

0.00	Start	NW 21st Ave and NW Raleigh St
	East	NW Raleigh St
0.45	Right	NW 14th Ave
0.65	Left	NW Northrup St
0.95	Right	NW Station Way
	Under	Broadway Bridge
	Past	Union Station
1.25	Left	NW Irving St
1.35	Cross	NW Hoyt St
	Straight	NW 4 th Ave
1.60	Left	NW Couch St
1.80	Cross	NW Naito Pkwy
1.85	Right	Waterfront Park
1.90	Under	Burnside Bridge
2.25	Under	Morrison Bridge
2.60	Under	Hawthorne Bridge
	Follow	Sidewalk to RiverPlace Hotel
	Right	SW Harbor Way
	Left	SW Montgomery St
	Right	Esplanade
3.10	Turn Around	Marquam Bridge
	Straight	Esplanade
	Left	RiverPlace Hotel
	Follow	Sidewalk
3.65	Left	On-Ramp
	Cross	Morrison Bridge
4.00	Right	Off-Ramp
4.10	Left	Esplanade
	Past	OMSI
4.55	Left	SE Caruthers St
4.60	Left	SE Water Ave
5.10	Left	SE Clay St
	Thru	Fence Opening
5.20	Right	Esplanade
5.25	Under	Hawthorne Bridge
5.60	Under	Morrison Bridge
5.90	Left	Esplanade
6.00	Under	Burnside Bridge
6.40	Left	Cross Steel Bridge
	Right	Under Steel Bridge
	Left	After RR Tracks

CNF East 08A

- 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

6.70	Right	NW Naito Pkwy
6.75	Cross	NW Naito Pkwy
7.25	Left	NW 9 th Ave
7.40	Right	NW Marshall St
7.75	Right	NW 16 th Ave
7.90	Left	NW Pettygrove St
8.10	Finish	NW 20 th Ave

