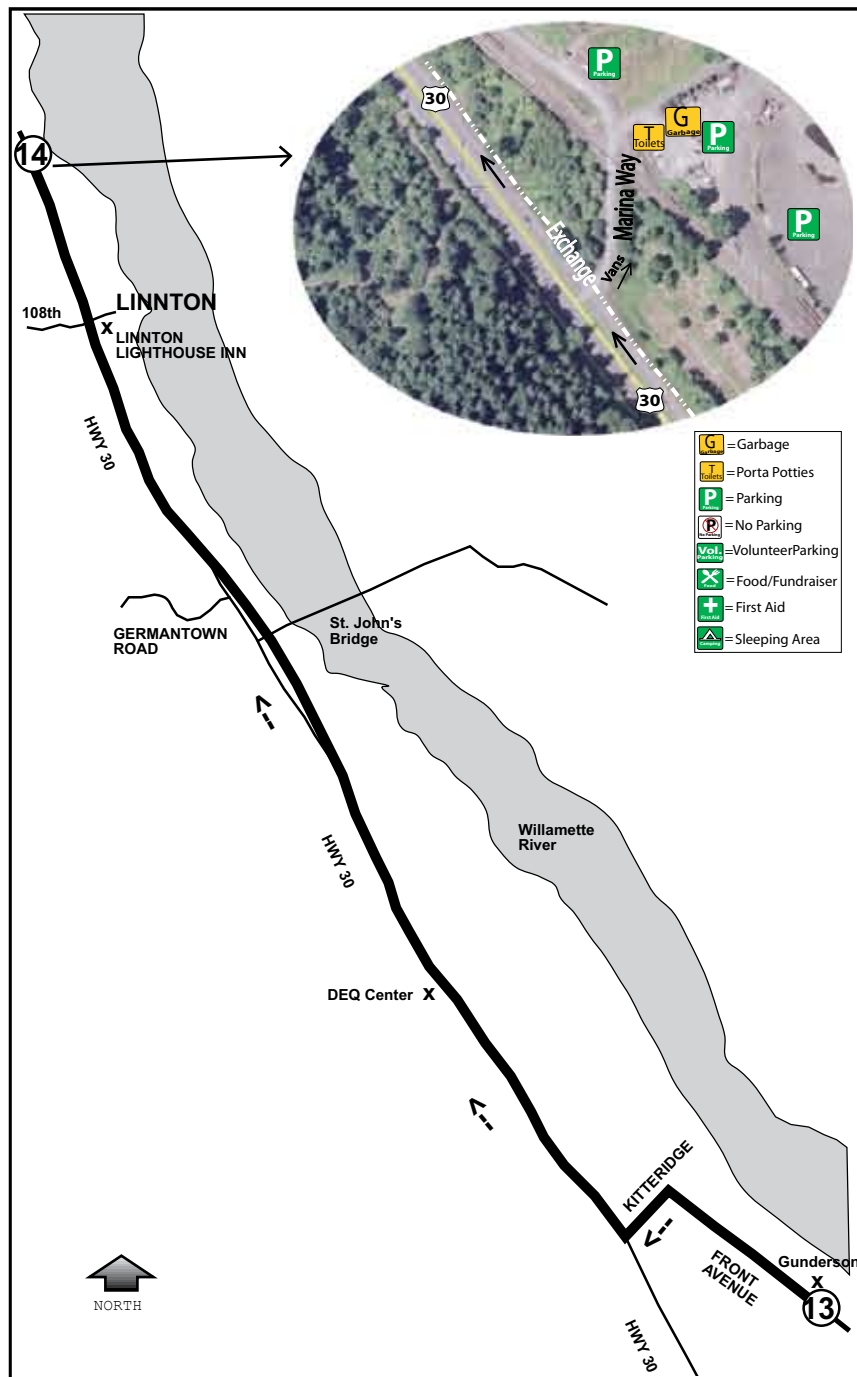


LEG 14

5.49 Mi.-Moderate



LEG DESCRIPTION:

Basically flat terrain along Front Ave / St. Helen Road / Highway 30 on paved shoulder and sidewalks.

EXCH. ADDRESS:

11500 NW St. Helens and Marina Way
Portland, OR 97231
(m.p. 9.3, at Knife River Corp.)

LEG NOTES:

Van parking to right off of Highway 30 at Marina Way in Georgia Pacific fenced parking lot.

Provisions and refueling at Linnton.

RUNNERS TO RUN ALONG THE RIGHT SIDE OF HWY 30 WITH VAN TRAFFIC (not facing traffic).

VANS SHOULD NOT STOP ON SHOULDER OF HWY 30!

LEG LEGEND:

- 0.00 Gunderson/Exchange #13 @ Front Ave.
- ← 0.31 Front / Kittridge Avenue
- 0.79 Kittridge Avenue / St Helens Road
- ↑ 3.37 St. Johns Bridge
- ↑ 3.77 Germantown Road/HWY 30
- ↑ 4.82 Linnton Lighthouse Inn @ 108th / HWY 30
- 5.49 Exchange #14 @ Marina Way / HWY 30

