



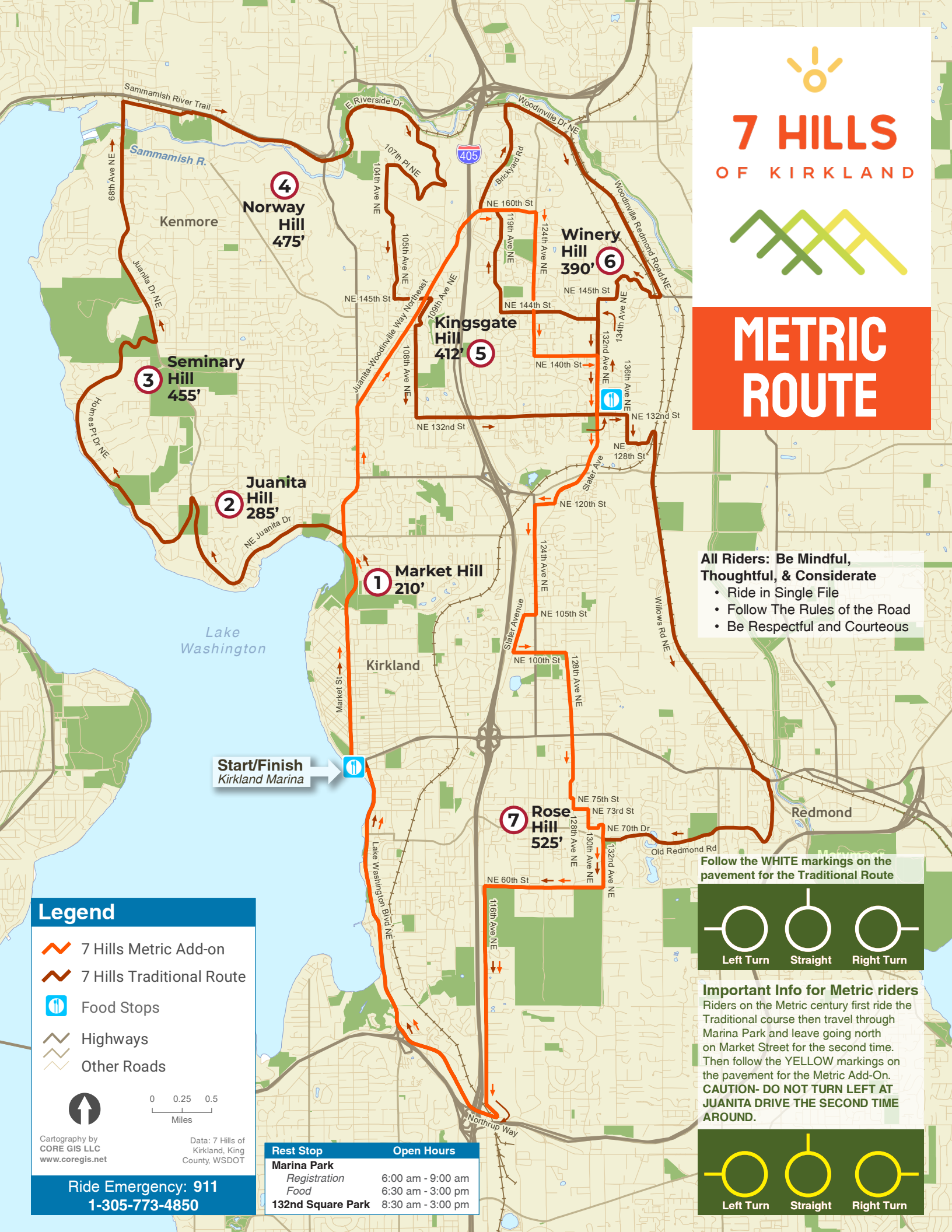
METRIC ROUTE

- All Riders: Be Mindful, Thoughtful, & Considerate**
- Ride in Single File
 - Follow The Rules of the Road
 - Be Respectful and Courteous

Follow the **WHITE** markings on the pavement for the Traditional Route



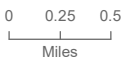
Important Info for Metric riders
 Riders on the Metric century first ride the Traditional course then travel through Marina Park and leave going north on Market Street for the second time. Then follow the **YELLOW** markings on the pavement for the Metric Add-On. **CAUTION- DO NOT TURN LEFT AT JUANITA DRIVE THE SECOND TIME AROUND.**



Start/Finish
Kirkland Marina

Legend

- 7 Hills Metric Add-on
- 7 Hills Traditional Route
- Food Stops
- Highways
- Other Roads



Cartography by CORE GIS LLC
www.coregis.net

Data: 7 Hills of Kirkland, King County, WSDOT

Ride Emergency: 911
1-305-773-4850

Rest Stop	Open Hours
Marina Park Registration	6:00 am - 9:00 am
Food	6:30 am - 3:00 pm
132nd Square Park	8:30 am - 3:00 pm

METRIC ROUTE CUE SHEET



Mile		Description
0.0	Start	Start of route
0.0	L	Turn left onto Lakeshore Plaza Drive
1.2	Slight R	Turn slight right onto Market Street
2.0	Slight L	Keep left onto Northeast Juanita Drive
4.1	L	Turn left onto 76th Place Northeast
4.4	Slight R	Keep right onto Holmes Point Drive Northeast
7.1	L	Turn left onto Juanita Drive Northeast
9.2	R	Turn right onto Northeast 175th Street
9.8	Sharp L	Turn sharp left
9.8	Sharp R	Turn sharp right onto Burke-Gilman Trail
11.8	L	Turn left onto West Riverside Drive
11.9	Straight	Continue onto East Riverside Drive
12.3	R	Turn right onto 108th Avenue Northeast
12.9	Sharp R	Turn sharp right onto 108th Place Northeast
13.6	L	Turn left onto 104th Avenue Northeast
14.8	L	Turn left onto Northeast 145th Street
15.1	R	Turn right onto 109th Avenue Northeast
15.4	R	Turn right onto Northeast 143rd Street
15.4	L	Turn left onto 108th Avenue Northeast
16.2	L	Turn left onto Northeast 132nd Street
REST STOP		
17.7	L	Turn left onto 132nd Avenue Northeast
18.5	L	Turn left onto Northeast 143rd Street
19.4	R	Turn right onto 119th Place Northeast
20.3	L	Turn left onto Northeast 160th Street
20.4	R	Turn right onto Brickyard Road
21.4	R	Turn right onto Northeast Woodinville Drive
23.6	R	Turn right
23.6	Slight R	Turn slight right onto Northeast 145th Street
23.6	R	Turn right onto 138th Way Northeast
23.9	R	Turn right onto 36th Place Northeast
24.1	L	Turn left onto 134th Avenue Northeast
24.4	L	Turn left onto 132nd Avenue Northeast
25.3	L	Turn left onto Northeast 132nd Street
25.6	R	Turn right onto 136th Avenue Northeast
25.9	L	Turn left onto Northeast 128th Street
29.2	L	Turn left onto Redmond Way
29.4	R	Turn right onto West Lake Sammamish Parkway Northeast
29.5	R	Turn right onto Old Redmond Road
31.4	Sharp L	Turn sharp left onto 132nd Avenue Northeast
31.8	R	Turn right onto Northeast 60th Street
32.8	L	Turn left onto 116th Avenue Northeast
34.8	R	Turn right onto Northup Way
36.0	Slight R	Keep right
36.0	Slight R	Turn slight right onto Lake Washington Boulevard Northeast
38.3	L	Turn left onto Kirkland Way
38.4	R	Turn right onto Lakeshore Plaza Drive
38.5	L	Turn left

Mile		Description
Metric Add-on Section, Shown in Orange on Map		
38.5	L	Turn left onto Lakeshore Plaza Drive - REST STOP
39.7	Slight R	Turn slight right onto Market Street
40.8	Straight	Continue onto Northeast 120th Place
40.9	Slight L	Turn slight left onto 100th Avenue Northeast
41.6	Slight R	Right onto Juanita-Woodinville Way
43.6	Straight	Continue onto Juanita-Woodinville Way Northeast (becomes 160th Street)
44.1	R	Turn right onto 124th Avenue Northeast
45.3	L	Turn left onto Northeast 140th Street
45.8	R	Turn right onto 132nd Avenue Northeast
46.3	R	Turn right onto Northeast 132nd Street
46.4	L	Turn left onto 130th Lane Northeast
46.5	L	Turn left onto 130th Lane Northeast
46.5	R	Turn right onto 130th Lane Northeast
46.5	R	Turn right onto Northeast 132nd Street
REST STOP		
46.6	R	Turn right onto 132nd Avenue Northeast
47.1	Slight L	Keep left onto Slater Avenue
47.7	R	Turn right onto Northeast 120th Street
47.9	L	Turn left onto 124th Avenue Northeast
48.8	R	Turn right onto Northeast 105th Street
48.9	L	Turn left onto Slater Avenue Northeast
49.2	Sharp L	Turn sharp left onto Northeast 100th Street
49.7	R	Turn right onto 128th Avenue Northeast
50.9	L	Turn left onto Northeast 75th Street
51.0	R	Turn right onto 128th Avenue Northeast
51.0	L	Turn left onto Northeast 73rd Street
51.2	R	Turn right onto 130th Avenue Northeast
51.3	L	Turn left onto Northeast 70th Drive
51.5	R	Turn right onto 132nd Avenue Northeast
52.0	R	Turn right onto Northeast 60th Street
53.0	L	Turn left onto 116th Avenue Northeast
55.0	R	Turn right onto Northup Way
56.2	Slight R	Keep right
56.2	Slight R	Turn slight right onto Lake Washington Boulevard Northeast
58.5	Sharp L	Turn sharp left onto Kirkland Avenue
58.7	End	Enter Finish Arch, dismount and walk to Gazebo area for shortcake and T-shirt

