

Name	Starting point	Basis Description	Difficulty, typical mileage
Ron Regis	Main Parking lot, Ron Regis Park, Maple Valley Hwy and 149th Ave SE	Start and finish from parking lot. Main runs: 1-Upstream either on Cedar river trail or on Jones Rd., out & back. 2-Downstream on Cedar River trail, out & back. 3-Lindbergh, not done often as directions are tricky	easy/flat, 4 ~ 9mi
Lake Boren	Main Parking lot, Lake Boren Park in Newcastle	Start & finish from parking lot. Most runs are out & back on the gas line trail. OB1 goes on trail to Chinese school & back. OB2 goes south and turns around at stairs approx 1.5mi and back. OB3 is off OB2 and goes to Coal Creek Pwky and back.	easy to modest, 4 ~ 8mi
Lake Samm - South Parking lot	South Parking lot just inside the park Main entrance, 1st left	Many choices to run, Discover pass needed	easy, 3 ~ 8mi
Lake Samm - Boat Launch	Near 4455 Lake Samm Pkwy SE, 4455	Most often on out & back on East Lake Samm trail heading North, Discover Pass needed	easy, 4 ~ 9mi
Foleys	across from Foley's, 21419 Maple Valley Hwy, park in gravel on N. side of road	Out & back heading upstream on Cedar River trail	easy, 3 ~ 8mi
Lake Wilderness	22520 SE 248th, parking lot for the Arboretum	Most often head North to Cedar River trail and then upstream but can go south approx 2mi out & back as well	mostly easy, 3 ~ 8mi
Kennydale	Parking lot on Burnett Ave between N35th & 36th	Cross street to trail and go North for out & back	easy, 3 ~ 8mi
Gene Coulon	South Parking lot @ Gene Coulon near the beach	Head through park to bike trail, out & back	easy, 3 ~ 8mi
Taylor Mountain	Main Parking lot, off Hobart-Iss Rd, approx SE188th St.	Many choices to run, all go uphill, not recommended for beginners	hard, 5 ~ 8mi
Power Lines	18629 SE 164th St	Usually head west under power lines, out & back. Hilly with options to run South on small trails.	medium, 2 ~ 7mi
I-90	Issaquah High School parking lot nearest Middle school	head north on Railroad trail to I-90, up to High point area. Lots of options from out & back to crossing to Tiger Mountain to return to HIS	medium, 6 ~ 8mi
Landsburg Park	Hobart Iss. Road south to just before SE Summit Landsburg Rd	2 options, out & back on Cedar River trail or out & back (some side trails off pipeline) on pipeline road just south of parking lot.	easy/med, 4 ~ 10mi
Rattlesnake	Main parking lot @ Rattlesnake Lake	Most often up to Iron Horse trail, out & back	easy, grad uphill, 3 ~ 12mi
Lake Youngs	Trailhead parking lot on Old Petrovisky Rd, across from Renton Christian Ctr	1 lap around = 9.5mi, can also do out and back going either clockwise or counter-clockwise	medium, 3 ~ 10mi
Squak Mtn.			
Cougar Mtn			