



VAN 1

6.04 MI | MODERATE

LEG DESCRIPTION: Basically flat terrain along Front Ave / St. Helen Rd / HWY 30 on paved shoulder and sideruns.

EXCH 14 ADDRESS: 11500 NW St. Helens and Marina Way Portland, OR 97231 (m.p. 9.3, at Knife River Corp.)

GPS: 45.61054, -122.795949

NOTES: VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



DIRECTIONS FROM EXCH 13 TO EXCH 14

Run on right side of the road.

- 0.00 Exchange 13 (Front Ave - Georgia Pacific)
- ← 0.68 Turn **LEFT** onto Kittridge
- 1.17 Turn **RIGHT** onto HWY 30
- ↑ 3.74 St Johns Bridge
- ↑ 4.14 Germantown Rod
- ↑ 5.19 Linnton Lighthouse Inn
- 6.04 Exchange 14 (Marina Way/HWY 30)

EXCHANGE NOTES

Parking: To the right, off HWY 30 near Marina Way in large Knife River fenced lot.

Only next runner allowed up hill to HWY 30 for safety reasons.

HTC traffic on Marina way is restricted to the designated parking area. No HTC traffic allowed past parking area.

Provisions: No

Fuel: No (nearest fuel - Linnton)

