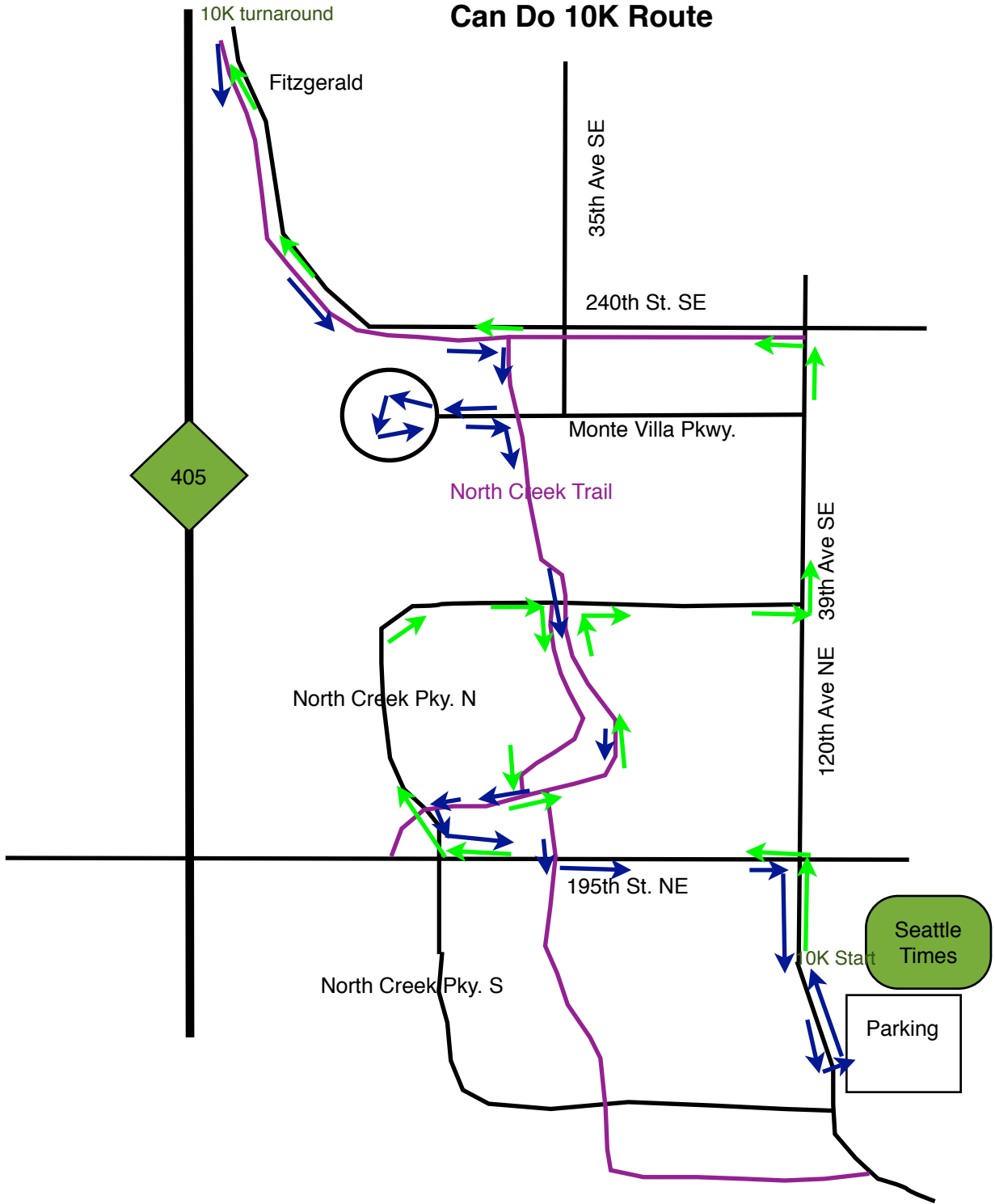


# Can Do 10K Route



First part of course shown above in **green arrows**

1. Start at the Seattle Times visitor parking lot.
2. Head North on 120th to 195th (right lane of 120th heading North coned off)
3. Turn Left onto 195th (cones or barrels at intersection, right lane of 195th coned off from 120th to North Creek Parkway N.)
4. Turn Right onto North Creek Parkway N (right lane of North Creek Parkway N heading North coned off)
5. Turn Right onto North Creek Trail (west of the creek), follow to bridge, cross bridge
6. Turn Left to stay on North Creek Trail
7. Head East, then North on North Creek Trail to North Creek Parkway N.
8. Turn Right onto North Creek Parkway N (right lane of North Creek Parkway N heading East coned off)
9. Turn Left onto 120th and head North (cones or barrels at intersection, right lane of 120th coned off from 195th (needed for 5K route) to 240th.
10. Turn Left and head West onto trail next to 240th/Fitzgerald streets (cones or barrels at intersection)
11. Cross 35th Ave (cones)
12. Stay on trail by Fitzgerald as it heads north, turn around near 228th St

Second part of course shown above in **dark blue arrows**

13. Head South on trail by Fitzgerald and follow it to North Creek Trail
14. Turn Right (South) onto North Creek Trail
15. Turn Right (West) onto Monte Villa Parkway (cone off right lane of Monte Villa Parkway heading West)
16. Turn around in circle dead-end of Monte Villa Parkway (coned)
17. Head East out of circle (right lane of Monte Villa Parkway heading east coned off)
18. Turn Right onto North Creek Trail
19. Follow North Creek Trail (South, and then West) to North Creek Parkway N
20. Turn Left on North Creek Parkway N for about 20 yards (do not cross North Creek Parkway N, use coned off lane from first part of course)
21. Turn Left into parking lot behind new building and join North Creek Trail just north of 195th (coned)
22. Turn Left onto 195th after crossing (barrels or cones to cross, right lane of 195th heading East coned off)
23. Turn Right onto 120th Ave NE (right lane of 120th heading South coned off)
24. Turn around (cross 120th) just North of intersection of 120th and North Creek Parkway South (barrels or cones)
25. Head North on 120th back to Seattle Times for finish (right lane of 120th heading North coned off)

Course also available at:

<http://www.mapmyrun.com/route/us/wa/bothell/165126667872318072>