

CNF 25K Route01A



0.00	Start	NW 21th Ave and NW Raleigh St
	East	NW Raleigh St
0.45	Right	NW 14th Ave
0.65	Left	NW Northrup St
0.90	Left	NW 9th to Naito Pkwy
1.0	Right	Naito Pkwy to Steel Bridge
1.6	Under	Steel Bridge to ped. onramp
1.75	Over	Steel Bridge to Pedestrian off ramp (do not use the staircase)
2.35	Left	Follow East Esplanade to OMSI
2.75	Under	Burnside Bridge
3.15	Under	Morrison Bridge
3.5	Under	Hawthorne Bridge
3.75	Past	OMSI / Oregon Ballet
4.00	Left	SE Caruthers St
4.15	Right	SE 4 th Ave
4.30	Straight	Spring Water Corridor
7.35	Left	SE Spokane St
7.40	Left	SE Grand Avenue, follow footpath into the park
7.80	Turn-around	Follow footpath straight to parking lot of Oaks Bottom City Park
8.20	Right	SE Spokane St
8.25	Right	follow Spring Water Corridor back to OMSI
11.30	Left	SE Caruthers Street
13.25		Behind OMSI – follow East Esplanade all the way to Steel Bridge
		Cross the UPPER deck of the Steel Bridge
	Left	Under Steel Bridge
14.00	Right	NW Naito Pkwy
14.75	Left	NW 9 th Ave
14.85	Right	NW Northrup
15.20	Right	NW 16 th Ave
15.30	Left	NW Pettygrove St
15.60	Finish	NW 20 th Ave

- Courtesy of Running**
- Run on the left side of the road
 - Run against traffic on one ways
 - Run on the right side of bridges, walkways & paths
 - When passing say "On your left"
 - Use "Car Back" and "Car Up"
 - Be aware of your surroundings
 - Stay Safe & Have Fun