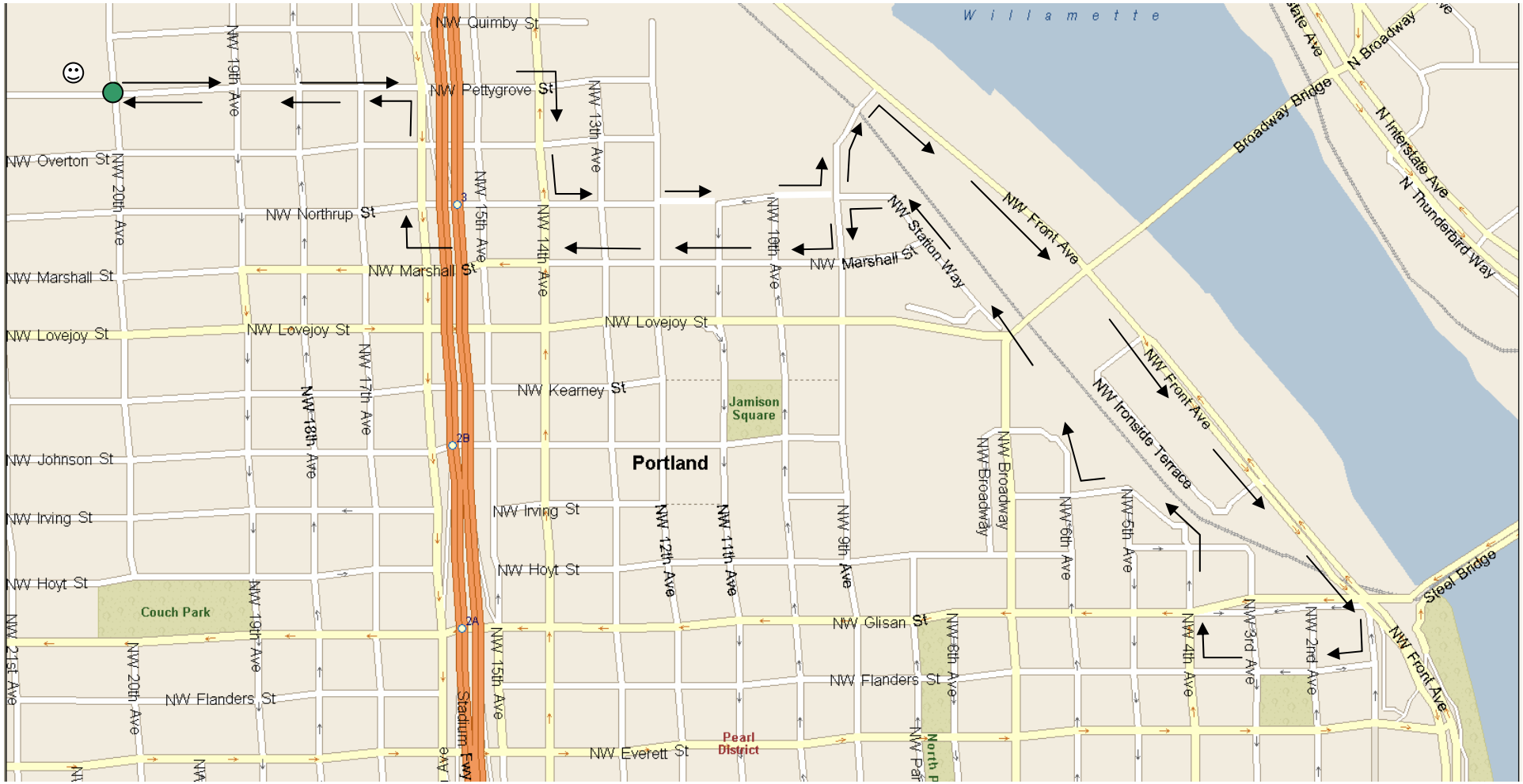
0.0	Start	NW 20th Ave and NW Pettygrove St
	East	NW Pettygrove St
	Right	NW 14th Ave
	Left	NW Northrup St
	Left	NW 9th Ave
	Right	Naito Pkwy
	Straight	Under Steele Bridge
	Straight	NW 1st Ave
	Right	NW Flanders St
	Right	NW 4th Ave
	Cross	NW Glisan St

	Cross	NW Hoyt St
		Past Union Station
	Right	NW 6th Ave
	North	Under Broadway Bridge
	Straight	NW Station Way
	Left	NW 9th Ave
	Right	NW Marshall St
	Right	NW 16th Ave
	Left	NW Pettygrove St
3.0	Finish	NW 20th Ave

CNF East 03A

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