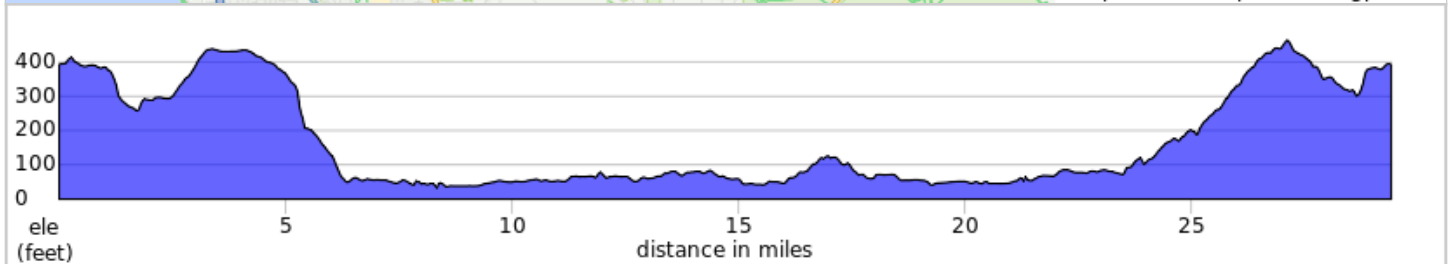
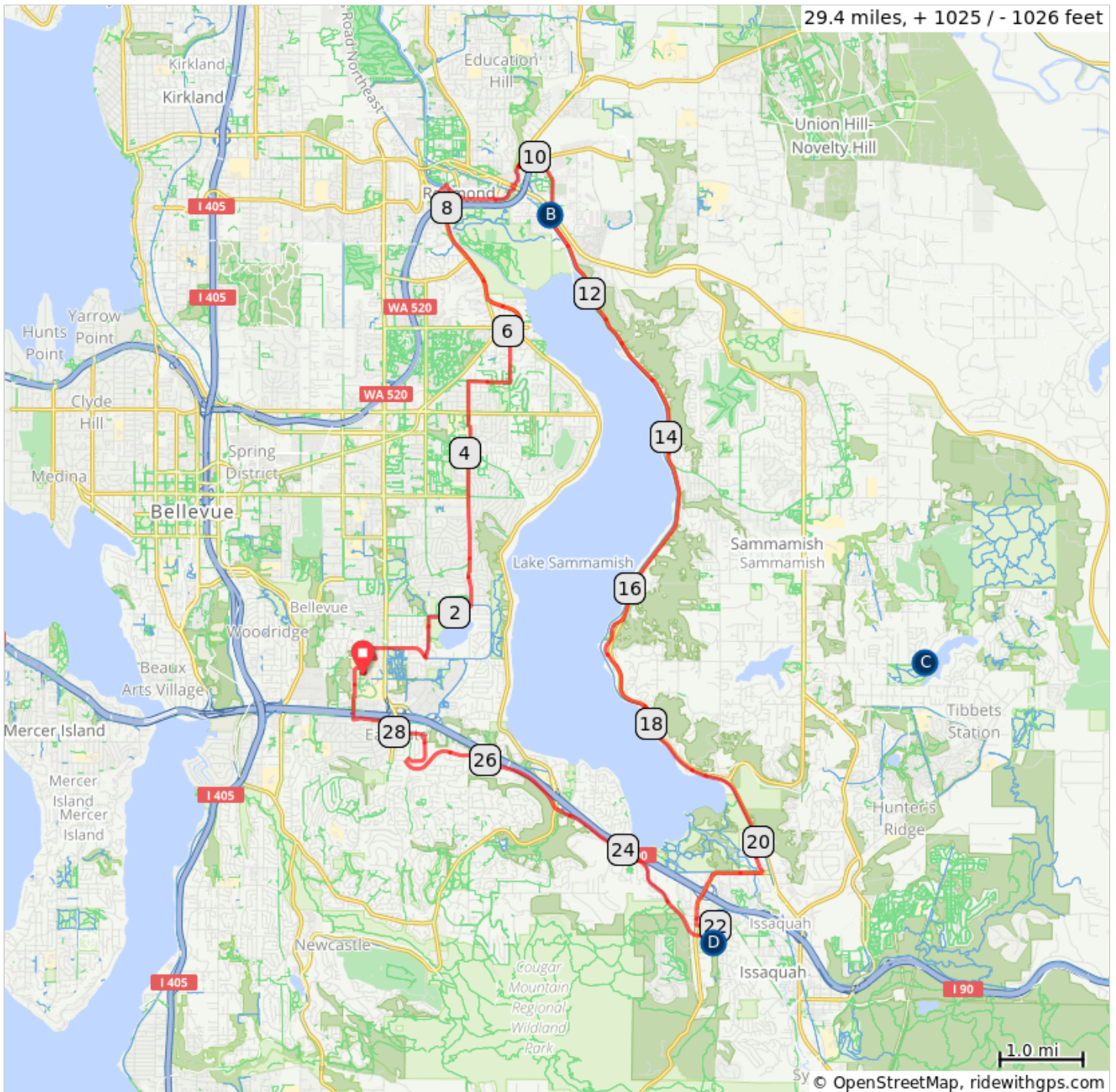


2018 Cycle the WAVE - STRONG SISTER 29



- | | | | |
|----|--------------------------|----|---------------------|
| A. | Woodinville Fire Station | C. | rest stop |
| B. | REST STOP | D. | Tibbets Valley Park |



2018 Cycle the WAVE - STRONG SISTER 29

Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.0		L onto Kelsey Creek Rd
3.	0.2		Continue onto SE 24th St
4.	0.3		L onto 145th Pl SE
5.	0.4		R onto SE 22nd St
6.	1.2		Sharp L onto 156th Ave SE
7.	1.7		R onto SE 16th St
8.	1.9		Slight L onto SE Phantom Way
9.	2.2		L onto 164th Ave SE

2.2 miles. +61/-157 feet

Num	Dist	Type	Note
10.	4.9		R onto NE 30th St
11.	5.4		L onto 172nd Ave NE
12.	5.4		Steep descent
13.	6.1		R onto NE 40th St
14.	6.2		L onto West Lake Sammamish Pkwy NE
15.	6.8		R to stay on West Lake Sammamish Pkwy NE
16.	8.2		R onto Leary Way

6.0 miles. +27/-353 feet

Num	Dist	Type	Note
17.	8.4		R toward Bear Creek Trail
18.	8.4		L onto Bear Creek Trail
19.	8.6		R to stay on Bear Creek Trail
20.	9.1		R to stay on Bear Creek Trail
21.	9.4		Slight R to stay on Bear Creek Trail
22.	9.8		R onto NE 80th St/NE Union Hill Rd
23.	10.0		R onto 178th Pl NE
24.	10.3		Continue onto 180th Ave NE

2.1 miles. +25/-18 feet

Num	Dist	Type	Note
25.	10.7		Continue onto E Lake Sammamish Pkwy NE
26.	10.8		R
27.	10.8		R
28.	11.0		L onto NE 65th St
29.	11.0		R onto E Lake Sammamish Pkwy NE
30.	14.3		Slight R to stay on E Lake Sammamish Pkwy NE
31.	16.4		R onto E Lake Sammamish Pl SE

6.1 miles. +131/-106 feet

Num	Dist	Type	Note
32.	17.0	↑	Continue onto E Lake Sammamish Pkwy SE
33.	17.8	➔	R onto SE 33rd St
34.	17.8	➡	L onto East Lake Sammamish Trail
35.	20.0	➔	R onto SE 51st St
36.	20.1	➡	L onto 220th Ave SE
37.	20.4	➔	R onto SE 56th St
38.	20.5	↑	Continue onto NW Sammamish Rd

4.1 miles. +40/-112 feet

Num	Dist	Type	Note
39.	21.0	➔	Slight R at 17th Ave NW
40.	21.7	➡	L onto NW Maple St
41.	22.0	➔	R onto 12th Ave NW
42.	22.2	➔	R
43.	22.3	➡	L onto 12th Ave NW
44.	22.4	➡	L onto Newport Way NW
45.	24.9	➔	Slight R to stay on SE Newport Way
46.	27.1	➔	R onto 153rd Ave SE

6.6 miles. +467/-54 feet

Num	Dist	Type	Note
47.	27.2	➔	R onto SE 42nd St
48.	27.4	↑	Continue onto 156th Ave SE
49.	27.7	↑	Continue onto SE 38th St
50.	28.1	↑	Continue onto SE 36th St
51.	28.6	➔	R onto 142nd Pl SE
52.	28.9	➔	R onto SE 32nd St
53.	28.9	➡	L onto Snoqualmie River Rd
54.	29.3	➔	R onto Kelsey Creek Rd

2.2 miles. +90/-147 feet

Num	Dist	Type	Note
55.	29.4	➔	R
56.	29.4	🚩	End of route

0.1 miles. +0/-1 feet