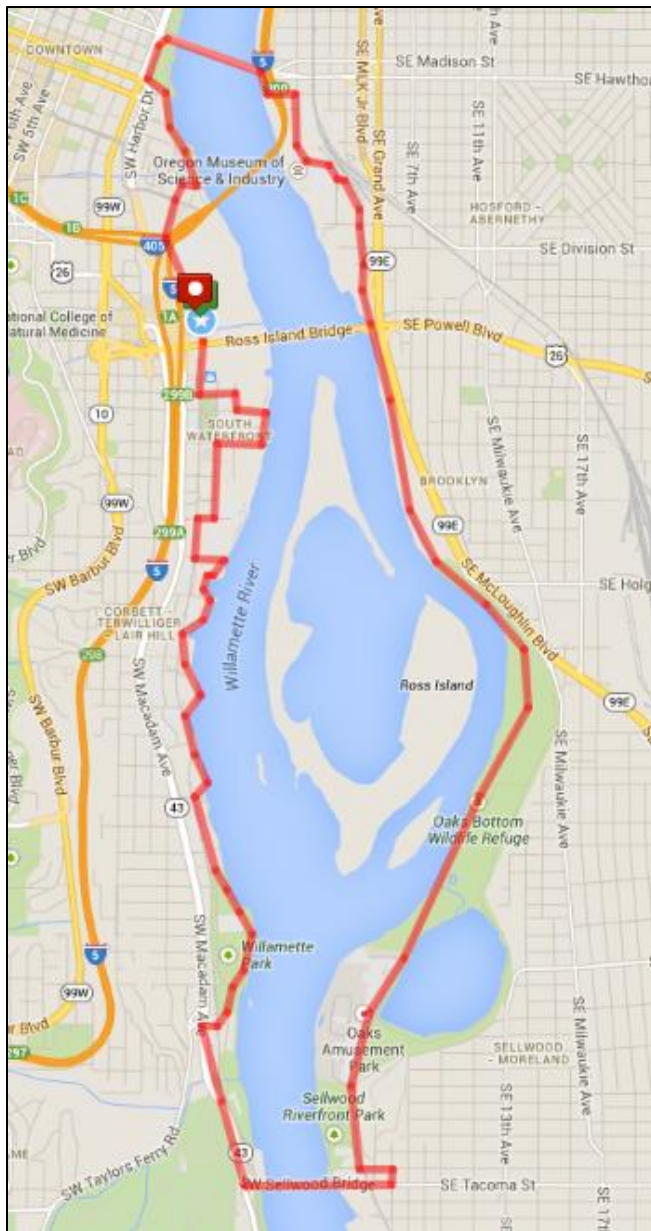


Zidell – Sellwood/Springwater/Hawthorne or Steele Loop



Left onto Moody

Left on Whitaker towards the River, keep to the River all the way through the South Waterfront and come out by the Trolley Station on Bancroft

Left on the Bike Path

Sharp Left to stay on Bike Path

Follow Path along River to the End of Willamette Park – exit park past Swing Set

Right on Miles (note-Butterfly Park is closed!)

Left on Madacam Ave

Left to cross over Sellwood Bridge

Left on 6th Ave, then quick

Left on Spokane

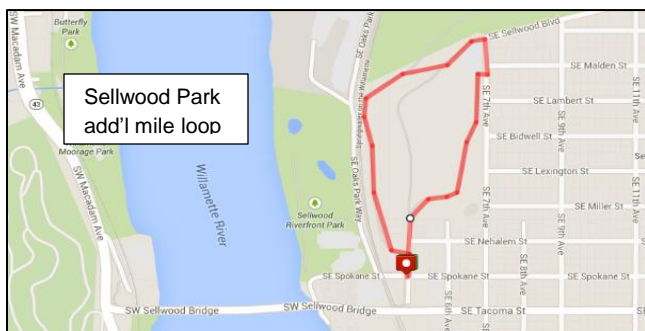
(Sellwood Park add'l 1 mile loop on right at 5^t & Spokane - restrooms & water fountain in park)

Right on Springwater Tr to end at Water St

Exit onto Water St and continue past OMSI

Left over appropriate Bridge

Left on Waterfront past Riverplace onto Moody and back to Zidell



Sellwood Park
add'l mile loop

9 MILE LOOP – cross over Hawthorne Bridge

10 MILE LOOP – add a lap thru Sellwood Park on your right off 5th & Spokane after the bridge

11 MILE LOOP – cross over Steele Bridge

12 MILE LOOP – cross Steele and add park loop