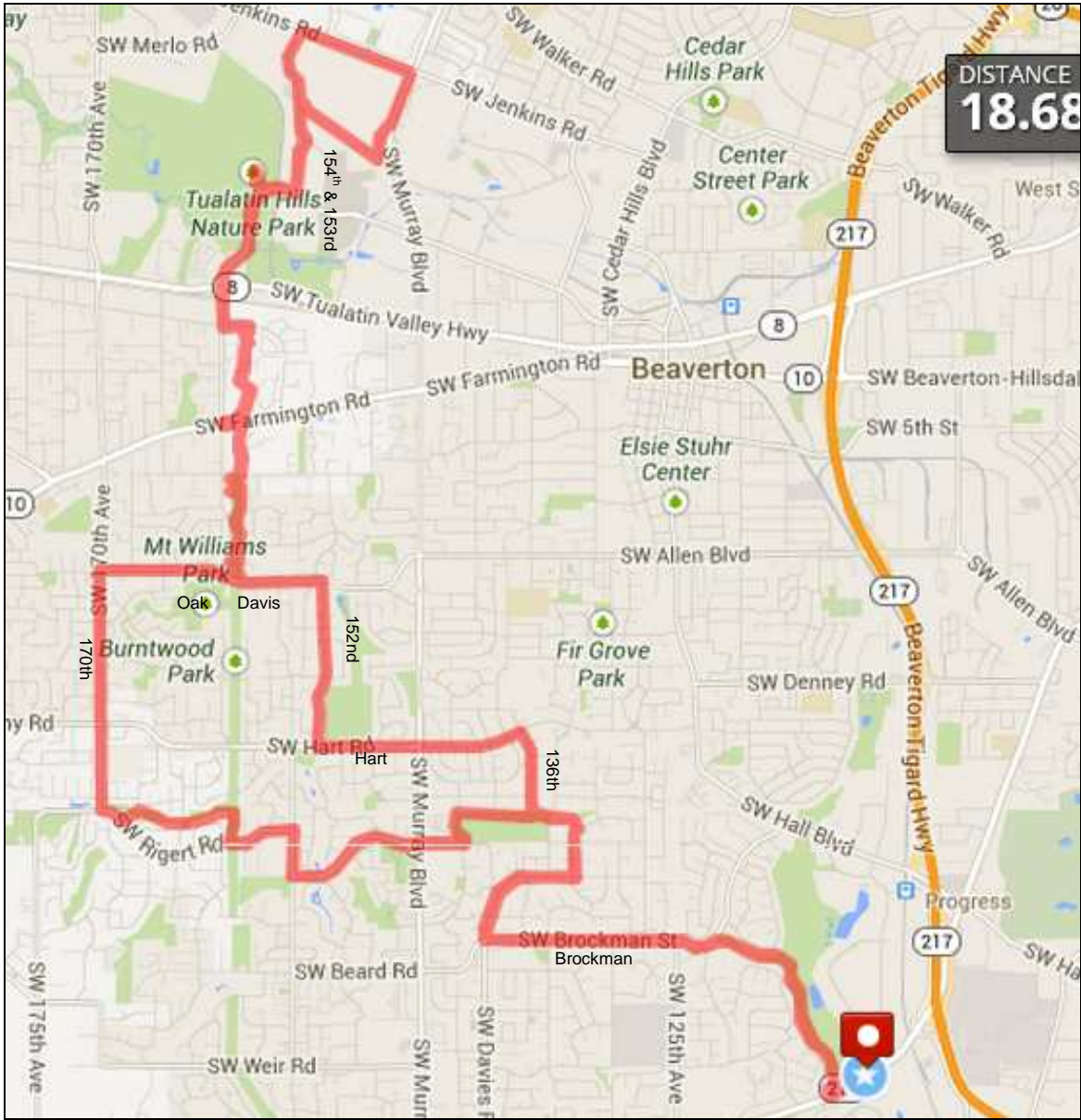
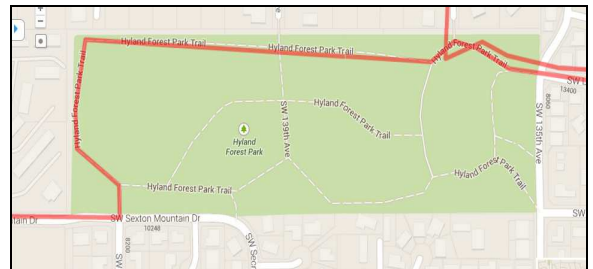


# Portland Fit – 30K (also known as 18.6 miles)



- Start at **Portland Running Company**,
- **Right** onto Fanno Creek Trail
- **Left** on long trail by **Red/Yellow** playground equip
- **Left** at Trail ends on Greenway (turns into Brockman)
- **Right** on Davies (which turns into Carr)
- **Left** on 133<sup>rd</sup> thru Meadow Way Park,
  - past **PORTA POTTY** exit on 133rd
- **Left** on Lancewood cross 135<sup>th</sup> into Hyland Forest Park
- **Stay Straight** on trail until it curves **Left**, exit Maverick
- **Right** on Sexton Mtn, cross Murray
- **Right** on 155<sup>th</sup>
- **Left** on Rigert, **PORTA POTTY** in far right field here
- **Right** on Powerline trail past 159<sup>th</sup>
- **First Left** on trail to Summer Crest Park
- **Stay** on main trail past **PORTA POTTY**
- **Exit Trail Right** on Rigert Rd
- **Right** on 170<sup>th</sup>
- **Right** on Oak (which turns into Davis)
- **Left** on Powerline Trail (after 160<sup>th</sup>)

Hyland Forest Park Trails



- **Continue** on trail to end at Farmington
- **Left** on Farmington
- **Right** on 160<sup>th</sup>
- **Right** again on Farmington,
- **Left** onto Trail until it ends
- **Left** on Blanton St.
- **Right** on 160<sup>th</sup>, cross light at TV Hwy
- **Stay** on 160<sup>th</sup> which turns into Milikan
- **Left** into Interpretive Center **REST ROOMS and WATER FOUNTAIN**
- **Return and turn Left** on Milikan,
- **Left** on 154th Terr, **Left** again onto 153rd circle **Geoff Hollister Trail**
- **Return** on 153<sup>rd</sup>, and **Right** on 154<sup>th</sup>
- **Right** on Milikan which turns into 160<sup>th</sup> as you cross light at TV Hwy
- **Left** on Blanton St.
- **Right** on Powerline Trail thru Farmington until it ends at Davis

- **Left** on Davis
- **Right** on 152nd
- **Left** on Hart, cross Murray and stay on Hart
- **Right** on 136<sup>th</sup>
- **136<sup>th</sup> ends** at entrance into Hyland Park, take trail into park
- **First Left** on trail, exit straight onto Lancewood
- **Right** on 133<sup>rd</sup> thru park past **PORTA POTTY** out on 133rd
- **Right** on Carr/Davies
- **Left** on Brockman to Greenway to Trail
- **Right** on trail, **Right** past Red/Yellow playground equip back to PRC