

CNF 25K Route02A



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 B.
1.6	Under	Steel B. to Ped On-ramp
1.75	Over	Steel B. to Ped Off-ramp
2.35	Left	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 Ave, into park
	Right	SE 6 th Ave
7.55	Right	SE Tacoma
	Cross	over Sellwood Bridge
7.95	Right	follow trail along SW Macadam Ave
	Right	@ Macadam Bay Club
8.3	Left	Trail footpath toward Willamette Park
8.85	Straight	thru Willamette Park
9.85		One Mile loop around outside perimeter of Willamette Park: at guard shack, head back south along road, around back fields, back North along river toward boat launch.
10.2	Right	After Sailing Club, follow path behind condos
11.45	Past	Spaghetti Factory
	Straight	Moody Avenue
12.3	Under	Marquam Bridge
12.55	Right	SW River Drive
	Straight	Esplanade, front of Riverplace
13.1	Under	Hawthorne Bridge
	Straight	to Steel Bridge
14.1	Right	Under Steel Bridge
	Left	After RR Tracks
	Right	NW Naito Pkwy
14.7	Left	NW 9 th Ave
14.8	Right	NW Northrup
15.15	Right	NW 16 th Ave
15.25	Left	NW Pettygrove St
15.55	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