

COGS Sisters Ride 2011 Moderate 44 Mile route.

May Valley and Jones Road

Start Mercer Isl. Community Ctr @ Luther Burbank

Dist	Next	Direction
0.00	0.04	Turn Left onto SE 24th St.
0.04	0.20	Turn right onto 84th Ave SE
0.24	0.90	Continue onto N Mercer Way
1.14	0.90	Turn left onto I-90 Trail
3.04	0.60	Turn right onto Lake Washington Blvd SE
3.67	0.70	Bear Right to Lake Wa Bike Trail
4.37	0.50	Turn left onto Lake Washington Blvd SE
4.87	0.90	Turn left X I-405 Stay on Lake Wa Blvd SE
5.77	0.20	Continue onto 112th Ave SE
5.97	0.20	Turn Left onto SE 69th Way
6.17	1.30	Turn right onto 116th Ave SE
7.47	0.50	Turn left onto SE 88th St
7.97	0.20	BEC 124th Ave SE them 89th PL
8.97	0.40	Turn right onto Coal Creek Pkwy SE
9.37	2.20	Turn left onto SE May Valley Rd
16.67	0.90	Turn right onto Issaquah-Hobart Road Southeast
17.57	3.60	Turn right onto Cedar Grove Rd SE
21.17	1.00	Turn right onto Cedar River Trail
22.17	0.01	Bear Left onto Maple Valley Highway
22.79	3.60	Turn right onto SE Jones Rd
26.39	0.20	Turn left onto 154th Pl SE
26.62	3.30	Turn Right onto Cedar River Trail
29.90	0.01	In Renton Turn right onto S 3rd St
29.93	0.10	At S 3rd to North onto Mill Ave S
30.03	0.30	Turn left onto S 2nd St
30.43	0.20	Turn right into Renton HS Parking Lot
30.63	0.01	Go North to Renton Airport

Jim Stewart (206)890-8411

<http://g.co/maps/vvhf2>

Dist	Next	Direction
30.72	0.03	Continue onto Perimeter Rd W
30.75	1.40	Turn left to stay on Perimeter Rd W
32.15	2.50	Turn right onto Rainier Ave S
34.65	1.80	Turn right onto Seward Park Ave S
36.45	0.80	Continue onto Wilson Ave S
37.25	0.10	Turn left onto S Dawson St
37.58	0.10	Turn right onto 46th Ave S
37.68	0.40	Turn left onto S Hudson St
Lunch - Tutta Bella at Hudson & Rainier Ave.		
38.08	0.20	Turn right onto Rainier Ave S
38.28	0.05	Turn right onto S Angeline St
38.32	0.50	Turn left onto 38th Ave S
38.82	0.10	Turn right onto S Dakota St
38.92	0.70	Turn left onto Cascadia Ave S
39.62	0.06	Turn left onto S Ferris Pl
39.68	0.20	Slight right onto Mt Rainier Dr S
39.88	0.30	Turn right onto Lake Park Dr S
40.18	0.20	Turn left onto Lake Washington Blvd S
40.38	0.70	Turn left to stay on Lake Wa Blvd S
41.08	0.05	Turn right onto S Irving St
41.14	0.03	Turn right at 35th Ave S
41.16	1.90	Turn left onto I-90 Trail
43.06	0.30	Turn left onto W Mercer Way
43.36	0.09	Turn right onto SE 22nd St/N Mercer Way
43.45	0.03	Turn Left stay on SE 22nd
43.48	0.30	Turn Right onto 78nd Ave SE
44.04	0.20	Turn Left onto SE 24th St