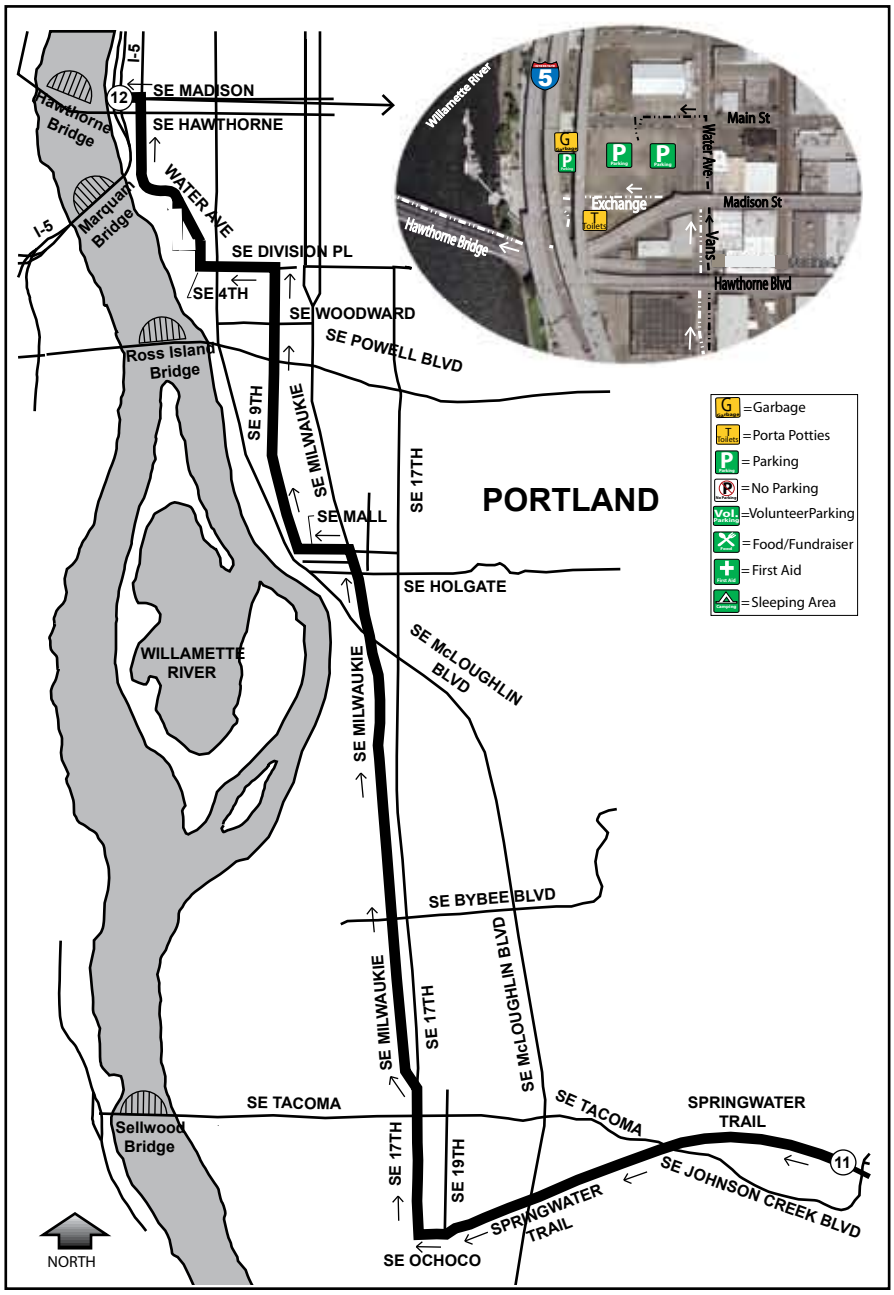
LEG 12

5.97 Mi.-Moderate



EXCH. ADDRESS:

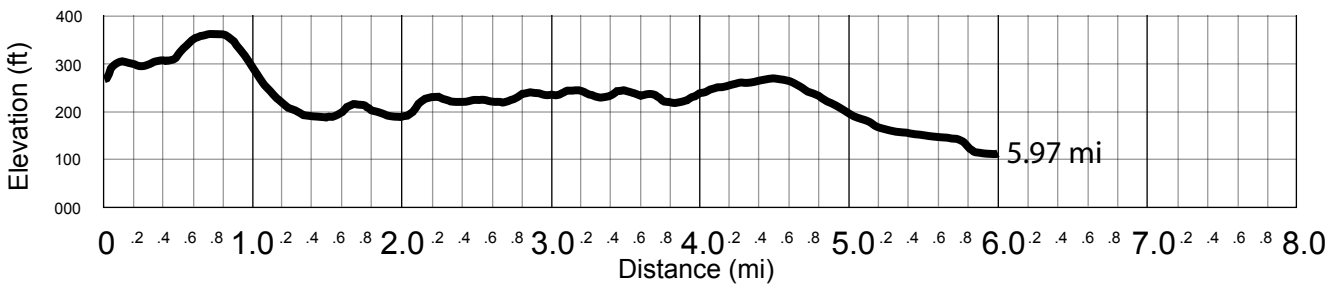
20 SE Madison St.
Portland, OR 97214

LEG LEGEND:

	0.00	Exchange #11 @ Associated Chemist/ Johnson Ck. Blvd/ Springwater Trail
→	1.45	Springwater Trail/SE Ochoco
→	1.54	SE Ochoco Ave/ 17th Ave
↑	1.93	SE Tacoma Ave
←	2.00	SE 17th Ave/Milwaukie Ave
↑	2.59	SE Bybee Blvd
↑	3.74	SE Holgate Ave
←	3.82	SE Milwaukie/SE Mall St
→	3.99	SE Mall St/SE 9th Ave
↑	4.70	SE Powell Blvd (use pedestrian bridge to cross!)
↑	4.82	SE Woodward Ave
←	5.01	SE 9th Ave/Division Pl.
→	5.25	SE Division Pl./ 4th Ave
↑	5.32	SE 4th Ave / Caruthers St.
→	5.49	SE 4th Ave / Water Ave.
←	5.93	SE Water Ave/ Madison Ave
	5.97	Exchange #12 @ SE Madison / Hawthorne Bridge

LEG DESCRIPTION:

Mostly flat with a few rolling hils, from trail to paved city streets. Steep grade over Powell Street pedestrian bridge.

LEG NOTES:

Take care running through neighborhoods. Run on all sidewalks where available. Van parking in parking lots around this exchange. Please use the garbage drop box provided at exchange for van garbage!