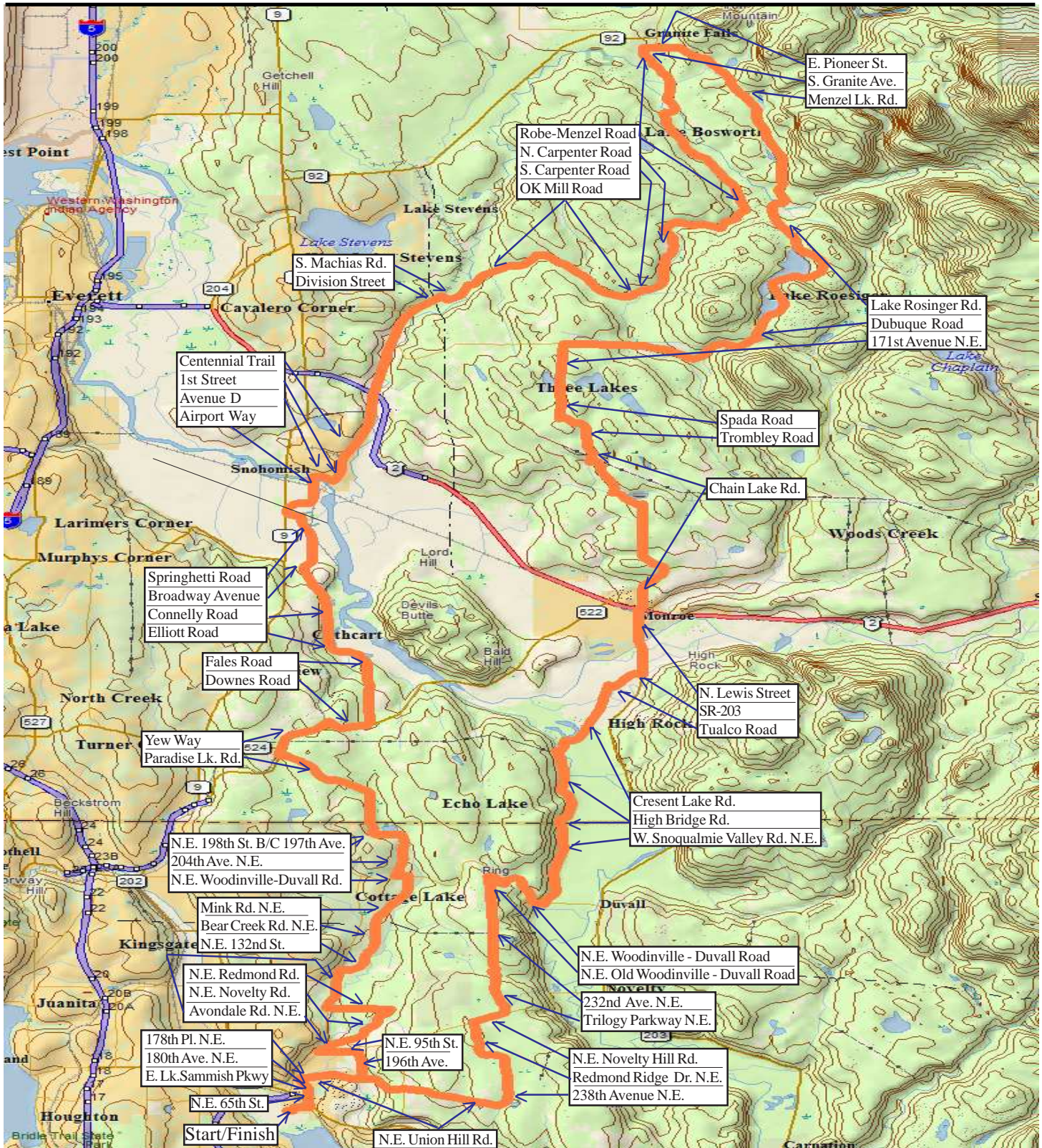


Tour de Cure

To Benefit the American Diabetes Association

100 Mile Route

Ride Clockwise



			TOUR de CURE		
			To Benefit The American Diabetes Association		
			100 Mile Route		(Updated 4/11/07)
Y = Yield, X= Cross, R = Right, L = Left, C = Caution, RR = Railroad Tracks, BC = Becomes BL= Bear Left, BR= Bear Right, CS = Continue Straight, SS= Stop Sign, SL = Stop Light					
Cum.					
Miles	Sign	Dir.	Hwy/Road or Feature	Comments	
0			Marymoor, East Ballfields Parking Lot	Start	
0.26			Leave Park on N.E. 65th Street		
0.4	SL	L	East Lake Sammamish Parkway N.E.	Police	
0.8	SL	CS	180th Avenue N.E.	Police	
		B/C	178th Place N.E.		
1.2		R	N.E. Union Hill Road		
2.3		L	196th Avenue N.E.		
2.8		B/C	195th Avenue N.E.		
3		L	N.E. 95th Street		
3.7		R	Avondale Road N.E.		
3.8		BR	N.E. Novelty Hill Road		
4.2		L	N.E. Redmond Road	Marshal (?) Left turn across traffic	
5.5	SS	L	N.E 116th Street		
6		L	196th Out-and-back to rest stop	Rest Stop at Farrel McWhirter Park	
6.7	SL	R	Avondale Road N.E.		
7.7		R	N.E. 132nd Street		
		B/C	Bear Creek Road N.E.	(20 milers split here)	
9.2		R	Mink Road N.E.		
10.8	SS	L	N.E. Woodinville-Duvall Road (aka N.E. 175th Street)	Marshall (?) Left turn onto busy Rd.	
11		R	204th Avenue N.E. (aka Paradise Lake Road)		
		BL	B/C N.E. 198th Steet		
		BR	B/C 197th Avenue N.E.		
15.1		B/C	Paradise Lake Road		
15.4		L		Rest Stop at Maltby Christian Assembly	
15.8	SL	CS	Over SR-522	Cross 522 in center lane	
15.9	SS	R	At the "T," Road unmarked		
16.2		R	Yew Way		
17.1		R	Downes Road		
18.1	SS	L	Fales Road		
19.9	SS	L	Elliott Road	(45 milers split here)	
20.3		R	Connelly Road		
21.4				Bob Heirman Park, 1 public Porto	
22.1	SS	R	Broadway		
22.5		R	Springhetti Road		
24.5		BR	Airport Way		
25.4		CS		Railroad Tracks	
25.6	SS	R	1st Street, Downtown Snohomish	Public Restrooms on Rt., shops, restaurants	
26		L	Maple		
	SL	CS	Cross 2nd		
26.75		BR	Enter "Centennial Bike Trail"	Trail head at intersection of Maple & Pine	
31.75			Machias Station	Rest Stop at Machias Station Park (70 milers split here)	
		CS	Continue on Centennial Trail		
		R	28th		
		R	Russell Rd		
		L	OK Mill Road		
		BC	South Carpenter Road		
		BC	North Carpenter Road		
47	SS	L	Robe-Menzel Road	triangle shaped corner	
		B/C	South Granite Avenue		
		L	East-West Pioneer Street		
		R	Cascade		
52.7				Rest stop at Jim Holm Park, next to City Hall	
			Cascade (back track to route)		
		L	East-West Pioneer Street	Granite Falls	
		CS	B/C Menzel Lake Road		
		CS	B/C North Lake Rosinger Road		
		B/C	South Lake Rosinger Road		
62		R		Rest stop at Lake Roesiger Park	
63.5	SS	R	Dubuque Road	(rejoin 70 mile route at Dubuque & Creswell)	
66.4		L	Storm Lake Rd.		
69.2		L	B/C 181st Avenue N.E.		

		R	B/C 72nd Street S.E.	
69.8		L	Spada Road	
70.7		L	Trombley Road	
71.8		L	Chain Lake Road	
75.6	SL	CS	Cross Hwy. 2	
		B/C	North Lewis Street	
		CS	B/C South Lewis Street in Monroe (aka SR-203)	
		CS	B/C SR-203	
77.4		R	Tualco Road	
78.1		L	Turn Left at Swiss Hall /Red Building (Stay on Tualco Road)	
		CS	Tualco Road	
		BL	B/C Crescent Lake Road	
80.2		R		Rest stop at High Bridge/Crescent Lake/Boat Launch
80.5	SS	L	High Bridge Road,	(45 milers rejoin here)
		B/C	West Snoqualmie Valley Road N.E.	
84.7		R	N.E. Woodinville-Duvall Road	
85.7		L	N.E. Old Woodinville-Duvall Road	Marshal (?) Left turn across traffic
86.4		L	232nd Avenue N.E.	
89	SS	L	Trilogy Parkway N.E.	(20 milers rejoin here)
90.2	SL	R	N.E. Novelty Hill Road	
90.9	SL	L	Redmond Ridge Drive N.E.	
		BC	238th Avenue N.E.	
95.3	SS	R	N.E. Union Hill Road	
97.3	SL	L	178th Place N.E.	
		B/C	180th Avenue N.E.	
	SL	CS	East Lake Sammamish Parkway N.E.	Police
		R	N.E. 65th into Marymoor Park	
97.9		BR	FINISH LINE	
		Total	Elevation Gain/Loss 4,200 ft. (?)	