



**Sound Steppers Volkssport Club welcomes you to  
Shoreline Interurban YRE #1390  
7K and 11K EVENT (additional 1K start at 185th Link Station)  
This walk is rated 1A due to one trail and the rest on sidewalks.  
OPTIONAL START AT 185TH LINK STATION see #26**

Explore the City of Shoreline through neighborhoods, Ronald Bog, Twin Ponds, schools, parks, and recreation areas. The Interurban Trail takes you over two pedestrian bridges, past Echo Lake, and Sky Nursery where you can stop for coffee and enjoy touring this popular nursery in Shoreline.



**Starting Point:**

Walgreens @17524 Aurora Ave. N, Shoreline, WA 98133 for a 7K and 11K walk.

185th St Link Station for an additional 1K, joining the 11K.  
7K does not pass Link Station.

**Driving Directions:**

**From I-5:** take exit #176. Southbound: **TURN LEFT** onto N 175th St. Northbound: **TURN RIGHT** onto N 175th St. **TURN RIGHT** onto Midvale Ave N. In a short distance, **TURN LEFT** into Walgreen Parking lot. You can also park on Midvale Ave. N.

**Restrooms:** Trader Joe's, City Hall (open M-F), Twin Ponds Park, and Shoreline Park.

**Emergency Dial 911**

**Point of contact:** Sandi Severtsen (206)546-6644 or sandisevertsen@gmail.com

Please use either the Online Start Box(OSB) or Physical Start Box (PSB) to register and complete the event. DO NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

Walk completion and credit: Be sure to log back into the OSB system ([my.ava.org](http://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 along the Shoreline Interurban



# Sound Steppers Volkssport Club

**Walgreens -Shoreline Interurban  
N. 175th and Midvale Ave. N.  
7K - rated 1A Event Stamp Y1390  
Restrooms - Twin Ponds**

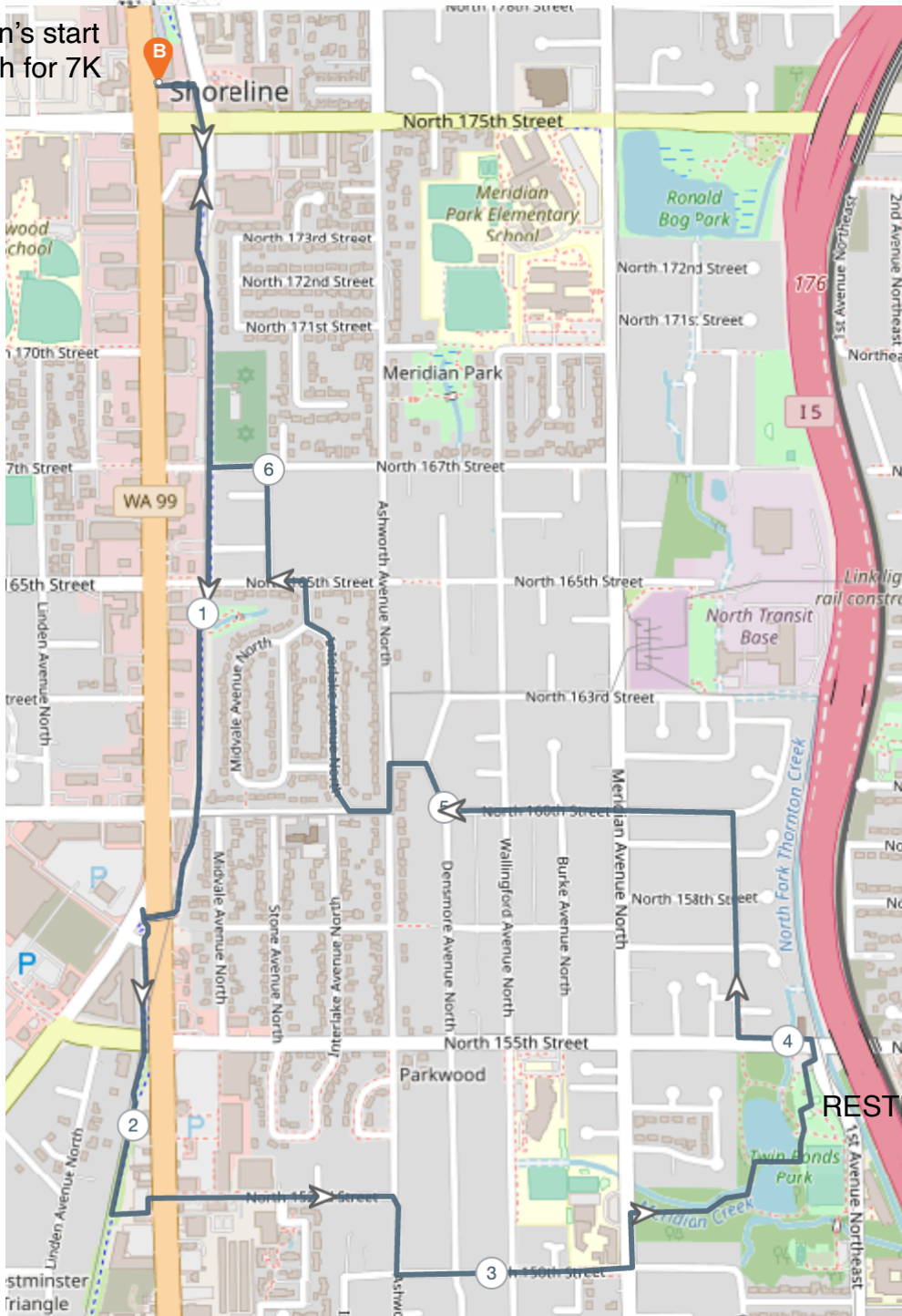
1. From store, **TURN LEFT** to Midvale Ave N.
2. **TURN RIGHT** to 175th St.
3. Cross N 175th St., continuing straight ahead
4. Interurban Trail is on your right at 4 posts.
5. Follow Interurban Trail across pedestrian bridges; crossing Aurora Ave N. and N 155th. Continue on the Interurban Trail (2k) .
6. In a short distance, **TURN LEFT** across grass/ trees to McDonald's parking lot. Go straight toward Aurora Ave N.
7. Cross Aurora Ave N at N 152nd crosswalk.
8. Continue on N 152nd St. to Ashworth Ave N .
9. At end of N 152nd St. **TURN RIGHT** at Ashworth Ave. N. (No sign) onto asphalt trail which becomes a street. (2.6K)
10. **TURN LEFT** at N 150thStreet.
11. Use crosswalk to cross Meridian Ave N and **TURN LEFT**.
12. In a short distance, you'll see a yellow fire hydrant on your left, and a sign on your right for "Trail of the Cedars at Twin Ponds Park." **TURN RIGHT** onto the trail.
13. Following maintained gravel trail, turning left and then right right to cross over bridge between the Twin Ponds.
14. **TURN LEFT** when you reach soccer field.
15. Cross grass to paved trail to past Children Play area on your right, continue to Restrooms.
16. Paved trail leads to parking lot. Exit right through the parking to 1st Ave N and N 155th.
17. Cross N 155th carefully, and **TURN LEFT**.
18. **TURN RIGHT** on Corliss.
19. **TURN LEFT** on N 160th (4.5K)
20. Carefully cross Meridian Ave N. And continue straight ahead.
21. **TURN RIGHT** on Densmore Ave. N.
22. **TURN LEFT** on N 161st St.
23. **TURN LEFT** on Ashworth Ave N.
24. **TURN RIGHT** on N 160th St.
25. **TURN RIGHT** on Interlake Ave. N.
26. Continue on Interlake Ave. N for several blocks,
27. Street curves left for a short distance, then **RIGHT** onto Stone Ave N. (unmarked).
28. Continue on Stone Ave N.
29. **TURN LEFT** on N 165th.
30. **TURN RIGHT** to continue on Stone Ave N.
31. **TURN LEFT** on N 167th. Cementary will be on your right.
32. **TURN RIGHT** onto the Interurban Trail. Follow Interurban Trail back to finish.
33. Hope you enjoyed the walk.

Point of Contact Sandi Severtsen 206-546-6644, [sandisevertsen@gmail.com](mailto:sandisevertsen@gmail.com)

For emergencies call 911

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Walgreen's start and finish for 7K



NORTH  
WEST. EAST  
SOUTH

RESTROOM

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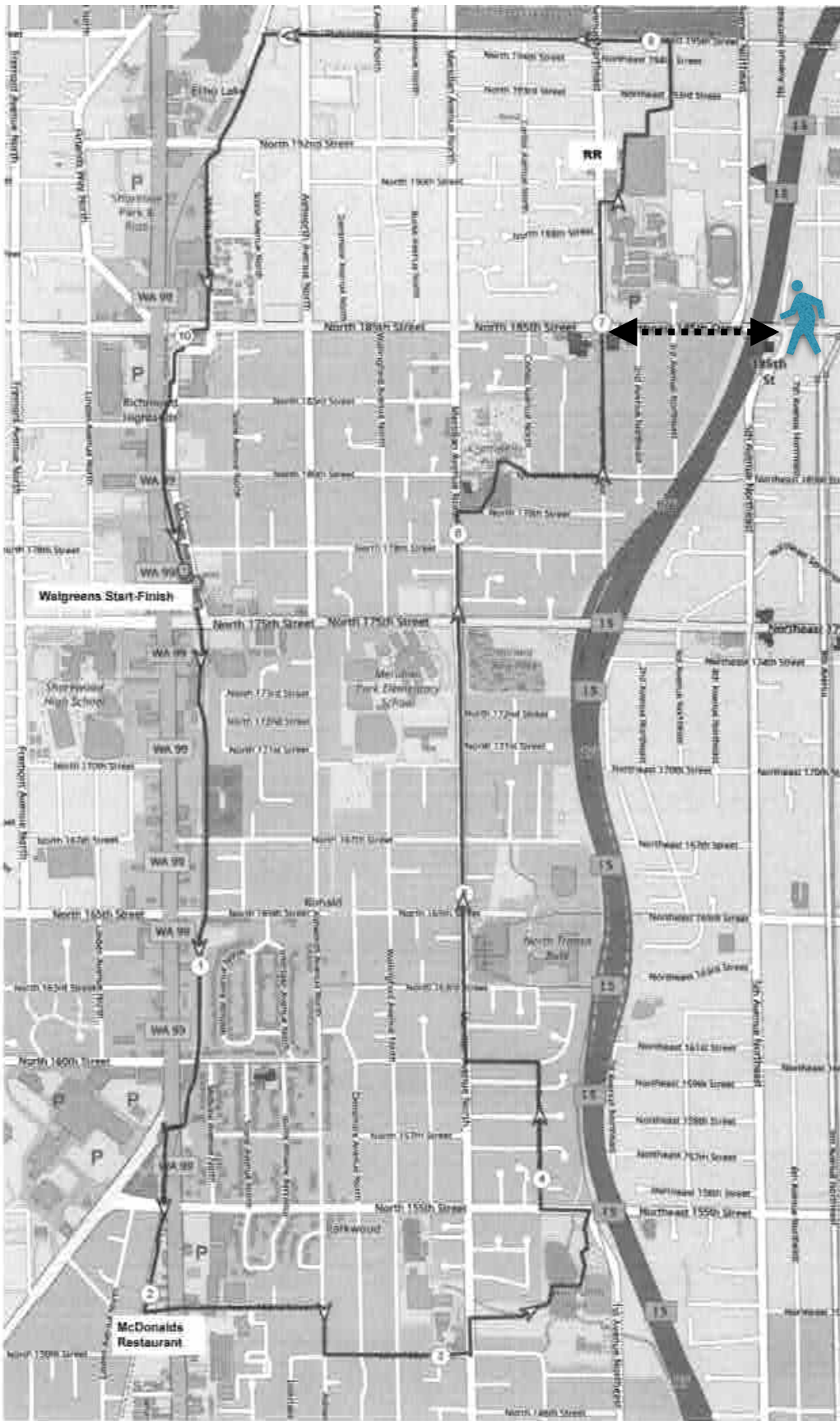


**Shoreline Interurban - Walgreens**  
**N. 175th and Midvale Ave. N., Shoreline, WA**  
**(OPTIONAL 12k START: 185th Link Station (#26))**  
**11K - rated 1A Event Stamp Y1390**  
**Restrooms-Twin Ponds and SL Soccer Fields**

1. From store, **TURN LEFT** to Midvale Ave N.
2. **TURN RIGHT** on Midvale Ave N..
3. Cross N 175th St., continuing straight ahead
4. Interurban Trail is on your right at 4 posts.
5. Follow Interurban Trail across pedestrian bridges; crossing Aurora Ave N. and N 155th. Continue on the Interurban Trail (2k) .
6. In a short distance, **TURN LEFT** across grass/trees to McDonald's parking lot. Go straight toward Aurora Ave N.
7. Cross Aurora Ave N at N 152nd crosswalk.
8. Continue on N 152nd St. to Ashworth Ave N .
9. At end of N 152nd St. **TURN RIGHT** at Ashworth Ave. N. (No sign) onto asphalt trail which becomes a street. (2.6K)
10. **TURN LEFT** at N 150th Street.
11. Cross Meridian Ave N and **TURN LEFT**.
12. In a short distance, you'll see a yellow fire hydrant on your left, and a sign on your right for "Trail of the Cedars at Twin Ponds Park." **TURN RIGHT** onto the trail.
13. Following maintained gravel trail, turning left and then right right to cross over bridge between the Twin Ponds.
14. When you reach soccer field, **TURN LEFT** onto trail.
15. Cross (muddy) grass area to paved trail to past Children Play area on your right, continue to Restrooms.
16. Paved trail leads to parking lot. Exit right by the parking to 1st Ave N and N 155th.
17. Cross N 155th at crosswalk and **TURN LEFT**.
18. **TURN RIGHT** on Corliss.
19. **TURN LEFT** on N 160th (4.5K)
20. **TURN RIGHT** on Meridian Ave N. Continue on Meridian, crossing N 175th.
21. **TURN RIGHT** on N 179th. (6.1K)
22. In a block, **TURN LEFT** into Cromwell Park, crossing a small bridge. Stay on the path.
23. **TURN RIGHT** on the path between the swings and the BB field. Exit the park at 180th, and continue to 1st Ave NE.
24. **TURN LEFT** on 1st Ave NE, crossing to right side before traffic light at N 185th St. (7.0K). **Walkers who started at Walgreens, continue to #29.**
25. **END WALK BACK TO 185th St Link Station:** Follow these directions to get back to Link Station: Cross N 185th St and **TURN RIGHT** to return back to Link Station.
26. **BEGIN WALK FROM 185th St Link Station:** Exit link station, walking towards N 185th St.
27. **TURN RIGHT** onto N 185th St.
28. **TURN RIGHT** onto 1st Ave NE
29. Continue on 1st Ave NE passing Shoreline Center.
30. **TURN RIGHT** into driveway at North Entrance to Shoreline Center. Pass Tennis Courts on your left
31. **TURN LEFT** to go up stairs to RESTROOMS.
32. **TURN RIGHT** to walk toward Soccer Fields and **TURN LEFT**.
33. **TURN RIGHT** at corner of fields.
34. **TURN LEFT** up stairs, staying straight on trail in park.
35. Path turns right with Children's play area on your right and homes/fences on your left.(This is a short distance from the stairs to 3rd Ave NE.)
36. **TURN LEFT** on 3rd Ave. NE.(7.7K)
37. Cross 195th St. and **TURN LEFT**. HolyRood Cemetery is on your right.
38. Cross 1st Ave NE. Keep walking straight ahead to Meridian Ave N.
39. Carefully cross Meridian Ave N, and continue on 195th to Stone Ave. N. (9K)
40. Interurban Trail is to the left on Stone Ave N. **TURN LEFT** onto Interurban Trail.
41. Follow Interurban Trail to Midvale Ave N, passing Sky Nursery on your right
42. Cross N 185th St.and **TURN RIGHT**.
43. Trail continues, curving left, parallel to Aurora Ave (US 99). Continue on Interurban Trail.

- 44. **TURN RIGHT** before you reach 175th into the Walgreens parking lot. (11K)
- 45. Hope you enjoyed your walk!

Point of Contact Sandi Severtsen 206-546-6644. For Emergency call 911.  
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**185th St. Link Station:**  
**START POINT at #26**  
**RETURN POINT at #25**

## AVA/ESVA SPECIAL CHALLENGE PROGRAMS 2024

<b>WALK NAME / NUMBER</b> Shoreline Interurban Y1390				
<b>ESVA SPECIAL PROGRAMS</b>				
STROLLING ALONG THE RIVER [2023-2025]				
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS <b>Trader Joes'</b>	ESSENTIAL SERVICES <b>Walgreens Pharmacy</b>
COUNTIES (ONGOING)	<b>King</b>			
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS FESTIVALS ARCADES	CRAFTS/HOBBIES <small>JoAnn Fabrics (across from Interurban &amp; 155th)</small>	SPORTS VENUES <b>Tennis, playground</b>
<b>AVA SPECIAL PROGRAMS</b>				
50 STATES/51 CAPITALS	[ONGOING]	<b>Washington</b>		
A-Z (Walking the US A-Z)	[ONGOING]	<b>Shoreline</b>		
A-MAZ-ING LABYRINTHS	[2024-2026]			
BORDER CROSSING	[2014-2023]			
GREAT LAKES	[2021-2024]			
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]	10k only - Mountain Playground, Soccer fields, tennis 5k and 10K - Twin Ponds playground		
RAILS TO TRAILS	[2022-2025]	<b>Shoreline Interurban Trail</b>		
STEP TO THE BEAT	[2024-2026]			
TOWN HALL/CITY HALL	[2020-2024]	<b>Shoreline City Hall</b>		
WALKING WITH AMERICAN VETERANS	[2021-2024]	<b>Veterans Park next to Shoreline City Hall</b>		