

## PROS – The Perimeter Ride of Seattle - 2010

### Mile Magnolia

Start on the bike trail passing Bathrm in Discovery Park N Pk lot;. L (S) on paved “Bike Route”. Climb. L on Utah and then immed R on road to S Gate;use caution around posts and rough roads; tricky turns and potholes.

- 1.1 At S. Gate, L (E) on W Emerson St
- 1.2 R (S) on Magnolia Blvd W
- 3.0 R (E) on W Howe St – cross bridge
- 3.4 R (S) on Magnolia Blvd W
- 3.8 L (N) on 28<sup>th</sup>. R on Hayes. L at T on Thorndyke.
- 4.8 R (S) on 20th Ave W
- 5.1 Interbay – Belltown - Sodo  
Enter Terminal 91 Bike Path; Multi Use Trail
- 6.5- Bathrooms in Park. Continue on Bike Path. Exit parking
- 11.0 lot by Sculpture Park. Follow Alaskan Way past waterfront on your R. Stay on Alaskan Way as it bec E. Marginal. Go R on the bike trail close to Spokane St.
- 11.3 R on Spokane St bike trail as it meanders to Harbor Bridge on N side and then curves to the S under Bridge and then E and back to the Bridge. Take bridge trail on the E side and climb to end of the Bridge. L at **yellow barricade** just before descending to Delridge
- 12.2 L on Marginal PL SW
- 12.3 Bear L on Marginal WY SW

- 13.0 Bear R to SW Spokane St bike trail and follow trail to Harbor Ave.
- 13.2 W Seattle  
R (N) on Harbor Ave SW
- 14.0 Bathrooms at Jack Block Park just before Salty’s
- 14.5 Bec Alki Ave SW
- 16-17 Follow Alki towards Lighthouse as it heads N on Beach Dr. Bear R on Beach Drive S as you pass on your L Fauntleroy Way SW (hill). Go STRT on Beach into Lincoln Park along beach front.
- 19 In Lincoln Park, follow gravel route trail to the pool and then to the bathrooms. **REGP**. Exit Park on steep climb by parking lot. **CAUTION**: expect multi users.
- 21 R on Fauntleroy Way SW (S); watch for ferry traffic
- 21.7 R on Fauntleroy Way SW (S). **Go straight** at corner of SW Wildwood and Fauntleroy and begin climbing.
- 22.0 L (E) on SW Brace Point Dr, then R (S) on 45th Ave SW
- 22.2 Bec Marine View Drive.**VERY STEEP CLIMB!**
- 23.5 **REGP** at 2d Viewpoint on top of Marine View. **GAWK!**
- 24.0 L (N) on 35th Ave SW - **climb**
- 25.0 R (E) on SW 106th St – **more climbing**
- 25.4 White Center  
BEC SW 107th – more climbing
- 25.7 R (S) on 12th Ave SW, then immed L (E) on (SW) 108th St
- 26.4 Bear L (E) on Myers Way S
- 27.0 R (E) on 6th Ave S at Glendale Way S
- 27.2 Boulevard  
L (E) on S 112th St

- 27.8 BEC Glendale Way S
- 28.3 Bear L (E) on S 118th St
- 28.6 Stern Heights  
Bear L (NE) on Des Moines Memorial Dr
- 28.8 R (E) on S 116th St – **Steep Descent**
- 29.3 Quick L (N) after underpass on SR-99 [Pacific Hwy S] [Tukwila Int’l Bvd]. Go under 2 underpasses and then over bridge.
- 29.6 R (E) on S 112th St after Red Lion
- 29.8 R (S) on E Marginal Way S
- 30.2 Before bridge, L (E) on S 115th St; follow Duwamish Riv. on R (old STP route) -.
- 30.4 Allentown - Tukwila  
Bear R (E) on 42nd Ave S
- 30.8 L (E) on S 124th St
- 31.0 R (appx. 44<sup>th</sup> Ave. intersection) into Tukwila Com CTR **REGP** at bathrooms
- 31.4 Bear R (SE) on 50th Pl S – **steep bridge climb**
- 31.7 Bear L (E) on S 129th St –long 400’ **steep climb**
- 32.4 Bryn Mawr - Skyway  
Bec S Langston Rd. R at 132nd – stay on 132<sup>nd</sup>
- 33.6 Bear L (E) on S 132nd St
- 33.5 **REGP**. R (SE) on Renton Ave S. **Woopee downhill!**
- 35.0 L (N) on Rainier Ave (N)
- 38.0 R (N) on Seward Park Ave S
- 39.8 Seward Park - Lakewood  
Bear R on Seward Park as road splits
- 40.6 R (E) on S Juneau St. **REGP** at Seward Park Bathrooms
- 40.7 Return to Lake Washington Blvd S (R from the Park)

- 44.0 Mount Baker – Leschi – Madrona – Denny Blaine  
STRT on Lakeside Ave (S) as it bec Lake Washington Blvd. **REGP Lunch at Leschi Grocery Store**. Continue N on Lk. WA Blvd. through Madrona and Denny Blaine
- 44.7 Madison Park – Arboretum - Montlake  
R on McGilvra Blvd E
- 45.5 R (E) on E. Garfield
- 45.7 L (N) on 43rd Ave E
- 45.9 L (W) on E McGilvra St
- 46.3 L (S) on 38<sup>th</sup> Ave E.
- 46.7 R (SW) on E. Madison – **climb**
- 47.4 R (N) on Lake Washington Blvd E
- 47.6 R (N) on Arboretum Dr E – bec Azalea and bear L on E Foster Island Rd.
- 48.8 R on Lake Washington Blvd. L (W) on Lynn; R on 25<sup>th</sup> Ave E
- 48.8 X overpass (follow LW Bike Loop signs); go through barricade and then immed R on E. Hamlin. L E Park and L on E Shelby; climb a bumpy pothole road to Montlake R (NW) on Montlake Br sidewalk. **Cross Carefully**
- 49.4 University District (PROS LITE Shortcut)  
R into UW Stadium Parking Lot to **REGP**
- 49.7 Near Boat House, proceed L around UW Stadium
- 49.9 R to stay on Walla Walla Rd - go past Soccer, Baseball stadia and IM Fields
- 50.3 R on Clark Road – go past Driving Range and IM Fields
- 50.6 Laurelhurst  
**REGP** R (S) on Mary Gates Mem. [Union Bay Pl NE]
- 50.7 Bear L as street bec NE 41st St
- 50.9 R (S) on (NE) Surber Dr (NE)

51.2 R (S) on 42nd Ave NE  
 51.4 R (S) on 43rd Ave NE  
 51.5 L NE 33<sup>rd</sup>  
 51.6 R (S) on (W) Laurelhurst Dr NE  
 51.9 Bec E Laurelhurst Dr NE – **STEEP CLIMB**  
 52.2 Bear L (N) on 47th Ave NE  
 52.3 Bear R (N) on NE 38th St; BEC 47<sup>th</sup> Ave NE ; bear R on NE 39<sup>th</sup>  
 52.5 L (N) on 48th Ave NE  
 52.6 L (W) on NE 45th St; immed R on 47<sup>th</sup> Ave NE  
 53.2 **REGP** R (E) on Sand Point Way NE - **CAUTION**  
 53.5 **Windermere –Magnuson Park**  
 R (SE) on NE Windermere Rd  
 54.5 L (W) on NE 61st St  
 54.6 R (N) on 65<sup>th</sup> Ave. NE – **go through gate**  
 54.7 L (W) on NE 65<sup>th</sup>  
 54.8 R (N) on 64<sup>th</sup>; L on 74<sup>th</sup> Guard House; R on Sand Point  
 55.0 **Matthews Beach**  
 R (E) on NE 93rd St to Matthews Beach; **REGP** at Bathrms in Park  
 55.2 **Lavilla – Chelsea**  
 Get on Burke Gilman Trail – head N  
 59.5 **Sheridan Beach**  
**REGP** - L (W) on NE 165<sup>th</sup> St – **STEEP CLIMBS**  
 59.8 L (S) on 37th Ave NE; R on NE 162nd;  
 60.2 L (S) on 35<sup>th</sup> Ave NE; R (W) on NE 163<sup>rd</sup> St; bec 30<sup>th</sup> Ave NE  
 60.4 R (W) on NE 160<sup>th</sup> St.  
 60.6 R (N) on 25<sup>th</sup> Ave NE  
 61.0 **N City – Ridgecrest**  
 L(W) on NE 168th St, then immed R(N) o 25th Ave NE

61.2 L(W) on NE 170<sup>th</sup> St – careful xing 15th  
 62.2 L (S) on 5th Ave  
 62.7 **REGP** R (W) on (NE) 155th St ; **Climb** after X under I5  
 63.7 **Packwood**  
 R (N) on Ashworth Ave N  
 64.0 L (W) on N 160th St  
 64.2 L (S) on Interurban Bike Trail (just b4 99) and **REGP**  
 Proceed on trail and over 2 overpasses  
 65.1 Exit trail on 148<sup>th</sup> – no signage – go past post – head (W) on 148<sup>th</sup>  
 65.4 L (S) on Evanston  
 65.6 **Broadview – Carkeek Park**  
 R (W) on 145th by the Seattle Golf Club  
 65.8 L (S) on 1st Ave NW (easy to miss)  
 66.0 Bec Palatine Ave N  
 66.4 R (W) on (N) 137th St  
 67.4 L (S) on 8th Ave NW  
 68.2 L on NW 120<sup>th</sup> – climb  
 68.5 R (S) on 4th Ave NW  
 68.7 R (W) on NW 117th St  
 68.9 BEC 6th Ave NW **STEEP DESCENT** rough surface  
 69.1 Bear R (SW) on NW 116th St  
 68.0 Bec NW Carkeek Park Rd – **STEEP WINDY CLIMB**  
 68.4 Bec NW 110th St; R on 4<sup>th</sup> (S); L(E) on 107th  
 68.8 **REGP** R (S) on 3rd Ave NW. **Narrow shoulder**  
 69.1 **N Park - Greenwood**  
 R (W) on NW 103rd St  
 69.5 Bec NW 100th Pl  
 69.7 **Blue Ridge**  
 Bear R (W) on NW 100th St; immed R (N) on 8th NW

70.0 L (W) on NW 105th St  
 70.3 R (N) on 12th Ave NW  
 70.5 L (NW) on NW Woodbine Way. **REGP** - climb  
 70.6 R (S) on Valmay Ave NW  
 70.9 R (N) on NW Blue Ridge Dr  
 72.0 **N Beach - Ballard**  
 Bec Triton Dr NW  
 72.2 R (NW) on NW Esplanade immed past H20 Station;  
**REGP**  
 72.4 L on 31st Ave NW  
 72.6 R (W) on NW 95th St. Bec Whitney Pl NW  
 72.7 Bec View Ave NW – **Climb and sharp descent**  
 73.0 **REGP** R Golden Gardens Dr – sharp descent  
 74.1 **Ballard**  
 L (West) onto Seaview Pl NW  
 75.4 Follow Seaview to Locks  
 77.0 Walk bike through Government Locks  
 77.4 **Magnolia**  
 R (W) on W Commodore Way – **Climb!**  
 78.0 L (S) on 40th Ave W – Climb **final hill!** R into N Parking Lot at Discovery Park  
 80.0 **Arrive Discovery Park. Congratulations! You’ve done the 6th Annual PROS! Way to Go!**

## PROS 2010 Ride Leaders:

### Moderate:

Dan Wakefield (206) 795-0585

### Brisk:

Jim Stewart (206) 890 8411

Mitch Schoenfeld (206) 579-5473

Bob Nyberg (206) 795-1363  
(Full or Lite course as needed)

### Strenuous:

TBD...

### PROS Lite, Moderate Pace:

Martha Hines (206) 200-5329