



**Sound Steppers Volkssport Club welcomes you to
Lake Forest Park #1144
6K and 11K EVENT
This walk is rated 2A due to long hills and paved trails.**

We hope you enjoy this fun walk with beautiful views of Lake Washington and Mount Rainier. Directions will lead you to walk on the Burke-Gilman trail, the City of Kenmore history at Log Boom Park on Lake Washington, and the Old Goat Trail in Sheridan Beach.

Starting Point: Safeway Grocery Store
17171 Bothell Way NE, Lake Forest Park 98155

Driving Directions: From I-5, take exit 177 which is 205th NE/Ballinger Way. If you are driving I-5 northbound, exit right and stay right on Ballinger Way. If you are driving I-5 southbound, exit right, then get into the left lane where you will turn left at stop light. Stay on Ballinger Way SR104 to end at Bothell Way. Turn right onto Bothell Way, and then an immediate right into the Safeway's parking lot.

Restrooms: (6K/11K) Starbucks and Safeway. (11K only) Log Boom Park

Emergency Dial 911

Point of contact: Brad Hudson 206-619-8275 or dbradhudlm@mac.com

Walk completion and credit: Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. Nevertheless, a fee of \$2 for downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to walker's Event Bank when he/she submits the walk completion info as a paying for credit walker. Note, however, the \$2 "coupon" for the downloaded PDF expires in 60 days.

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Thanks for participating and we hope you enjoy your walk in Lake Forest Park.





Sound Steppers Walking Club
Lake Forest Park Y1144
6K/11K Rated 3A
Safeway Grocery Store
17171 Bothell Way NE
Lake Forest Park, WA 98155

**Restrooms (RR) 6K/11K at Starbucks, Safeway, and
11K at Log Boom Park**

1. With your back to Safeway, **TURN RIGHT** and walk to end of building.
2. **TURN RIGHT** and walk to end of sidewalk.
3. Cross at crosswalk, turning slightly right to enter Whispering Willow Park.
4. Walk through park.
5. **TURN LEFT** at 44th Ave. NE (no signage).
6. **TURN RIGHT** at Brookside Blvd. NE,
7. At light, cross Brookside Blvd. NE.
8. Cross NE 178th St. and **TURN LEFT** onto NE 178th St.
9. **TURN LEFT** at 37th Ave. NE using crosswalk.
10. Immediately cross 37th Ave NE and **TURN RIGHT**.
11. Continue on 37th Ave NE for a long uphill walk.
12. **TURN RIGHT** on NE 156th St.
13. **TURN LEFT** at 33rd Ave. NE.
14. Enter Acacia cemetery. **TURN RIGHT**, crossing grass, and then bridge till you reach a paved walkway.
15. **TURN RIGHT** to walk toward cyclone fence and Veterans Memorial with three flag poles.
16. With Memorial to your back, exit to paved walkway straight ahead
17. **TURN LEFT** at garbage can (named Magnolia).
18. At "T" **TURN RIGHT**, following circular road about 3/4 the way around, heading downhill.
19. **TURN LEFT then TURN RIGHT** at the black granite columbaria (storage for funeral urns).
20. Follow winding paths downhill past basalt column fountain and over footbridges to cemetery exit.
21. **TURN LEFT** on Lake City Way (not 35th Ave.)
22. When you reach NE 153rd St., **TURN RIGHT** at light, crossing at crosswalk.
23. Follow NE 153rd St. downhill to Burke Gilman Trail (B-GT)
24. **TURN LEFT** to join B-GT.
25. Continue on B-GT to NE 170th St.

**6K walkers- TURN LEFT at NE 170th St, crossing
Bothell Way, returning to Safeway parking lot.**
11K walkers - continue with step #23.

26. 11K walkers continue by crossing NE170th St. and continue on Burke Gilman Trail (B-GT).
27. Cross Ballinger Way and continue on B-GT.
28. **Stay Right** at Y intersection on trail (lower trail).
Restrooms (RR) are at Log Boom Park.
29. Continue on trail, passing parking lot on your left.
30. **TURN RIGHT** at entrance to Kenmore History Park.
31. **TURN RIGHT** at picnic tables.
32. Enter Log Boom Pier, walking to the end of the pier. Enjoy the view.
33. TURN AROUND and walk to park exit.
34. **TURN RIGHT** at sidewalk.
35. **TURN LEFT** at 61st Ave. NE, and continue uphill on the right side of street.
36. Cross Bothell Way at cross walk, and continue on 61st Ave NE.
37. When you reach NE 181st ST., **TURN LEFT** at the crosswalk.
38. Continue on NE 181st St.
39. Cross 60th Ave. NE, and **TURN RIGHT** uphill.
40. **TURN LEFT** onto NE 182nd St.
41. Continue through white/red road barrier. This is the old "Goat Trail" (no signage) that is now a street.
42. Continue until you come to back side of another road barrier. Pass barrier and **TURN LEFT** for one block.
43. Cross 47th Ave. NE., **TURN LEFT**.
44. **TURN RIGHT** at NE 175th St.
45. Cross street and follow road into Lake Forest Park Town Center parking lot.
46. Safeway parking lot is on the lower level.
47. Safeway will be on your right.
48. Glad you came. Hope you enjoyed the walk.

Point of Contact: Brad Hudson (206) 619-8275

Email dbradhudmlt@mac.com

Emergency Contact: call 911

The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

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ESVA/OTSVVA/AVA SPECIAL CHALLENGE PROGRAMS - 2026

For more information on ESVA go to: <http://www.esva.online/challenges/>

WALK NAME: Lake Forest Park		WALK NUMBER: Y1144		
CURRENT ESVA SPECIAL PROGRAMS				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)	King			
DISCOVERING OUR STATE AND NATIONAL PARKS [2026-2028]				
TELL ME A STORY [2025-2027]	Third Place Books			
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS, FESTIVALS, ARCADES	CRAFTS/HOBBIES	SPORTS VENUES
PREVIOUS ESVA SPECIAL PROGRAMS				
Patches for books received past the end date will be sent while supplies last. No refunds.				
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
STROLLING ALONG THE RIVERS [2023-2025]				
CURRENT OTSVA SPECIAL PROGRAMS				
For more information on OTSVA go to: https://www.otsva.org/challenges.html				
PEACE POLES [2024-2026]	Peace Pole on the corner of Hwy 104 (or Ballinger Way) and Bothell Way NE			
CURRENT AVA SPECIAL PROGRAMS				
For more information on AVA go to: https://cb.ava.org/specprog.php				
Most programs allow the participants up to (12) twelve months starting from the official end date to complete any Special Program.				
50 STATES/51 CAPITALS	[ONGOING]	Washington		
A-Z (Walking the US A-Z)	[ONGOING]	Lake Forest Park		
A-MAZ-ING LABYRINTHS	[2024-2026]			
ANNIVERSARIES HURRAH	[ONLY 2026]	All AVA sanctioned events qualify for Anniversaries Hurrah.		
GRAIN ELEVATORS: MONARCHS OF THE PLAINS	[2025-2027]			
IVV-AMERICAS	[2022-NO END]	All AVA sanctioned events qualify for the IVV-America's Special Program.		
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]	Playground on the 11K		
RAILS TO TRAILS	[2022-2025]	Burke Gilman Trail (original route for Lake Shore & Eastern Railway) (SLS&E)		
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]	Acacia Cemetary Veterans memorial		
WALKING WITH THE WILD THINGS	[2025-2027]			