

COGS Sisters Ride 2011 Moderate 33 Mile route.

Renton Highlands

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 Wa Blvd SE
3.67	0.70	Bear Right to Lake Wa Bike Trail
4.37	0.50	Turn left onto Lake Wa Blvd SE
4.87	0.90	Turn left 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 then 89th PL
8.97	0.40	Turn right onto Coal Creek Pkwy SE
9.37	2.20	Turn left onto SE May Valley Rd
11.57	0.90	Turn right onto 164th Ave SE
12.47	0.20	Turn right onto NE 4th St
12.67	1.00	Turn left onto 160th Ave SE
13.67	0.30	Turn right onto SE 144th St
13.97	0.10	Turn right onto 156th Ave SE
14.07	0.02	Turn left onto SE 142nd Pl
14.09	0.20	Turn left to stay on SE 142nd Pl at stop
14.29	0.70	Continue onto 154th Pl SE
15.02	3.30	At Maple Valley Hwy Turn right onto Trail
18.32	0.01	In Renton Turn right onto S 3rd St
18.34	0.10	At S 3rd to North onto Mill Ave S
18.44	0.30	Turn left onto S 2nd St
19.04	0.01	Turn right into Renton HS Parking Lot
19.05	0.08	Go North to Renton Airport
19.13	0.03	Continue onto Perimeter Rd W
19.16	1.40	Turn left to stay on Perimeter Rd W

Jim Stewart (206)890-8411<http://g.co/maps/d5a9j>

Dist	Next	Direction
20.56	2.50	Turn right onto Rainier Ave S
23.06	1.80	Turn right onto Seward Park Ave S
24.86	0.80	Continue onto Wilson Ave S
25.66	0.10	Turn left onto S Dawson St
25.88	0.10	Turn right onto 46th Ave S
25.98	0.40	Turn left onto S Hudson St
Lunch - Tutta Bella at Hudson & Rainier Ave.		
26.38	0.20	Turn right onto Rainier Ave S
26.58	0.05	Turn right onto S Angeline St
26.63	0.50	Turn left onto 38th Ave S
27.13	0.10	Turn right onto S Dakota St
27.23	0.70	Turn left onto Cascadia Ave S
27.93	0.06	Turn left onto S Ferris Pl
27.99	0.20	Slight right onto Mt Rainier Dr S
28.19	0.30	Turn right onto Lake Park Dr S
28.49	0.20	Turn left onto Lake Wa Blvd S
28.69	0.70	Turn left to stay on Lake Wa Blvd S
29.39	0.05	Turn right onto S Irving St
29.44	0.03	Turn right at 35th Ave S
29.47	1.90	Turn left onto I-90 Trail
31.37	0.30	Turn left onto W Mercer Way
31.67	0.09	Turn right onto SE 22nd St/N Mercer Way
31.76	0.03	Turn Left stay on SE 22nd
31.79	0.3	Turn Right onto 78nd Ave SE
32.35	0.2	Turn Left onto SE 24th St