

MICHELLE'S GRANDE ASS MARATHON

Turn-by-Turn Directions



- 1) Start in front of **Meridian Place Shopping Center Starbucks**.
Run North to 43rd Ave SE
- 2) Turn Right on 43rd Ave SE to four way stop at 5th St SE
- 3) Turn Left on 5th St SE. Continue North. @31st Ave SE road will veer right and eventually turn into 7th St SE. Continue to 23rd Ave. SE.
- 4) Turn Right on 23rd Ave. SE crossing at the intersection when it is safe. Run East to 17th St. SE
- 5) Turn Left to 17th St. SE. and run to 19th Ave. SE
- 6) Turn Right on 19th Ave. SE and run East to 21st St. SE
- 7) Turn Left on 21st St. SE and get ready to run down a very steep hill into the Puyallup valley. This road is closed to cars so you will need to go around two yellow gates at the top of this hill. Run to end of 21st St. SE to East Pioneer, which is a busy thoroughfare.
- 8) Turn Right on East Pioneer and run to 134th Ave. E.
- 9) Turn Left on 134th Ave. E (Pioneer way will curve to the right at 134th).
- 10) Run along farming road to the end of 134th Ave E at which point you will come to a dead end. Run around the yellow gate and down under the overpass. Trail will be very sandy under the overpass.
- 11) Turn left when you get to other side of overpass and run up the small hill towards the restaurant.
- 12) Turn 180 degrees and head up Main Ave (The road you just crossed under)
- 13) Main Ave. turns to Traffic Ave. Stay on it to Maple St.
- 14) Turn Right on Maple St. and run to Bonney Ave.
- 15) Turn Left on Bonney Ave. to Main St.
- 16) Turn Right on Main St. and run to Valley Ave E. Cross to **Sumner Starbucks Aid Station (6.6 miles)**.
- 17) Turn Right on Valley Ave. E and run to Elm St.
- 18) Turn Right on Elm St.
- 19) Elm St. curves left and turns into E Valley Hwy E.
- 20) Run short distance on E. Valley Hwy E. to Puyallup St. E.
- 21) Turn Left on Puyallup St. E., cross tracks and run to Tacoma Ave.
- 22) Turn Right on Tacoma Ave. Road curves to left. Run over bridge crossing river.
- 23) After crossing river run to trail entrance on left just before 142nd Ave E
- 24) Run on paved trail that follows along the river until it comes up to 142nd Ave. E.
- 25) Turn Left on 142nd Ave. E. and cross river to Fryar Ave.
- 26) Turn Right on Fryar Ave. and run to West Main St.
- 27) Turn Right on West Main St., West Main St. curves left and turns into Hunt Ave.
- 28) Turn left onto Hunt Ave. (West Main becomes Hunt Ave at turn) run to State St.
- 29) Turn Right on State St. and run under large overpass. Run to trail on right.
- 30) Turn Right on paved trail and loop around the beautiful Sumner sewage treatment plant.
- 31) Trail will take you back to E. Main St.
- 32) Turn Right on E. Main St. and cross river.
- 33) Turn Right doing a 180-degree turn back down to the trail after crossing bridge.
- 34) Turn Left on Trail and run along river for about 2 miles. Run under Hwy 512 overpass to 2nd Ave. NE
- 35) Turn Right on 2nd Ave. NE and run to 5th St. NE.
- 36) Turn Right on 5th St. NE and run to trailhead on left. Trail is just past 8th Ave. NE and just before the bridge that crosses the river. If you cross the river you are off course.
- 37) Stay on trail along the river heading west. Run under the overpass for N Meridian and watch for arrows on trail (about 100 yards) indicating a left turn into the back parking lot of Fred Meyers.
- 38) Follow the arrows painted on the parking lot around Fred Meyers to the **River Road Starbucks Aid Station (13.4 miles)**.

- 39) Go East on River Road from Starbucks to N. Meridian.
- 40) Turn Left on N. Meridian and run across bridge passing over Puyallup River.
- 41) Turn Left on N Levee Rd. just after crossing the Puyallup River. Levee Rd. has no shoulder so use caution on this road. Use sidewalk when available. Run about 2 miles to 70th Ave East.
- 42) Turn Right on 70th Ave. East and run one mile to Valley Ave. E.
- 43) Turn Left on Valley Ave. E., this road winds gently about a mile and then turns right and becomes 54th Ave E.
- 44) Turn Right on 54th Ave. E. and run over I-5 being careful in the busy intersections. Run to Pacific Hwy E.
- 45) Turn Left on Pacific Hwy E. and run about 1 mile to **Fife Starbucks Aid Station (19.1 miles)** on left
- 46) Leave Fife Starbucks on Pacific Hwy E. heading West and run to bridge crossing Puyallup River. Pacific Hwy E. changes to Ells St. over bridge and then to Puyallup Ave. as you cross E. Portland Ave., Run one block past E. Portland Ave. to E. L St.
- 47) Turn Left on E. L St. (East L Street) and run up the hill to E. 29th St.
- 48) Turn Right on E 29th St. (more up hill). E29th St. veers left and becomes Upper Park St., run skirting edge of McKinley Park follow arrows to McKinley Way.
- 49) Turn Right down McKinley Way (becomes E. D St.) past Tacoma Dome on your right to East Dock St. Careful crossing the intersections on this stretch. Run to E. Dock Street.
- 50) Turn Left on E Dock Street (near Mile 23), run under overpass for Hwy 509 follow arrows leading to sidewalks / stairs through Museum of Glass. Run over Museum of Glass Bridge crossing Hwy 705 follow arrows to Pacific Ave. Cross Pacific Ave.
- 51) Turn Right after crossing Pacific Ave. and go to **Downtown Tacoma Starbucks Aid Station (23.7 miles)**.
- 52) Continue North on Pacific to just past S17th St. where you will cross Pacific Ave. Watch for light rail cars before crossing / use crosswalks then run down Hood Ave. on right beside the Tacoma Art Museum. Follow arrows on Hood Ave. across small bridge and down to Dock St.
- 53) Turn Right on Dock St. and run just under a mile to the end of Dock Street. Dock St. curves to the left becoming S4th St. up a short hill to S Schuster Pkwy. Use crosswalk to cross S Schuster Pkwy and run over to sidewalk.
- 54) Turn Right and run on sidewalk along S Schuster Pkwy. Run about a mile till you see an overpass and stay left on sidewalk. You do NOT want to go over the overpass. The road on left is N 30th St. Run up the sidewalk along N 30th St. to the top of the hill and you will see the **FINISH @ Old Town Tacoma Starbucks!**

Please note: The route director reserves the right to change the course due to construction or other concerns which may affect the safety of runners. This is NOT a closed course. Please obey all traffic laws.