RUIEVERETT

3-mile Course (Flat)

Exit main gate and turn left onto W. Marine View Dr. Continue straight until you reach the bottom of the bridge. Turn around and return back to the base.

4-mile Course (Mostly Flat)

Exit main gate and turn left onto W. Marine View Dr. Continue straight until you reach the bicycle sign at the top of the bridge. Turn around and return to main gate.

5-mile Course (1 Hill)

Exit main gate and turn left onto W. Marine View Dr. Continue straight until you reach the stop light, just beyond the top of bridge. At the stop light turn around and return to main gate.

5.5-mile Course

Exit main gate and turn left onto W. Marine View Dr. Continue to the top of bridge and turn right onto Alverson. Continue straight, passing Legion Park on your left (road name changes to Grand Ave.) until 25th. Turn right on to 25th, crossing over the foot bridge. Turn right at end of foot bridge onto W. Marine View Dr. and return back to base.

6-mile Course

Exit main gate and turn left onto W. Marine View Dr. Continue straight, going under the overpass. You will come to a very small park overlooking the river on the left. Turn around and return to base.



6.7-mile Course (Not plotted on map)

Exit main gate and turn left onto W. Marine View Dr. Continue to the top of bridge and turn right onto Alverson. Follow Alverson until you reach Wetmore. Turn left onto Wetmore and follow until you reach 13th St. Turn right onto 13th St. and go 1 block to Colby Ave. Turn right onto Colby Ave., continuing straight until you get back on Alverson. Turn right and follow route back to base.

7.5-mile Course

Exit main gate and turn left onto W. Marine View Dr. Continue straight, going under the overpass and passing the small park on the left, until the roads veers left onto East Grand Ave. Follow East Grand Ave. until the road comes to an end. You will only be able to turn right at this point. Turn right and continue to Everett Ave. Turn right onto Everett Ave. Follow Everett Ave. to W. Marine View Dr. (waterfront). Turn right and follow back to base.

8-mile Course (Not plotted on map)

Exit main gate and turn right onto W. Marine View Dr. Continue up and down the foot bridge (you will have to go down stairs) to the street. Continue approximately 3 blocks and turn left onto Hewitt Ave. Run up the hill, turning left on Colby Ave., continue down Colby Ave., turning right on Everett Ave. Follow Everett Ave. (crossing over Broadway and heading east) to the end of street—it will veer left and turn into E. Marine View Dr. Follow this road until it becomes W. Marine View Dr., follow W. Marine View Dr. back to the base.

9-mile Course (Not plotted on map)

Exit main gate and turn right onto W. Marine View Dr. At Pacific Ave, turn left. Continue on Pacific Ave. until your reach Rucker Ave. Turn right onto Rucker Ave. and follow to 47th St. Turn left on 47th. Turn left on Colby Ave. Follow Colby Ave. until it turns into Alverson Blvd. Continue north (right) on Alverson Blvd., passing Legion Park on your right, until you reach W. Marine View Dr. Turn left onto W. Marine View Dr. and follow back to base.





10-mile Course (Not plotted on map)

Exit main gate and turn right onto W. Marine View Dr., continue straight until Pacific Ave. Turn left onto Pacific Ave. Continue straight, eventually turning right onto Rucker Ave. Continue on Rucker Ave. until you reach 52nd St. Turn left onto 52nd St. Follow 52nd St. until your reach Colby Ave. Continue straight, veering right onto Alverson Blvd. Follow Alverson Blvd., passing Legion Park on your right, until you reach W. Marine View Dr. Turn left onto W. Marine View Dr. and follow back to base.

12-mile Course

Exit main gate and turn right onto W. Marine View Dr. Continue straight until you reach Pacific Ave. Turn left onto Pacific Ave. Follow Pacific Ave. until you come to Rucker Ave. Turn right on Rucker Ave. and continue until you reach Madison Ave. Turn left onto Madison Ave. and continue until to Colby Ave. Turn left onto Colby Ave., veering right onto Alverson Blvd. Continue straight on Alverson Blvd., passing Legion Park on your right, until you reach W. Marine View Dr. Turn left onto W. Marine View Dr. and follow back to base.

15-mile Course

Exit main gate and turn left onto W. Marine View Dr. Continue straight, travelling under I-5 overpass. (Road will eventually become E. Marine View Dr.) Turn right onto Everett Ave. Follow to Broadway and turn left on Broadway. Continue straight on Broadway (going south). At Pacific Ave., turn right. Continue up Pacific Ave. to Kromer Ave. Turn left on Kromer Ave. (behind hospital). Follow Kromer Ave., eventually turning left onto 9th Ave. Continue straight on 9th Ave. Turn right onto Federal Ave. Follow Federal Ave. to the top. It winds to the right and comes out at Mukilteo Blvd. (7-mile mark). Follow Mukilteo Blvd., turning left on Dogwood Dr. (Dogwood Dr. becomes Beverly Lane.) Follow Beverly Lane to 75th Ave. (10.6 mi). Turn left on 75th Ave. and continue straight until you come to Beverly Blvd. Turn left on Beverly Blvd., and continue straight. (Note street name change: it eventually becomes Colby Ave.). Continue straight down Colby Ave. to 25th St. Turn left on 25th St. and follow to W. Marine View Dr. You will cross the footbridge over W. Marine View Dr., turning right, heading north back to Naval Station Everett.



SEISMOS FITNESS CENTER

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