



7 HILLS OF KIRKLAND



TRADITIONAL ROUTE



TRADITIONAL ROUTE CUE SHEET



Mile	Description	
0.0	Start	Start of route
0.0	Straight	Leave Gazebo and go straight up Market St.
1.2	Straight	Continue Straight on Market Street
2.0	Left L	Turn left onto Northeast Juanita Drive
4.1	L	Turn left onto 76th Place Northeast
4.4	Right 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 towards Burke-Gilman Trail
9.8	Sharp R R	Turn sharp right onto Burke-Gilman Trail Turn Right On pathway after bridge
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 164h Place NE
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
17.7	L	Turn left onto 132nd Avenue Northeast - REST STOP. Return to 132nd AVE NE
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	Road Curves right
Mile	Description	
23.6	R	Turn Right onto Northwest 145th Street
23.6	R	Turn right onto 138th Way Northeast
23.9	R	Turn right onto NE 148 Street
24.1	L	Turn left onto 134th Avenue
24.2	R	Turn Right onto NE 145th Street
24.4	L	Turn left onto 132th Avenue Northeast
25.2	REST STOP - LDS MEETING HOUSE	
25.2	Return to 132nd AVE or exit directly on NE 132nd ST	
25.3	L	Turn left onto NE 132nd Street
25.6	R	Turn Right onto 136th Avenue Northeast
25.9	Curve L	Curve left onto Northeast 128th Street
	Straight	Turn left at "T" junction, still on 128th St
29.2	L	Cross 124th Street and road becomes Willow Rd NE. Stay on Willow until hilltop then... 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 NE
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 (Sidewalk might be handy)
36.0	R	Keep right
36.0	Slight R	Turn slight right onto Lake Washington Boulevard Northeast
37.3	Bear Left	Keep left at fork, Stay left of stag statue
38.3	L	Turn left onto Kirkland Ave
38.4	Straight	Continue onto Kirkland Ave
38.5	End	Enter Finish Arch, dismount and walk to Gazebo area for shortcake and T-shirt