

LIVESTRONG CHALLENGE

PRESENTED BY 

SEATTLE

- 10-mile option in **YELLOW**
- 45-mile option in **BLUE**
- 70-mile option in **RED**
- 100-mile option in **BLACK**

Event begins at 7:00 a.m. COURSES CLOSE AT 4:00 p.m.

100 mile riders who do not reach 70/100 mile course split at mile 36.3 at Issaquah-Hobart Rd. by 10:00am will be re-routed to the 70 mile route.

REST STOP Incremental Distances

	From	To	Point to Point	Total
10	START	#8	6	6
	START	#1	14	14
	#1	#2	10	24
45	#2	#7	6	30
	#7	#8	10	40
	START	#1	14	14
	#1	#2	10	24
70	#2	#4	15	39
	#4	#6	11	50
	#6	#7	6	56
	#7	#8	10	66
	START	#1	14	14
	#1	#2	10	24
100	#2	#3	13	37
	#3	#4	11	48
	#4	#5	5	62
	#5	#6	15	77
	#6	#7	6	84
	#7	#8	10	94

SEATTLE Climbing Elevations

- 10 Mile** = 625'
- 45 Mile** = 1,525'
- 70 Mile** = 2,625'
- 100 Mile** = 3,930'

BEGIN and END at Seattle Center

ELLIOT BAY

Seattle

White Center

Skyway

Renton

Redmond

Sammami

Pine Lake

Newport

Newport Hills

Newcastle

Issaquah

5K Run/Walk

BEGIN and END at Seattle Center

