

CNF East 09B



- 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

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
0.95	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
2.65	Right	On-Ramp
	Cross	Morrison Bridge
3.00	Right	Off-Ramp
3.10	Left	Esplanade
	Past	OMSI
3.55	Left	SE Caruthers St
	Right	SE 4 th Ave
	Straight	Multi-use Path
3.95	Under	Ross Island Bridge
4.55	Turn	Before 1.5 mile post
	Around	
5.15	Under	Ross Island Bridge
	Straight	SE 4 th St
	Left	SE Caruthers St
5.60	Right	SE Water Ave
6.10	Left	SE Clay St
	Thru	Fence Opening
6.20	Right	Esplande
6.25	Under	Hawthorne Bridge
6.60	Under	Morrison Bridge
6.90	Left	Esplande
7.00	Under	Burnside Bridge
7.40	Left	Cross Steel Bridge
	Right	Under Steel Bridge
	Left	After RR Tracks
7.70	Right	NW Naito Pkwy
7.75	Cross	NW Naito Pkwy
8.25	Left	NW 9 th Ave
8.40	Right	NW Marshall St
8.75	Right	NW 16 th Ave
8.90	Left	NW Pettygrove St
9.10	Finish	NW 20 th Ave