge St	0.3
5.7	↑	Continue onto NE 19th Pl	0.1
5.7	↑	Continue onto 211th Way NE	0.3
6.0	↑	Continue onto NE 16th St	0.3
6.3	→	R onto 216th Ave NE	0.6
6.9	↑	At the traffic circle, 3rd exit onto NE Inglewood Hill Rd	0.9

2.9 miles. +136/-291 feet

7.7	↑	Continue onto NE 8th St	1.0
8.7	→	Keep R at the fork	0.0
8.7	↑	Enter the traffic circle	0.0
8.8	↑	Exit the traffic circle onto 244th Ave NE	1.7
10.5	→	R onto NE Redmond-Fall City Rd	0.8
11.3	←	L onto NE Ames Lake Rd	2.3
13.6	←	L onto NE Union Hill Rd	3.2
16.8	→	R onto 238th Ave NE	0.3
17.1	←	L onto NE Union Hill Rd	2.0

10.2 miles. +849/-729 feet

19.1	→	R onto 208th Ave NE	1.2
20.3	←	L onto NE Novelty Hill Rd	1.2
21.5	→	R onto NE Redmond Rd	1.4
22.9	←	L onto NE 116th St	2.0
24.9	←	L onto 172nd Ave NE	0.3
25.2	←	L onto NE 111th St	0.2
25.4	↑	Continue onto 176th Ave NE	0.5
25.9	↑	Continue onto 179th Ave NE	0.1
26.0	→	R onto NE 104th St	1.2

8.9 miles. +570/-600 feet

27.2	↑	Continue onto 160th Ave NE	0.3
27.4	↑	Continue onto NE 109th St	0.2
27.6	↑	Continue onto 154th PI NE	0.5
28.1	←	L onto NE 116th St	0.9
29.1	←	L onto Willows Rd NE	1.4
30.4	←	L onto NE 95th St	0.3
30.7	→	R onto 151st Ave NE	0.2
31.0	←	L onto NE 90th St	0.2
31.2	→	R onto 154th Ave NE	0.8

5.2 miles. +31/-262 feet

32.0	↑	Continue onto West Lake Sammamish Pkwy NE	0.7
32.8	←	L onto NE Marymoor Way	1.3
34.0	→	Slight R to stay on NE Marymoor Way	0.1
34.1	←	L onto 176th Ave NE	0.3
34.3	→	R onto NE 70th St	0.0
34.4	→	R onto East Lake Sammamish Trail	0.1
34.5	▀	End of route	0.0

3.3 miles. +35/-35 feet