

CNF East 09 Alternate01C

0.00	Start	NW 21st Ave and NW Raleigh St
	East	NW Raleigh St
0.10	Left	NW 19th Ave
0.20	Right	NW Thurman St
	Left	NW 15 th Ave
0.50	Cross	NW Naito Way
	Right	NW Naito Way
	Under	Fremont Bridge
	Under	Broadway Bridge
1.5	Cross	RR Tracks
1.7	Right	Steel Bridge Ramp
	Cross	Steel Bridge (Upper)
2.1	Right	Steel Bridge Ramp
		Down Stairs
2.2	Left	Esplanade
2.6	Under	Burnside Bridge
3.0	Under	Morrison Bridge
3.4	Under	Hawthorne Bridge
	Past	OMSI
3.8	Left	SE Caruthers St
3.9	Left	SE Water Ave
4.3	Left	SE Clay St
	Thru	Fence Opening
4.4	Right	Esplanade
	Under	Hawthorne Bridge
4.5	Right	Hawthorne On-Ramp
	Cross	Hawthorne Bridge
4.9	Right	Hawthorne Off-Ramp
5.0	Right	Waterfront Park
5.2	Follow	Sidewalk to RiverPlace Hotel
5.3	Right	SW Harbor Way – Bike Route
5.4	Left	SW Montgomery St
5.6	Straight	Esplanade
5.7	Turn Around	Marquam Bridge
6.0	Straight	Esplanade
6.2	Left	RiverPlace Hotel
	Follow	Sidewalk
6.4	Under	Hawthorne Bridge
6.7	Under	Morrison Bridge
7.1	Under	Burnside Bridge



- 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

7.3	Under	Steel Bridge
	Left	After RR Tracks
	Right	NW Naito Pkwy
7.5	Cross	NW Naito Pkwy @ Grocery Store
8.0	Left	NW 9 th Ave
8.2	Right	NW Marshall St
8.5	Right	NW 16 th Ave
8.6	Left	NW Pettygrove St
9.0	Finish	NW 20 th Ave