

## SIR Mountain 100k Populaire - October 8, 2005

Mile	Mile (leg)	Direction	km	km (leg)
0.0	0.0	Start at Issaquah Park & Ride parking lot. (Corner of SR-900 and Newport Way)	0.0	0.0
0.1	0.1	Right (West) onto Newport Way NW.	0.1	0.1
1.2	1.1	Left (South) at Zoo sign onto SE54th Street (Cougar Mountain Way; very steep hill)	1.9	1.8
2.4	1.2	Right (West) to continue on Cougar Mountain Way	3.9	2.0
3.7	1.3	Top of climb	5.9	2.0
4.7	1.0	SS - Right (North) onto Lakemont Blvd SE. (uphill)	7.5	1.6
5.2	0.5	<b>Control #1 (manned)</b>	8.3	0.8
5.2	0.0	Continue (North) on Lakemont Blvd. SE (downhill)	8.3	0.0
6.8	2.2	TL - Left (West) onto Newport Way NW	11.1	3.6
8.2	1.4	SS - Left (South) onto 164th Ave SE. (uphill)	13.3	2.2
9.9	1.7	SS - Right (South) onto Lakemont Blvd SE. (uphill)	15.9	2.6
11.1	1.2	Lakemont becomes Newcastle Coal Creek Road.	17.7	1.8
12.9	1.8	Becomes 133rd Ave SE.	20.7	3.0
13.5	0.6	TL - Left (South) onto Coal Creek Parkway (malfunctioning)	21.6	0.9
14.8	1.3	Left (East) onto SE May Valley Road.	23.7	2.1
15.6	0.8	Right (South) onto 148th SE. (downhill)	24.9	1.2
<b>17.4</b>	<b>1.8</b>	<b>TL - Straight (malfunctioning light)</b>	<b>27.9</b>	<b>3.0</b>
17.7	0.3	Left (East) onto NE 2nd St	28.3	0.4
17.8	0.1	Right (South) onto Orcas Ave NE	28.5	0.2
18.0	0.2	Becomes SE 2nd St.	28.8	0.3
18.1	0.1	Right (South) onto Rosario Ave SE	29.0	0.2
18.3	0.2	Left (East) onto SE 2nd Pl.	29.2	0.2
18.4	0.1	SS - Right (South) onto 156th Ave. SE. (downhill)	29.5	0.3
18.7	0.3	SS - Bear Right (South-West) on SE 142nd Place.	30.1	0.6
18.8	0.1	Becomes 154th Pl SE. (South) (downhill)	30.3	0.2
19.4	0.6	<b>Left (East) BEFORE BRIDGE</b> onto SE Jones Road.	31.3	1.0
23.2	3.8	TL - Left (SE) onto SR-169 (Renton-Maple Valley Hwy)	37.1	5.8
23.2	0.0	<b>Control #2 (Log your time and answer one the questions on the control card)</b>	37.1	0.0
23.2	0.0	Continue (South-East) on SR-169	37.1	0.0
24.8	1.6	TL - Left (North-East) onto Cedar Grove Road SE.	39.6	2.5
27.5	2.7	Right (East) before bridge onto SE 156th St.	44.0	4.4
28.1	0.6	SS - Right (East) onto Issaquah-Hobart Road.	45.0	1.0
30.5	2.4	Left (North-East) onto Tiger Mountain Road (uphill).	48.8	3.8
34.5	4.0	<b>Control #3 (Log your time and answer the question on the control card)</b>	55.2	6.4

**Bold are changes from last year's course and turns that are easy to miss.**

Mile	Mile (leg)	Direction	km	km (leg)
34.5	0.0	Continue (North) on Tiger Mountain Road	55.2	0.0
35.2	0.7	SS - Right (North-West) onto Issaquah-Hobart Road.	56.2	1.0
<b>38.3</b>	<b>3.1</b>	<b>TL - Right (North-East) onto 2nd Ave SE</b>	<b>61.3</b>	<b>5.1</b>
39.1	0.8	SS - Right (East) onto E Sunset Way	62.6	1.3
39.4	0.3	Ride around barrier onto shoulder/sidewalk	63.1	0.5
39.6	0.2	TL - Cross freeway onramp onto bike path/sidewalk	63.4	0.3
39.9	0.3	Left (West) into tunnel (sign "Issaquah")	63.8	0.4
39.9	0.1	<b>CAUTION: gravel</b>	63.9	0.1
40.0	0.1	Left (South-East) (sign "Highlands")	64.0	0.1
40.2	0.2	Left to follow bike path	64.3	0.3
40.6	0.4	TL - bike path ends: get on main road and continue (North) on Highland Dr.	65.0	0.7
41.8	1.2	TL - Right (East) onto SE Issaquah Fall City Road	66.8	1.8
43.7	1.9	Right (East) just past Elementary School to continue on Issaquah Fall City Road (downhill)	69.9	3.1
46.1	2.4	Becomes SE 40th St (downhill)	74.3	4.4
46.9	0.8	Left (North) on 308th Ave SE	75.0	0.7
47.3	0.4	SS - Cross SR 202	75.7	0.7
47.5	0.2	SS - Bear Right (Northeast) on 309th Ave SE	76.0	0.3
47.9	0.4	Bear Right (Northeast) on 24th St.	76.7	0.7
48.0	0.1	Left (North) on West Snoqualmie River Road	76.9	0.2
48.4	0.4	Left (West) to continue on West Snoqualmie River Road	77.4	0.5
52.2	3.8	SS - Right (East) onto Tolt Hill Road	83.5	5.1
52.8	0.6	SS- Left (North) onto SR-203 (Fall City-Carnation Rd)	84.5	1.0
53.8	1.0	<b>Control #5 -- Sandy's Espresso in Carnation</b>	86.0	1.5
		<b>Turnaround</b>		
53.8	0.0	Return (South) on SR 203 (Fall City - Carnation Road)	86.0	0.0
54.8	1.0	Right (West) onto NE Tolt Hill Road	87.5	1.5
58.0	3.2	SS - Left (SE) on SR-202 (SE Redmond-Fall City Rd)	92.8	5.3
60.6	2.6	Right (South) on 292nd Ave SE, (becomes Duthie Hill Road)	97.0	4.2
63.3	2.7	Straight (Southwest) on SE Issaquah - Fall City Road	101.2	4.2
<b>64.9</b>	<b>1.6</b>	<b>TL - Left (South-East) onto Highlands Drive</b>	<b>103.8</b>	<b>3.0</b>
65.2	0.3	TL - continue straight (South-East) (uphill)	104.4	0.6
65.6	0.4	Don't take bike path, continue on road (downhill)	105.0	0.6
66.6	1.0	Move to left lane as you approach I-90 (to avoid on-ramps)	106.5	1.5
66.9	0.3	TL - Straight (South-West) onto Sunset Way	107.0	0.5
67.3	0.4	TL - Straight (West) continue on Sunset Way	107.7	0.7
67.6	0.3	TL - Straight (West) on Mt. Park Blvd	108.1	0.4
68.2	1.1	Becomes Mt. Olympus Drive (very steep uphill)	109.8	1.7
68.6	0.4	Continue on Mt. Olympus Drive (still steep uphill)	110.5	0.7
69.0	0.4	<b>Control #6 (manned) Official end of the ride.</b>	110.5	0.0
69.3	0.3	Bear Left (North-West) onto 12th Ave NW. (downhill)	110.9	0.4
69.9	0.6	TL - Left (West) onto Newport Way.	111.8	0.9
70.2	0.2	Right (North) into Issaquah Park & Ride parking lot.	112.1	0.3

SS - stop sign

TL - traffic light