

Seattle to Portland Bicycle Classic			
MTF		Street	Next
0.0		UW Parking Lot E-1	0.3
0.3	R	Pacific Lane	0.2
0.5		Pacific Street	0.4
0.9	R	Brooklyn Ave NE	0.2
1.1	L	Campus Parkway (stay in left lane)	0.2
1.3	L	University Bridge on Eastlake Ave	0.3
1.6	L	Fuhrman Ave E	0.4
2.0		Fuhrman becomes Boyer Ave E	1.4
3.4	R	Lake Washington Blvd E.	0.6
4.0		Cross Madison	2.0
6.0		Lake Wahington Blvd becomes Lakeside Ave (Continue straight along shoreline)	4.5
10.5		Seward Park Ministop on left	0.0
10.5	R	Juneau (one block up steep hill)	0.0
10.5	L	Seward Park Ave S	0.5
11.0		Seward Park Ave S / Wilson Ave	1.7
12.7	L	Rainier Ave	1.1
13.8		Start Bike Lane	3.6
17.4	R	Grady Way	0.7
18.1	L	Oakesdale Ave SW (Heavy Traffic on Grady Way - Caution moving to left lane and turning)	2.9
21.0	R	S 196th St.	0.8
21.8	L	68th Ave S	2.0
23.8	R	REI Foodstop Cnr 68th and 228th St	13.8
37.6	L	Summer Hieghts Dr.	0.1
37.7	R	Valley Ave E	1.6
39.3	L	Milwaukee Ave E.	0.9
40.2	R	5th Ave NE	0.3
40.5		Puyallup Ministop on right (Grayland Park)	0.2
40.7	L	4th St NW	0.3
41.0	R	W Pioneer Ave	1.8
42.8	L	72nd Street, "THE HILL" (be brave)	1.0
43.8	L	Canyon Rd (top of The Hill)	2.1
45.9	R	104th St E	1.5
47.4	L	Waller Rd E	1.8
49.2	R	continue on Waller Rd E	0.3
49.5	R	continue on Waller Rd E	0.6
50.1		cross Brookdale Rd E. (continue on Waller Rd E.)	0.7
50.8	R	152nd St E	1.8
52.6	L	Military Rd E	0.5
53.1	R	159th St (Spanaway / Whole Foods Market Food Stop on left before turn)	0.3
53.4	L	Pacific Ave S / SR-7 (extreme caution, heavy traffic for 2 miles)	2.0
55.4	R	SR-507 (stay on this highway to Yelm ~14 miles)	7.0

62.4		Bad R/R Crossing	0.7
63.1	L	follow left turn in SR-507	4.0
67.1		Extreme caution - worst R/R crossing on STP route!!!	0.7
67.8		McKenna Mini stop on right at	1.9
69.7		SR 507 becomes E Yelm Ave	0.6
70.3	L	Clark Rd SE	0.7
71.0	R	109th Ave SE	0.5
71.5	R	Mill Rd SE	0.4
71.9		Yelm Ministop on left (Mill Pond Intermediate School)	0.3
72.2	L	First Ave (back on SR-507)	12.5
84.7	L	Park Ave	0.6
85.3		Tenino Ministop City Park on Left	0.8
86.1	R	Crowder Rd / 6th St	0.2
86.3	L	SR-507 (blinking light)	12.3
98.6	R	W Walnut St	0.3
98.9		Centralia College Mid-Point Stop	0.0
98.9	L	S Washington Ave	0.3
99.2	R	Alder St	0.7
99.9	L	NW Airport Rd (before bridge)	3.5
103.4	L	NW Airport Way	0.5
103.9	R	Pennsylvania Ave	0.2
104.1	L	St. Helens Ave	0.1
104.2	L	Prindle St	0.1
104.3	R	State St	0.1
104.4	L	Main St.	0.3
104.7	R	SW Cascade Ave	0.8
105.5	L	SW William Ave	0.1
105.6		Chehalis Ministop (on right) in Recreational Park	0.0
105.6	R	SW 13th St	0.2
105.8	R	becomes Parkland Drive (same road)	0.1
105.9	L	Interstate Ave (use caution, heavy vehicle traffic on Interstate Ave)	1.1
107.0	R	Bishop Rd.	0.9
107.9	R	LaBree Rd (follow I-5 sign)	0.2
108.1	L	Hamilton Rd	0.1
108.2	L	continue left on Hamilton Rd	1.9
110.1		becomes Rush Rd.	2.1
112.2	R	E Washington St	6.1
118.3		The World's Largest Egg (on left)	7.1
125.4	L	Winlock-Vader Rd	0.6
126.0		Vader Ministop Corner of SR-506 and "D" St. at	0.5
126.5	R	West Side Hwy (SR-411)	8.9
135.4		Castle Rock Ministop (Castle Rock High School on left)	7.5
142.9		Lexington Riverside Park Food Stop (Riverside Park on left) Easy to miss entrance	3.5
146.4		West Side Highway continues as 1st Ave	3.0
149.4	L	Port Way to (staging area in West Port Way)	0.7

150.1		Lewis and Clark Bridge	1.1
151.2	R	US 30 East-bound (270 degree loop) Do not take westbound exit to Astoria	8.0
159.2		Goble Ministop on right	13.0
172.2	R	Gable St	0.0
172.2		Rest Stop St. Helens High School (exit left back to Hwy 30)	0.1
172.3	R	Hwy 30	12.5
184.8		Scappoose Ministop	10.8
195.6	R	NW St Helens Rd	1.7
197.3	R	NW Wardway	0.8
198.1		becomes NW Vaughn St (bike lane)	0.5
198.6	R	NW Front St	0.4
199.0	R	NW 9th	0.2
199.2	L	NW Lovejoy (get in left turn lane)	0.1
199.3	L	Cross over Broadway St Bridge Use bike lane on sidewalk!!	0.5
199.8	R	follow N Broadway left to N Weidler St	0.1
199.9	R	Vancouver St	0.3
200.2	L	NE Multnomah St bike lane	0.6
200.8	R	Holladay Park Entrance	0.0
200.8		Finish Line Festival	0.0