



# VAN 1

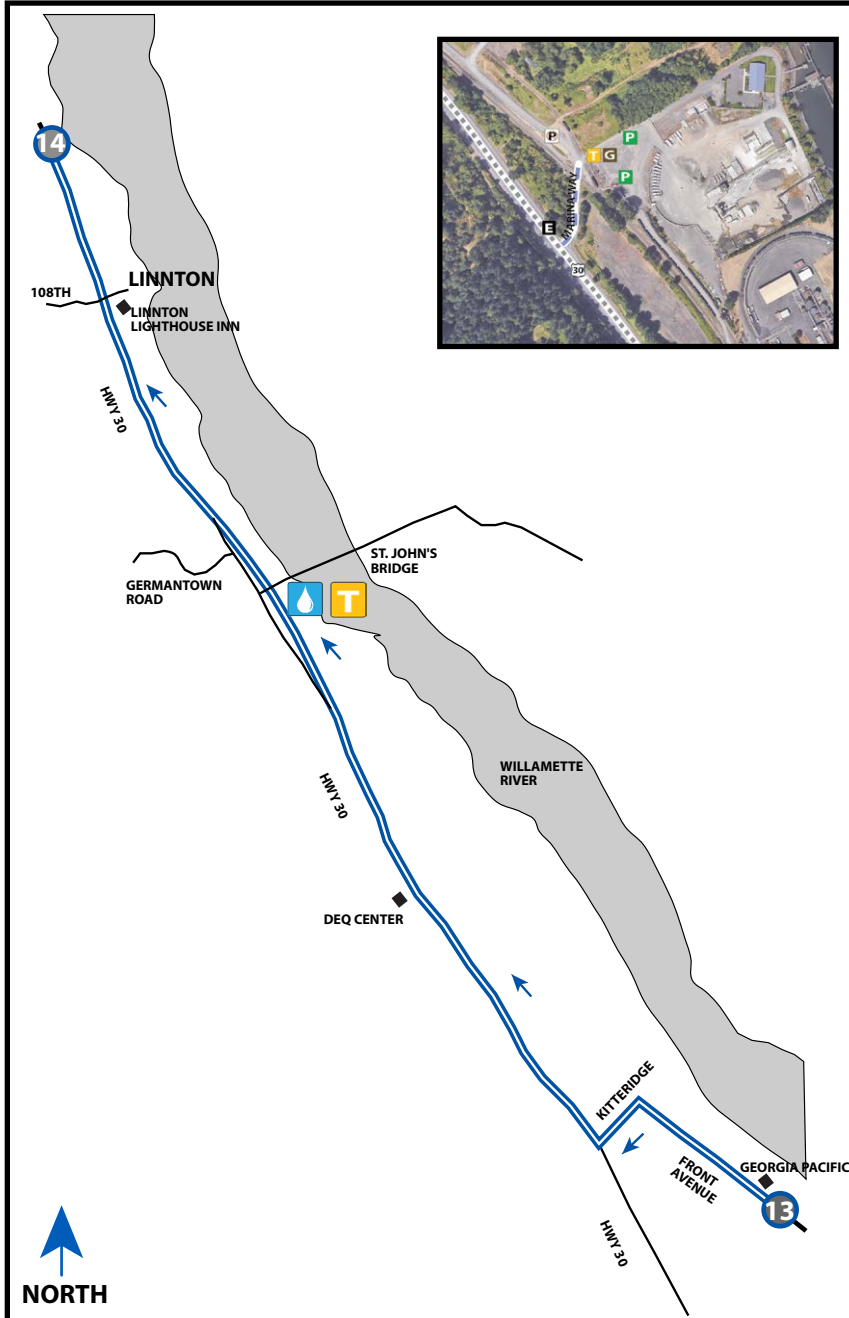
# 6.04 MI | MODERATE

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

**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 Water Station 
- ↑ 3.74 St John's 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)

