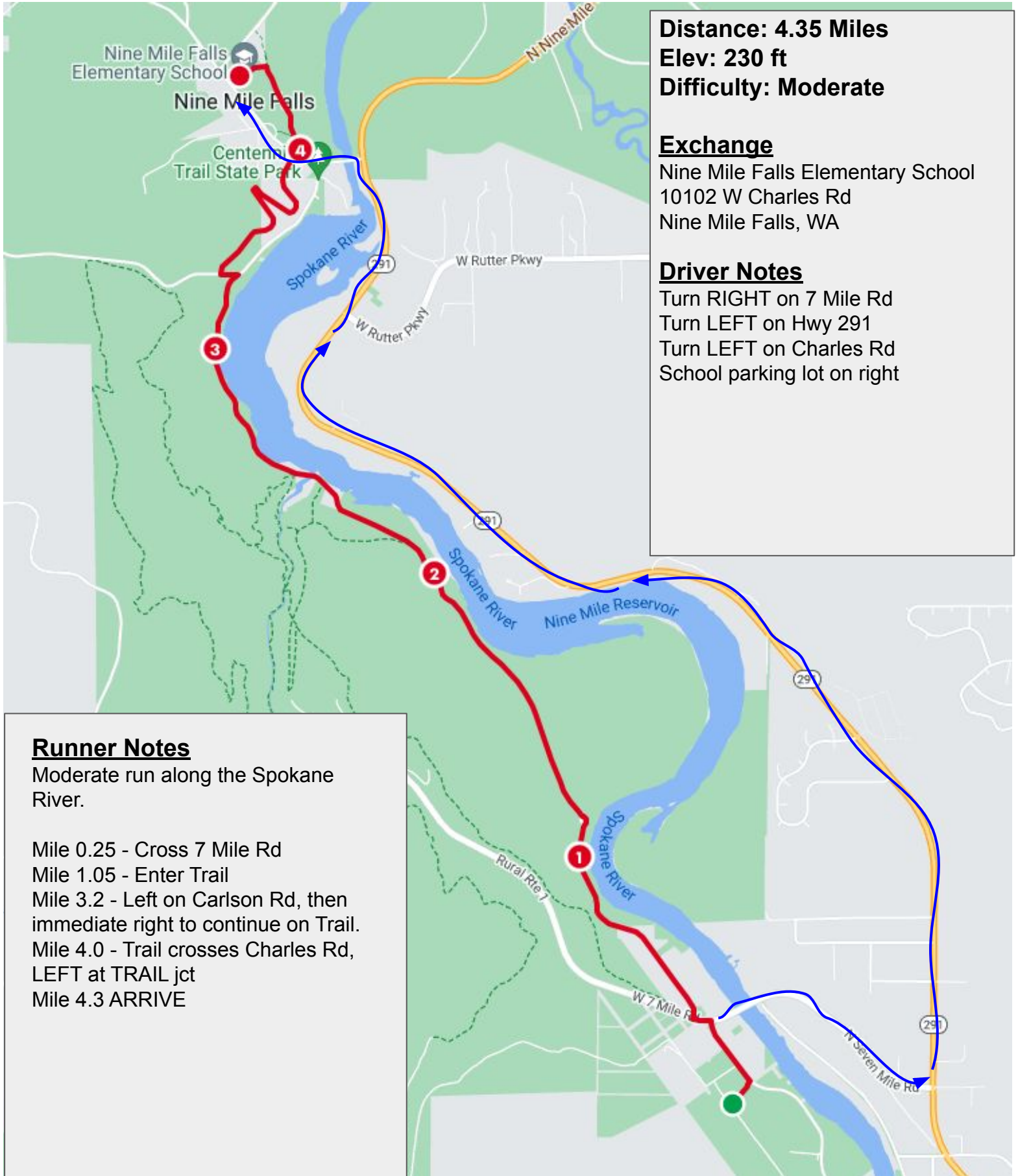


Leg 1



Distance: 4.35 Miles
Elev: 230 ft
Difficulty: Moderate

Exchange

Nine Mile Falls Elementary School
10102 W Charles Rd
Nine Mile Falls, WA

Driver Notes

Turn RIGHT on 7 Mile Rd
Turn LEFT on Hwy 291
Turn LEFT on Charles Rd
School parking lot on right

Runner Notes

Moderate run along the Spokane River.

Mile 0.25 - Cross 7 Mile Rd

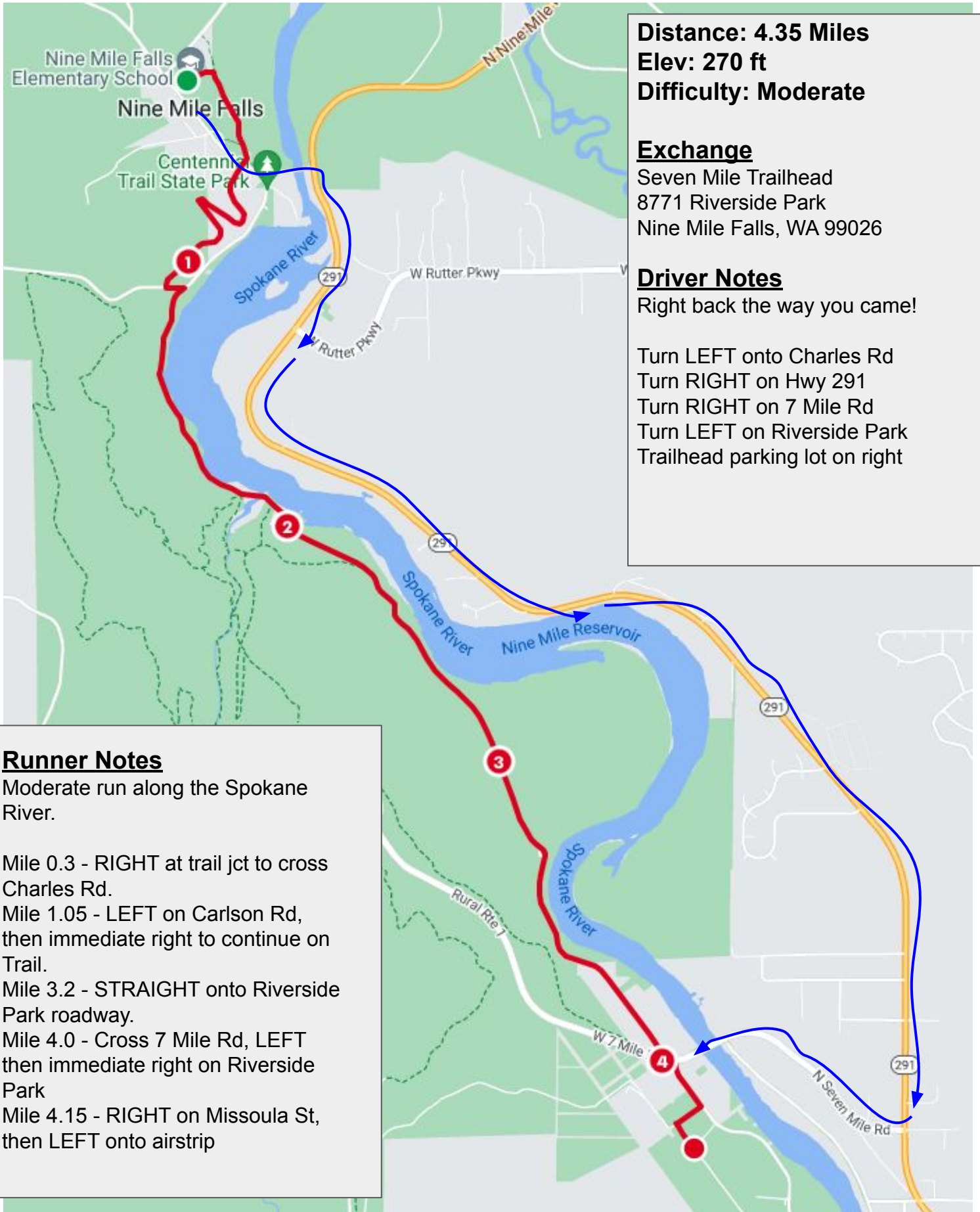
Mile 1.05 - Enter Trail

Mile 3.2 - Left on Carlson Rd, then immediate right to continue on Trail.

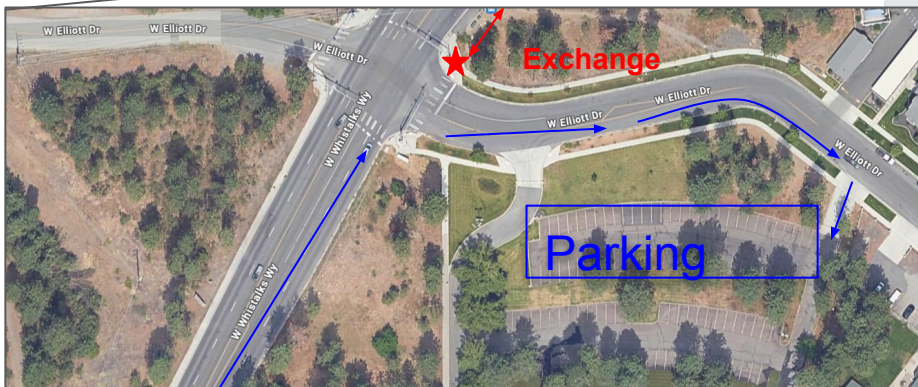
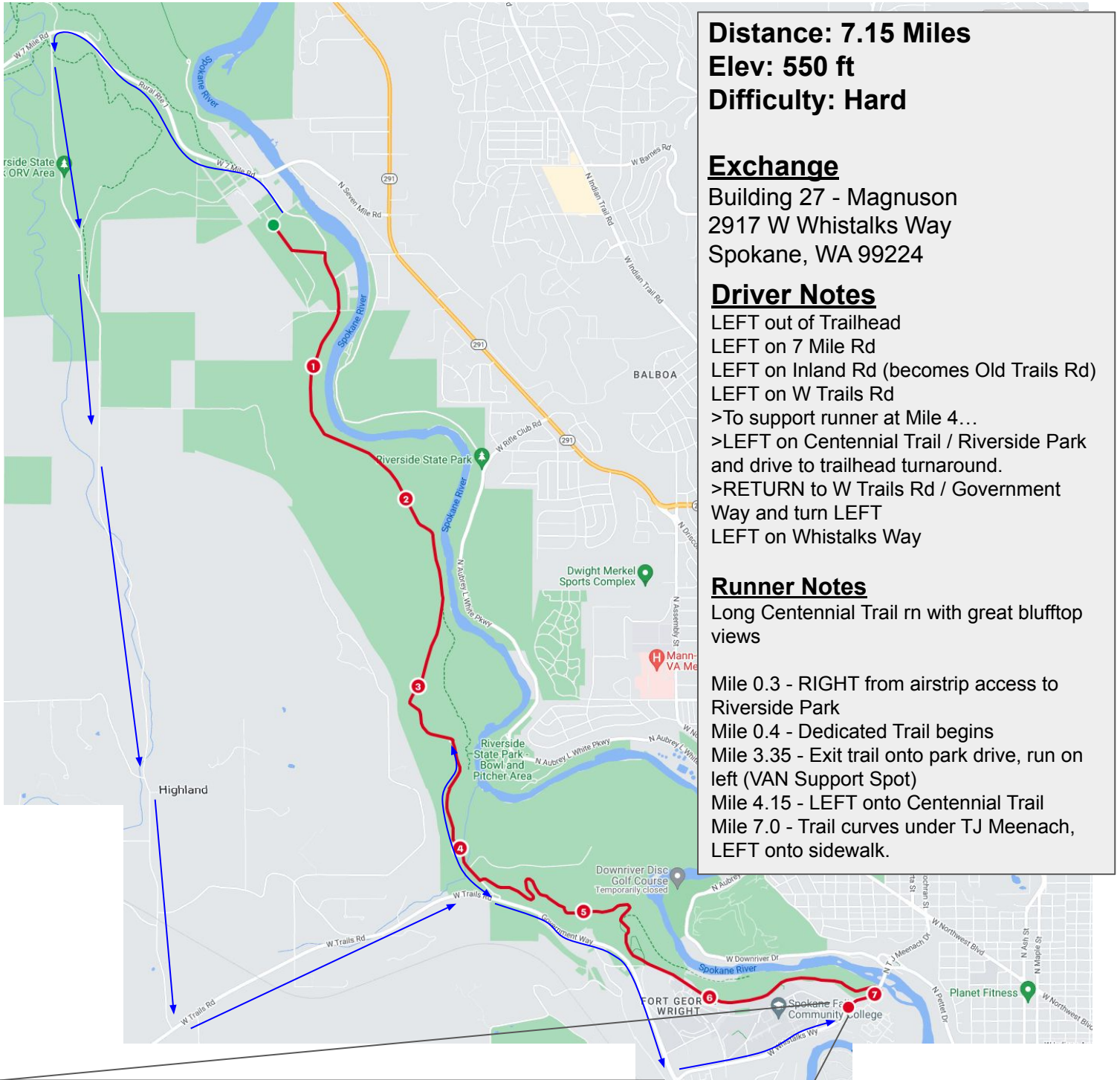
Mile 4.0 - Trail crosses Charles Rd, LEFT at TRAIL jct

Mile 4.3 ARRIVE

Leg 2



Leg 3



Leg 4

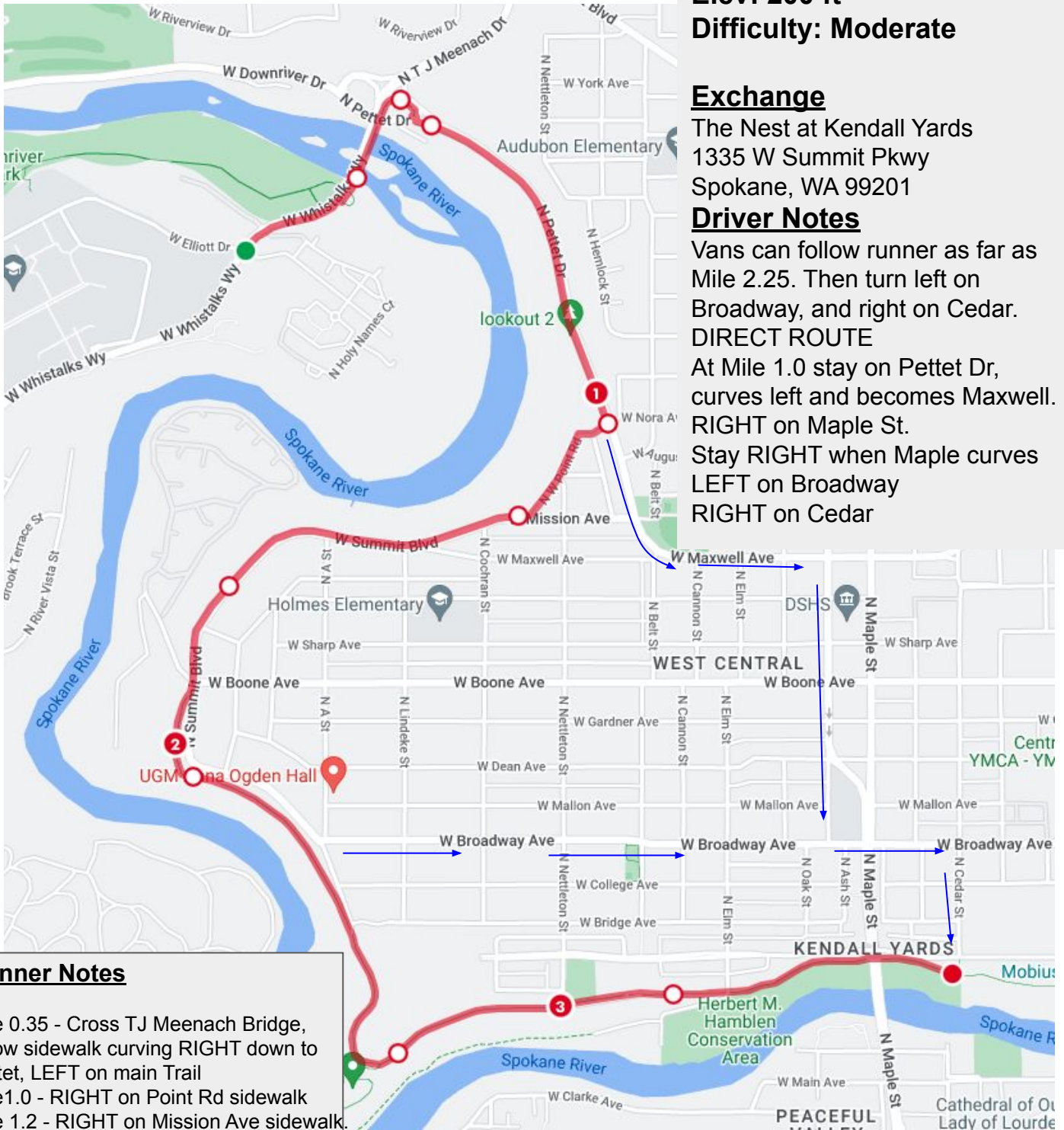
Distance: 3.6 Miles
Elev: 200 ft
Difficulty: Moderate

Exchange

The Nest at Kendall Yards
1335 W Summit Pkwy
Spokane, WA 99201

Driver Notes

Vans can follow runner as far as Mile 2.25. Then turn left on Broadway, and right on Cedar.
DIRECT ROUTE
At Mile 1.0 stay on Pettet Dr, curves left and becomes Maxwell.
RIGHT on Maple St.
Stay **RIGHT** when Maple curves
LEFT on Broadway
RIGHT on Cedar



Runner Notes

Mile 0.35 - Cross TJ Meenach Bridge, follow sidewalk curving **RIGHT** down to Pettet, **LEFT** on main Trail
Mile 1.0 - **RIGHT** on Point Rd sidewalk
Mile 1.2 - **RIGHT** on Mission Ave sidewalk.
Mile 1.9 - Start of separate TRAIL
Mile 7.0 - Trail curves under TJ Meenach, **LEFT** onto sidewalk.

Leg 5

This Leg is subject to change based on state of Riverfront Park construction.

Distance: 2.85 Miles

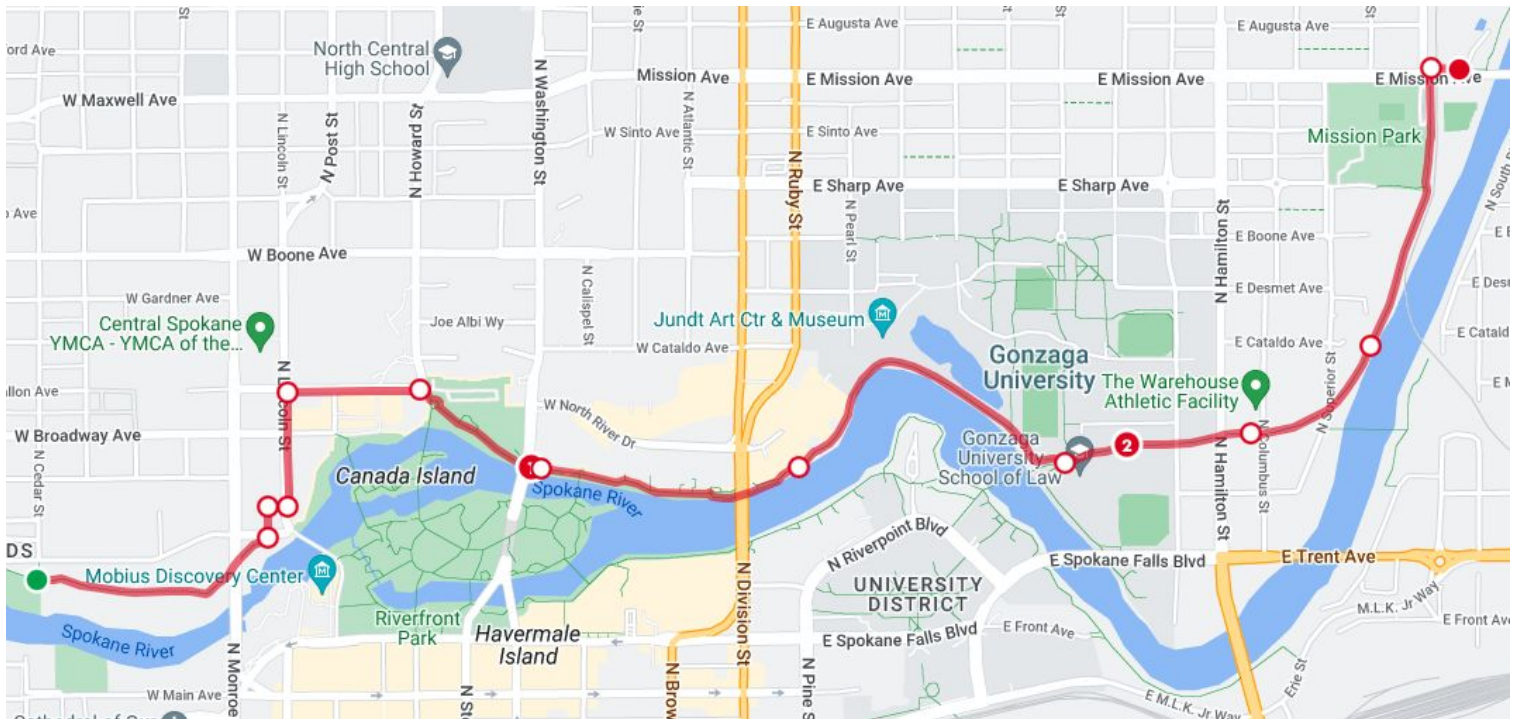
Elev: <100 ft

Difficulty: Easy

Exchange

Vicinity of Mission Park

TBD



Driver Notes

East (upriver) on Summit Pkwy

LEFT on Monroe

RIGHT on Maxwell / becomes Mission Ave

ARRIVE at Mission Park

Leg 6

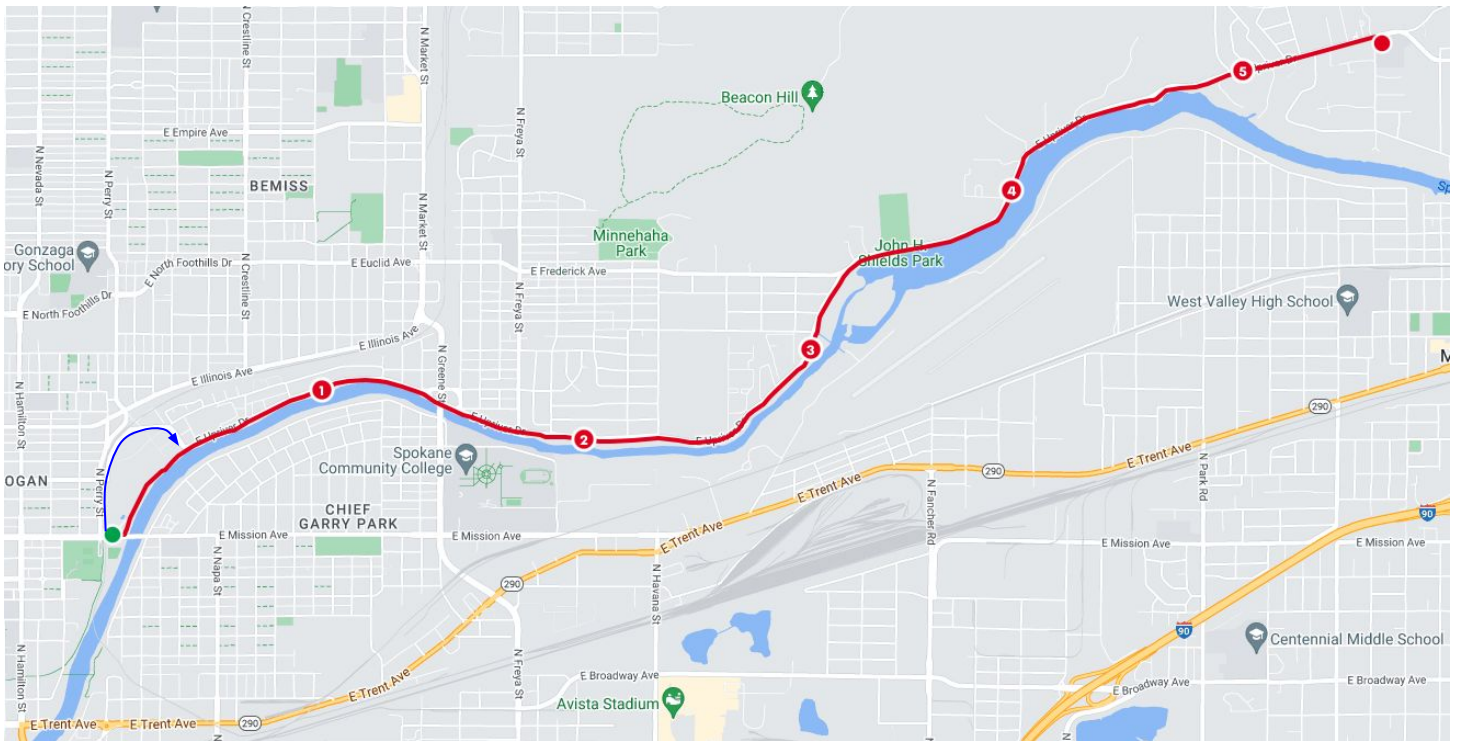
Exchange

Pasadena Park Elementary
8508 E Upriver Dr
Spokane Valley, WA 99212

Distance: 5.55 Miles

Elev: 150 ft

Difficulty: Moderate



Runner Notes

Nice flat run along the river and Upriver Drive. No turns or crossings

Driver Notes

RIGHT onto Perry St
RIGHT onto Indiana Ave
Curves back towards river and becomes Upriver Dr.
Follow all the way to exchange

Leg 7

Exchange

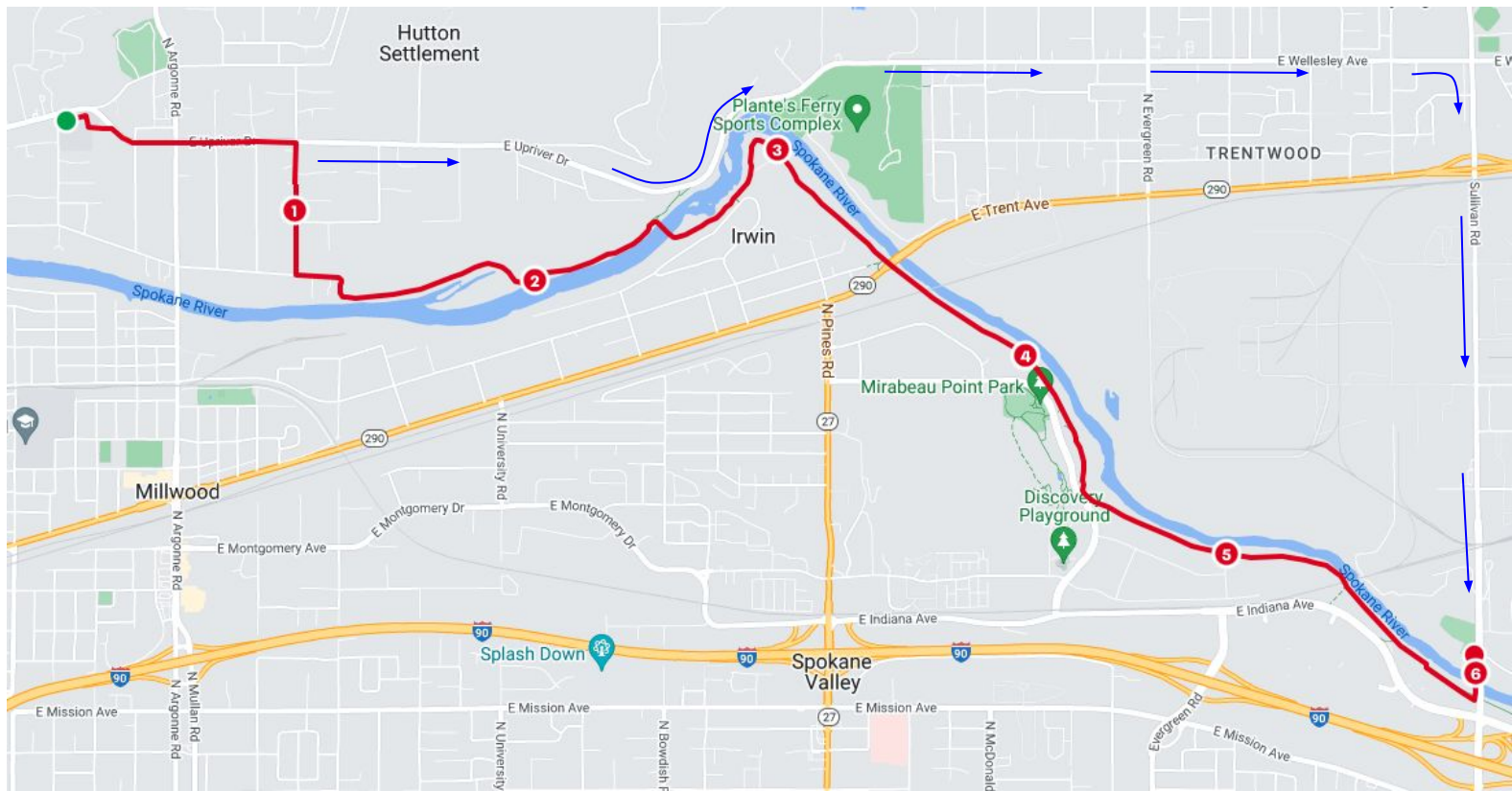
Sullivan Park
1901 N Sullivan Rd
Spokane Valley, WA 99216

Distance: 6.05 Miles

Elev: 170 ft

Difficulty: Moderate

Centennial Trail Construction Project may compel a detour.
See Leg 7alt



Runner Notes

- Mile 0.35 - Cross Argonne Rd
- Mile 0.7 - RIGHT on Farr Rd
- Mile 1.1 - LEFT on Maringo
- Mile 1.25 - RIGHT to the Trail
- Mile 2.35 - RIGHT at Trail Jct to cross river
- Mile 5.7 - RIGHT up Trail incline towards Sullivan
- Mile 5.9 - LEFT across bridge & down to park

Driver Notes

- Right on Upriver Dr
- Upriver becomes Wellesley Ave
- Right on Sullivan Rd

Leg 7alt

Exchange

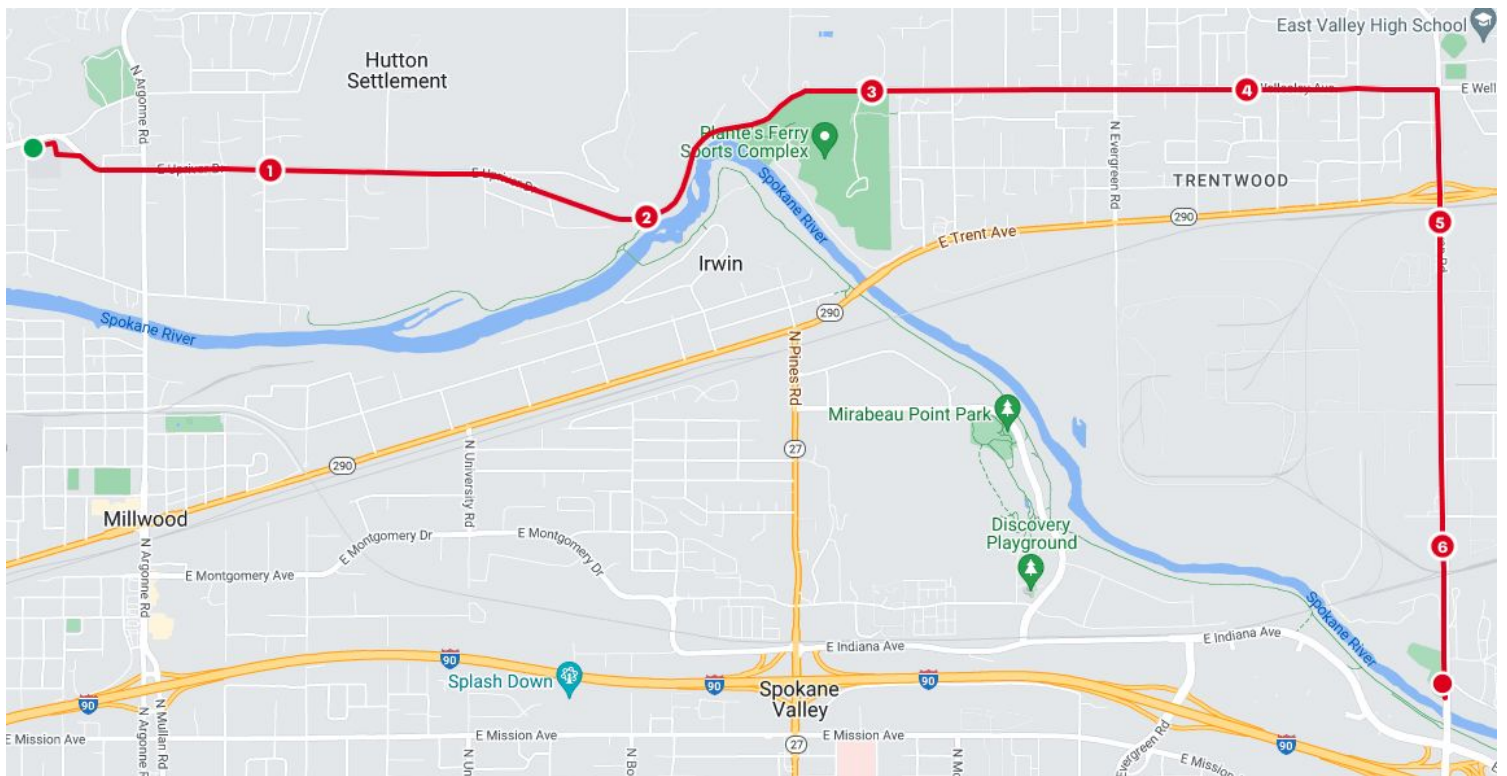
Sullivan Park
1901 N Sullivan Rd
Spokane Valley, WA 99216

Distance: 6.5 Miles

Elev: 230 ft

Difficulty: Hard

Centennial Trail Construction Project may compel this detour.



Runner Notes

Mile 0.35 - Cross Argonne Rd
Mile 4.55 - RIGHT on Sullivan
Mile 6.4 - On Bridge, turn down ramp to Park

Driver Notes

Right on Upriver Dr
Upriver becomes Wellesley Ave
Right on Sullivan Rd

Leg 8

Exchange

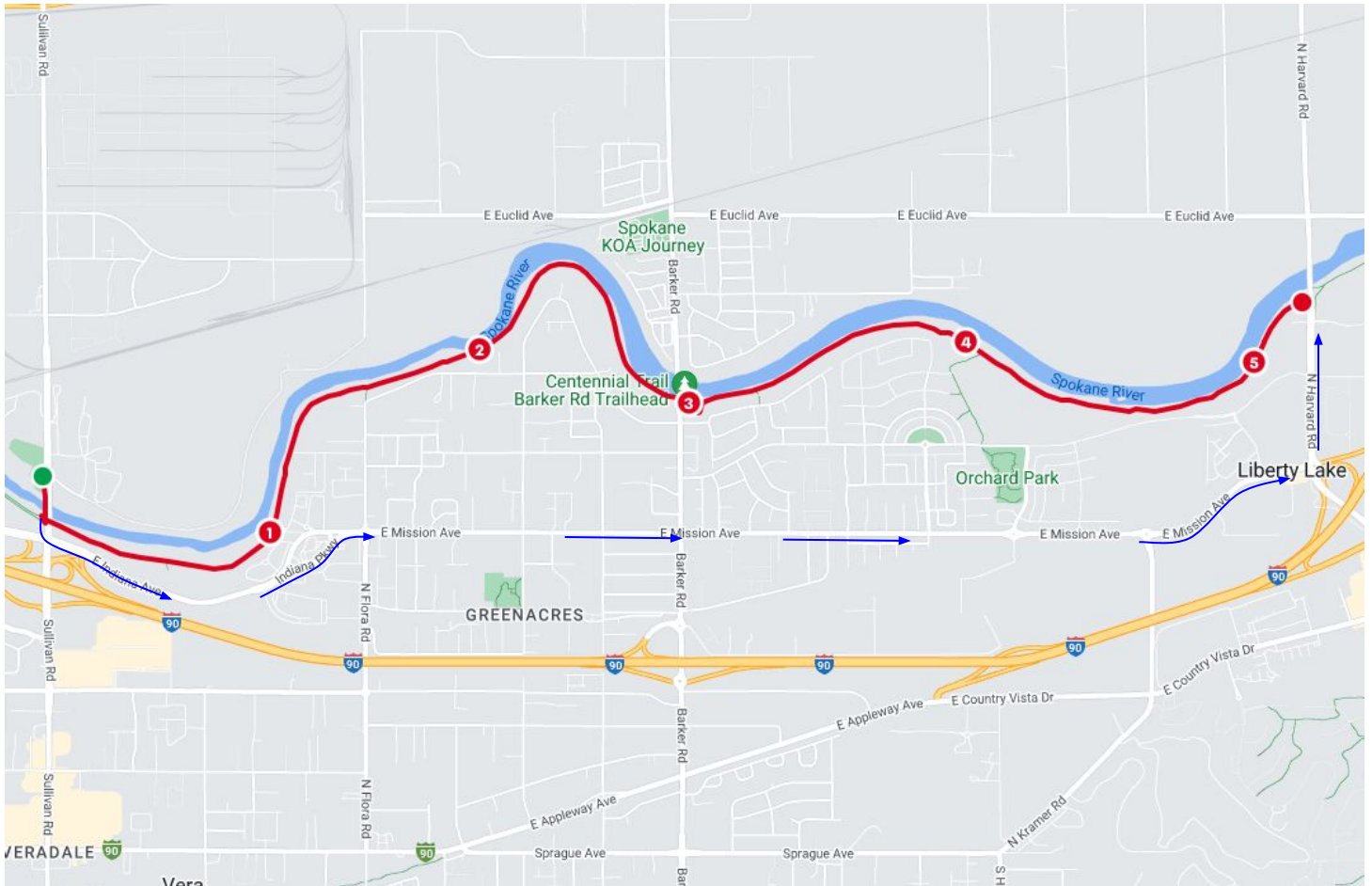
Harvard Rd Trailhead
2663 N Harvard Rd
Liberty Lake, WA 99019

Distance: 5.25 Miles

Elev: <100 ft

Difficulty: Moderate

Centennial Trail Construction Project may compel detour.
See Leg 8alt



Runner Notes

Cross Bridge & descend stairs to main trail
RIGHT on Centennial Trail

Driver Notes

RIGHT out of park on Sullivan
LEFT on Indiana Ave
Indiana becomes Mission Ave
LEFT at Harvard Rd traffic circle
Trailhead parking lot on LEFT

Leg 8alt

Exchange

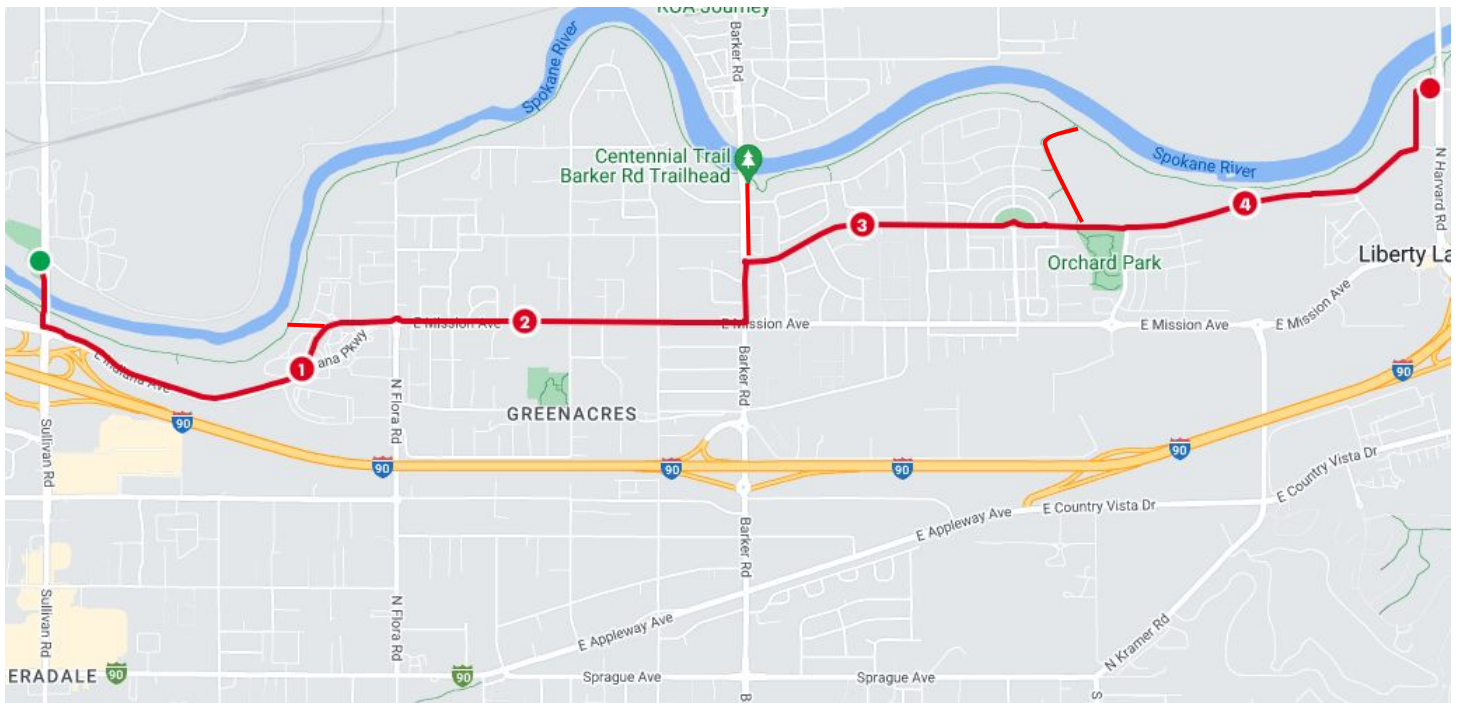
Harvard Rd Trailhead
2663 N Harvard Rd
Liberty Lake, WA 99019

Distance: 4.75 Miles

Elev: <100 ft

Difficulty: Moderate

Centennial Trail Construction Project may compel this detour.
Note 3 connectors to Centennial Trail which may be utilized.



Runner Notes

Cross Bridge
Mile 0.2 - LEFT on Indiana Ave
Curves & becomes Mission Ave
Mile 2.3 - CROSS & LEFT on Barker Rd
Mile 2.5 - CROSS & RIGHT on Indiana Ave
Mile 4.5 - Left on sidestreet

Driver Notes

RIGHT out of park on Sullivan
LEFT on Indiana Ave
Indiana becomes Mission Ave
LEFT at Harvard Rd traffic circle
Trailhead parking lot on LEFT

Leg 9

Exchange

Coeur d'Alene Wood
5689 W Riverbend Ave
Post Falls, ID 83854

Distance: 5.2 Miles
Elev: 150 ft
Difficulty: Moderate

Centennial Trail Construction Project may compel detour.
See Leg 9alt



Runner Notes

Mile 3.8 - Trail goes under freeway
Mile 4.1 - LEFT at Trail jct
Mile 4.35 - Trail crosses river

Driver Notes

RIGHT on Harvard Rd
Cross over freeway & RIGHT to onramp
ENTER IDAHO
RIGHT at Exit 1
RIGHT on W Pointe Pkwy
RIGHT on Riverbend Ave
Follow road around to trail, parallel park on street (see inset)

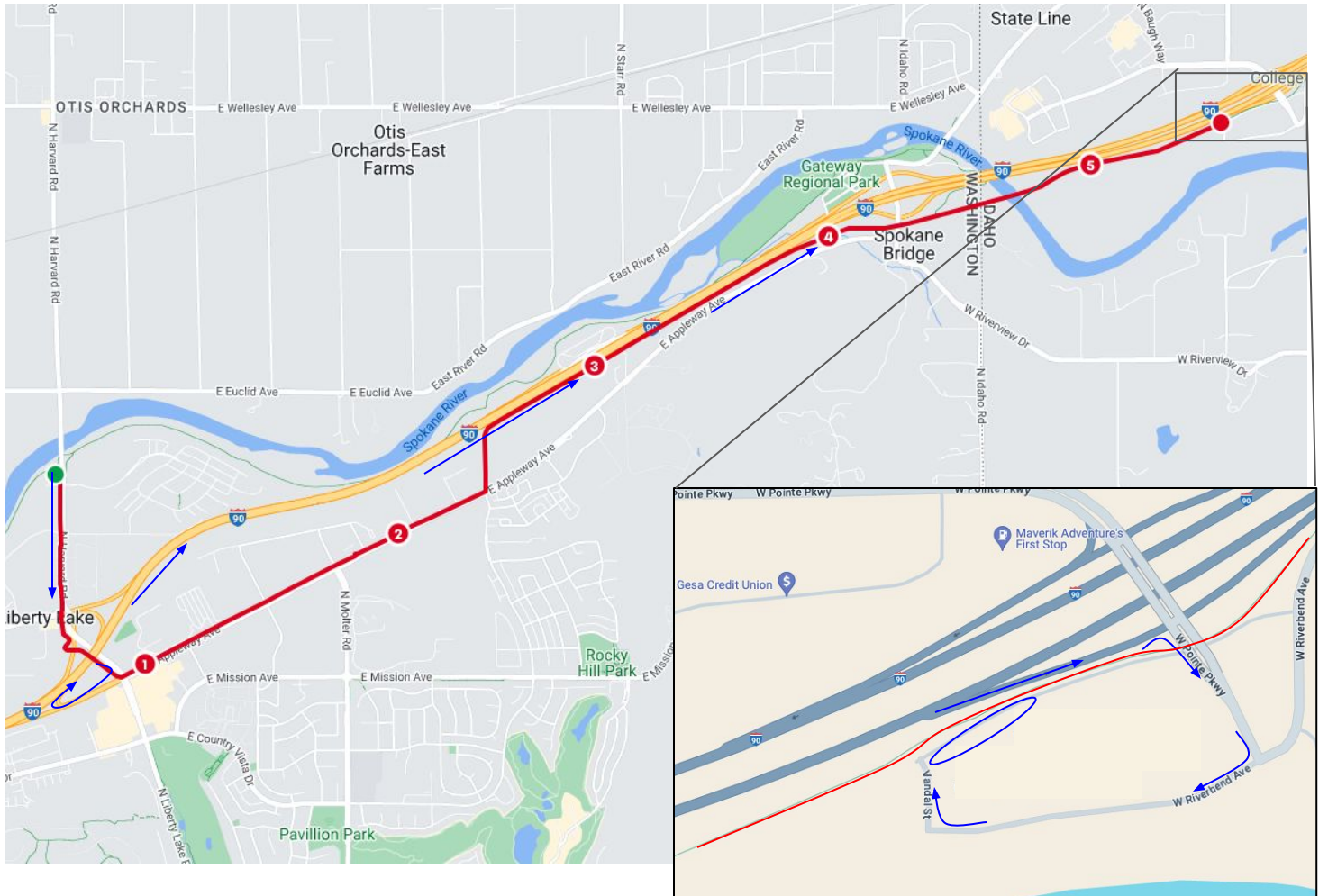
Leg 9

Exchange

Coeur d'Alene Wood
5689 W Riverbend Ave
Post Falls, ID 83854

Distance: 5.2 Miles
Elev: 175 ft
Difficulty: Moderate

Centennial Trail Construction Project may compel this detour.



Runner Notes

Mile 0.0 - Turn right onto Harvard Rd sidewalk
Mile 0.5 - Straight at Traffic Circle and onto pathway
Mile 0.85 - LEFT on Appleyway Ave
Mile 2.3 - LEFT onto bike path
Mile 4.3 - Straight onto main Centennial Trail

Driver Notes

RIGHT on Harvard Rd
Cross over freeway & RIGHT to onramp
ENTER IDAHO
RIGHT at Exit 1
RIGHT on W Pointe Pkwy
RIGHT on Riverbend Ave
Follow road around to trail, parallel park on street (see inset)

Leg 10

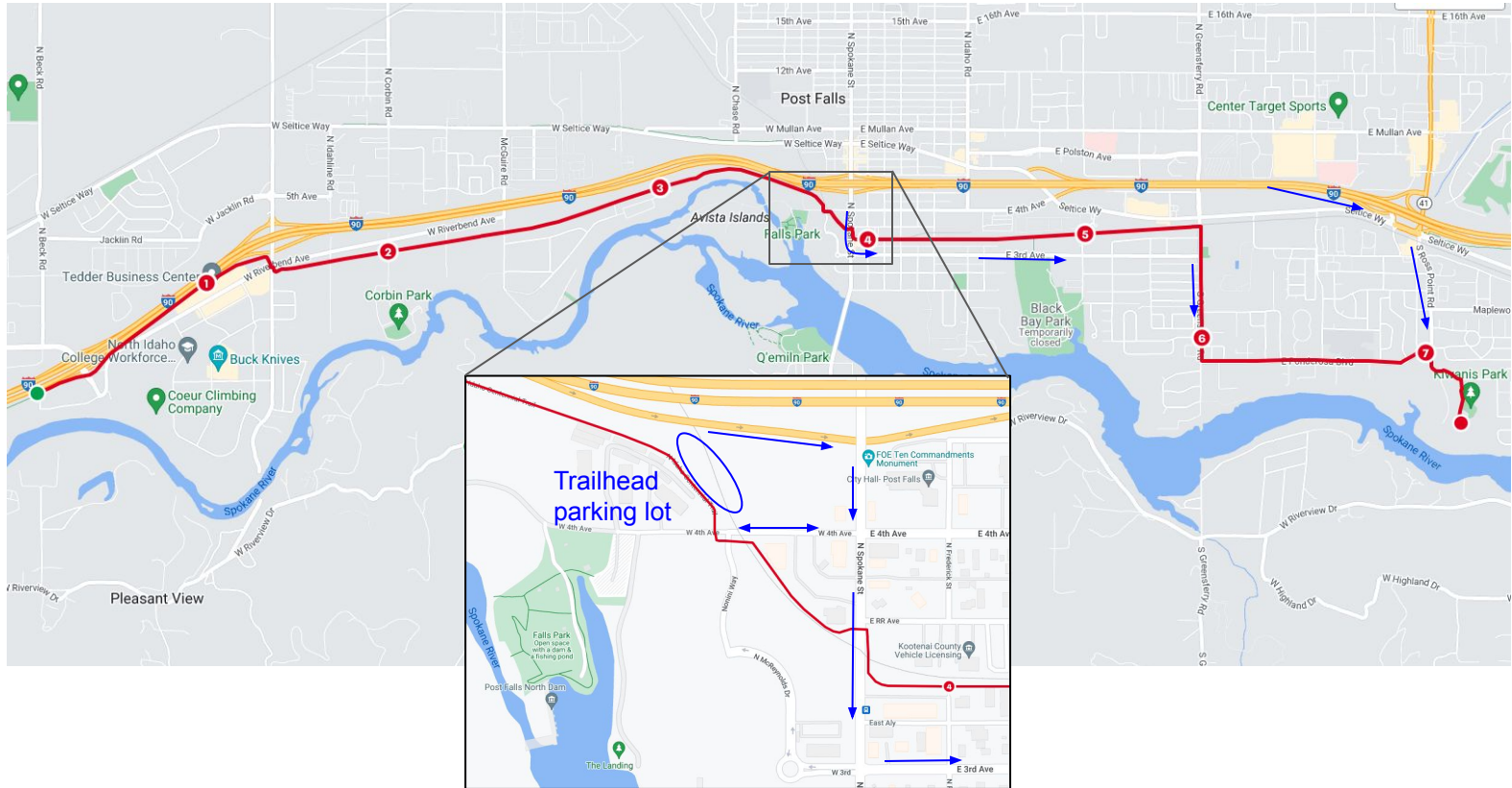
FINISH

Kiwanis Park
4176 E Weatherby Ave
Post Falls, ID 83854

Distance: 7.5 Miles

Elev: 210 ft

Difficulty: Hard



Runner Notes

- Mile 1.2 - Trail continues on corner diagonal across intersection.
- Mile 3.7 - Follow trail thru downtown Post Falls
- Mile 5.35 - Cross & RIGHT on Greensferry Rd
- Mile 5.95 - LEFT on Ponderosa
- Mile 6.95 - Cross & RIGHT on Ross Point Rd
- Mile 7.15 - Right to enter Kiwanis Park

Driver Notes

- Depart exchange back onto freeway
- DIRECT ROUTE**
- Take Exit 7
- LEFT on Seltice, immediate RIGHT on Ross Point Rd
- RIGHT into Kiwanis Park

For Mile 3.5 Runner Support

- Take Exit 5, RIGHT on Spokane St
- RIGHT on 4th Ave, trailhead lot on RIGHT
- Leave Trailhead, LEFT on 4th
- RIGHT on Spokane St
- Left on 3rd
- RIGHT on Greensferry
- LEFT on Ponderosa
- RIGHT on Ross Point Rd
- RIGHT into Kiwanis Park