



Ride Day Emergency Number **(425) 457-2116**

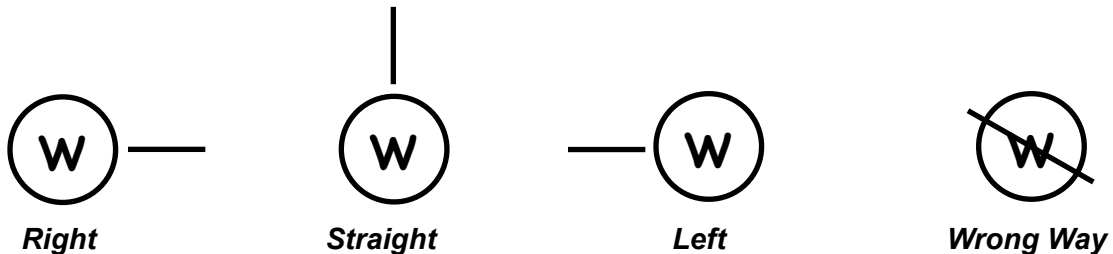
Middle Sister - 42 miles

R - right L - left S - straight SL - stop light SS - stop

MILE	TURN	AT	ON
0.0	Start		Tibbetts Valley Park cross the park on paved trail
0.3	L	SL	Newport Way NW
0.4	S	SL	Highway 900/17th St NW
2.6	S	SL	Lakemont Blvd SE
4.8	R		153rd Ave SE
5.1	R		SE 39th St
5.1	L		154th Ave SE
5.2	L	SS	SE 38th St becomes SE 36th St
5.4	S	SL	150th Avenue SE
6.0	R	SL	142nd Place SE
6.2	L	SS	SE 32nd St
6.4	R	SS	139th Avenue SE
6.9	R	SS	Kamber Rd (gear down)
7.5	R	SL	145th Place SE
7.9	L		SE 22nd Ave
8.0	S	SL	148th Ave SE
8.6	L	SS	156th Ave SE
9.1	S	SS	SE 16th St
9.5	R		SE 8th St
9.6	L		Evergreen Park - Rest Stop on left exit rest stop onto SE 8th St
9.9	L		163rd Place SE
10.0	R	SS	Lake Hills Blvd
10.2	L	SS	164th Ave SE
10.7	R		NE 6th St
10.8	L		165th Ave NE
10.9	R	SS	NE 8th St (caution steep downhill)
11.5	R	SS	Northup Way (caution road narrows)
12.0	R	SS	W Lake Sammamish Parkway SE

MILE	TURN	AT	ON
15.3	L	TC	W Lake Sammamish Parkway SE
17.7	L	SL	NW Sammamish Rd / SR 900
18.3	R	SL	221st Place SE becomes SE 62nd St
18.9	R	SL	E. Lake Sammamish Parkway SE
19.2	L	SL	229th Ave SE (caution heavy traffic)
19.2	R		SE 66th St becomes 230th Ave SE becomes 1st Ave NE
19.5	R		join trail on right
20.4			stay left on trail through tunnel, then right
20.7	S	SL	cross at crosswalk and remain on sidewalk
20.9	L		6th Ave SE (caution left turn / gravel)
21.0	R		SE Bush Street
21.3	L		2nd Ave SE
22.0	L	SL	Front Street S (Girly Girls go RIGHT to finish)
25.4	R		Cedar Grove Rd
25.4	R		Tiger Mtn Professional Center - Rest Stop
25.4	R		Cedar Grove Rd
28.4	L		SE Lake Francis Rd
30.0	L	SS	SE 192nd St
31.0	R		244th Ave SE
31.2	R		SE 196th St
32.2	S	SS	continue on SE Lake Francis Rd
33.9	R		Cedar Grove Rd
36.9	L	SL	Issaquah Hobart Rd
40.3	S	SL	2nd Ave SE
41.0	L	SL	Newport Way SW
42.3	L	SL	Newport Way NW
42.5	L	SL	12th Ave NW
42.6	Finish!		Tibbetts Valley Park

9/6/11



Look for **YELLOW** directional markings along the route