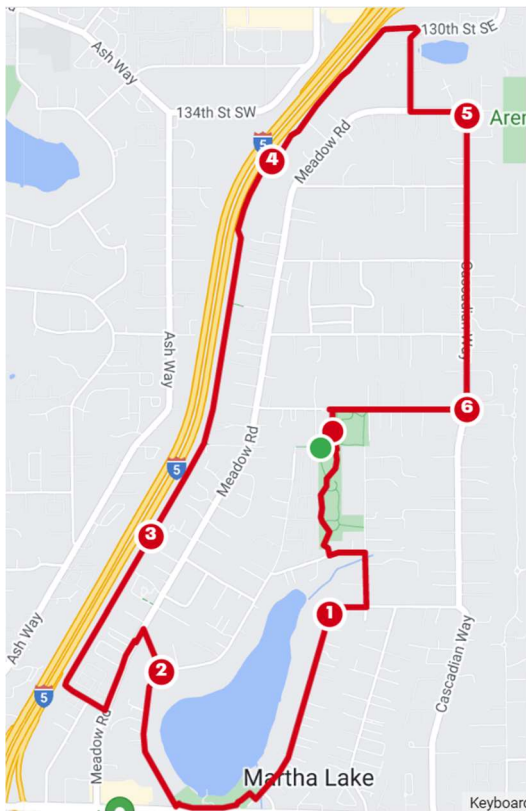
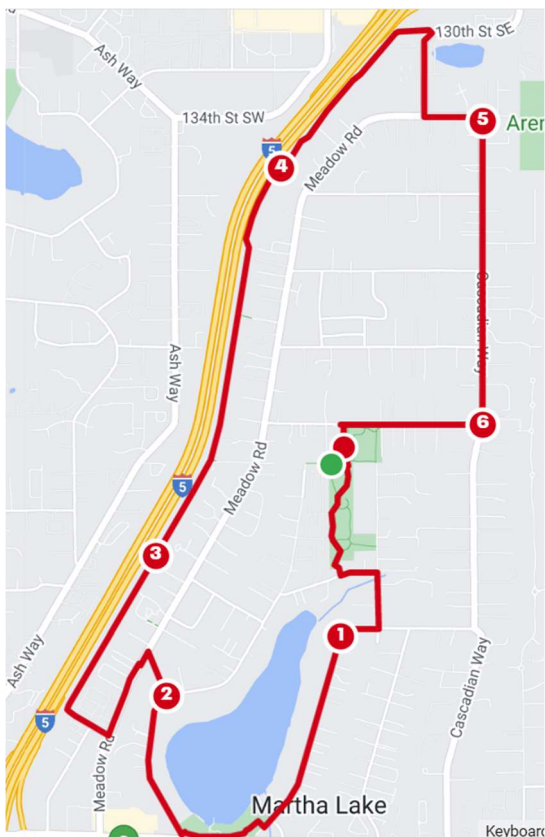


Martha Lake 6 Mile



Run South out of the park 0.3 Miles
Left on Lakeview Rd 0.2 Miles
Right on 2 nd Ave W 0.1 Miles
Right on 55 th St SW, turns into E Shore Dr 0.6 Miles
Right into Martha Lake Park Parking Lot
Run through the park trail below 164 th and Run up the stairs to Larch Way 0.3 Miles
Turn Right on Larch Way 0.4 Miles
Left on King Pl 0.1 Miles
Left on Meadow Rd 0.3 Miles
Right on 160 th Stay on the paved trail on the right, which is the Interurban trail 0.1 Miles
Stay right on the Interurban trail – 2.1 miles
Right on to Meridian Ave S – Towards Swedish Hospital 0.3 Miles
Left on to Meadow PL SW 0.1 Miles
Right on to Cascadian Way – 0.8 miles
Right on 146 th St SW – 0.4 Miles
Turn left into Martha Lake Airport Park

Martha Lake 6 Mile



Run South out of the park 0.3 Miles
Left on Lakeview Rd 0.2 Miles
Right on 2 nd Ave W 0.1 Miles
Right on 55 th St SW, turns into E Shore Dr 0.6 Miles
Right into Martha Lake Park Parking Lot
Run through the park trail below 164 th and Run up the stairs to Larch Way 0.3 Miles
Turn Right on Larch Way 0.4 Miles
Left on King Pl 0.1 Miles
Right on Meadow Rd 0.6 Miles
Left on 148 th St SW (looks like a dead end) and Run left of the small fence through the gate 0.1 Miles
Turn right on to the Interurban trail – 1.4 Miles
Right on to Meridian Ave S – Towards Swedish Hospital 0.3 Miles
Left on to Meadow PL SW 0.1 Miles
Right on to Cascadian Way – 0.8 miles
Right on 146 th St SW – 0.4 Miles
Turn left into Martha Lake Airport Park