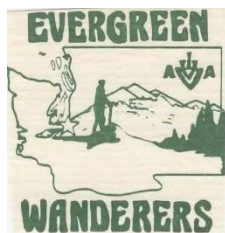


# UPS and DOWN OF FEDERAL WAY #2035



## 6K/10K Rated 2A

Evergreen Wanderers welcomes you to Federal Way, WA

**Starting Point:** Federal Way Community Center, 876 So 333 St, Federal Way. WA 98003

**GPS LOCATION:** 47.329399, -122.252426

**Restrooms:** Restrooms at start and along the route (in parks, seasonally)

**Driving Directions:** From I-5, **NORTHBOUND LEFT, SOUTHBOUND RIGHT Exit #142B (So 348<sup>th</sup> St/Puyallup) Follow 348 St Signs to 9 Ave So. RIGHT on 9 Ave. So. LEFT on So 322 St to entrance of Federal Way Community Center (parking lot) at top of the hill (on right)**

© 2025 Evergreen Wanderers. This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

**Special Programs: AVA – A-Z, Par Course (only 10k)**

**ESVA King County**



In case of Emergency Dial 911 State your location, Speak clearly and slowly

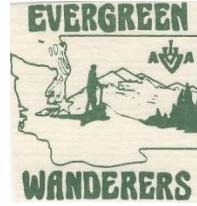
Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation 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 to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participants Event Bank until they have submitted event completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the users Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.

POC:  
Nancy Wittenberg  
newwittenberg@gmail.com  
253-208-1331

|        |                                |
|--------|--------------------------------|
| Page 1 | Introduction, Info and Details |
| Page 2 | 6k-Directions                  |
| Page 3 | 6k-Map                         |
| Page 4 | 10k-Directions                 |
| Page 5 | 10k-Map                        |

**UPS and DOWNS of FEDERAL WAY**  
**#2035 6k Rating 2A**  
Evergreen Wanderers



**Start/Finish:** Federal Way Community Center  
876 So. 333 St.  
Federal Way, WA

1. Exit the Community Center, **TURN RIGHT**, pass round-about on So. 333 St. to 1 Way So.
2. **CROSS** and **TURN RIGHT** on 1 Way So. to the stop light at the BPA Trail.
3. **CROSS** and **TURN LEFT** at the light, continue on BPA trail to the first intersection (wood bench and blue City of Federal Way Parks-Recreation sign).
4. **RIGHT TURN** here, crossing unmarked SW 330 St. (crossing light available) and SW 325 Pl. (Campus Woods sign on left). Continue on trail as it curves right and left up the hill to unmarked SW 320 St.
5. **RIGHT TURN** at SW 320 St. to 1 Ave. So.
6. **CROSS** 1 Ave. So., continue on S 320 St. (same street) to Kaiser Permanente sign (on right).
7. **RIGHT TURN** on the sidewalk (Kaiser Permanente on right)
8. **RIGHT TURN** on the unmarked street just before the Westhampton Apartment sign. Walk on left side facing traffic. *Wetlands on left are a place for ducks, coyotes and other wildlife.*
9. Just past the Brookdale Foundation House sign (senior housing), **CROSS** the street **TURN LEFT**. The sidewalk immediately curves right.
10. **CROSS** the street and enter the driveway (fence on your left and the rear of another Senior Living facility the street and enter the driveway (fence on your left and the rear of another Senior facility on right (Hallmark Manor). Follow the driveway as it curves right returning 1 Ave. So. (Kinder Care Learning Center sign on left).
11. **LEFT TURN** on 1 Ave. So., past light at SW 325 Pl. to So. 328 St.
12. **CROSS** So. 328 St. and **TURN LEFT** TO 4 Pl. So.
13. **RIGHT TURN** at 4 Pl. So. (pass 329 Lane) up the hill to 6 Pl. So.
14. **RIGHT TURN** at 6 Pl. So.
15. **CROSS** and **TURN RIGHT** at So. 332 Pl. to an asphalt trail (approximately 1 block).
16. **LEFT TURN** on the trail to the BPA Trail **TURN RIGHT** on the BPA Trail.
17. **TURN LEFT** (first left) onto a trail between two metal fences to So. 333 St.
18. **LEFT TURN** on unmarked So. 333 St. and return to the finish.

---

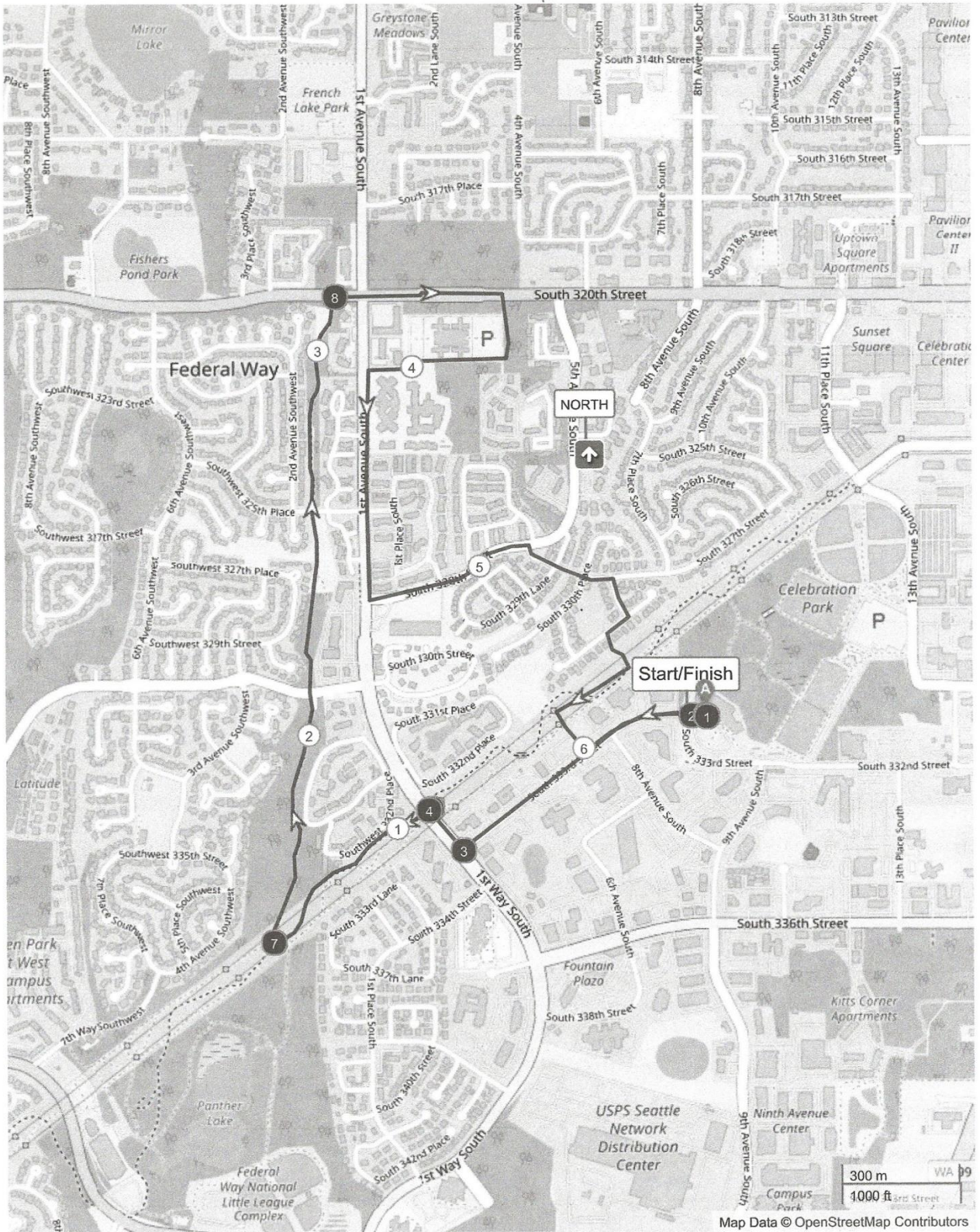
Thank you for walking our Ups and Downs of Federal Way

Contact person:  
Nancy Wittenberg  
253-208-1331 newwittenberg@gmail.com

Copyright ©2025 by the Evergreen Wanderers. These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

**For Emergency Help: Call 911 State your location, speak clearly and slowly.**

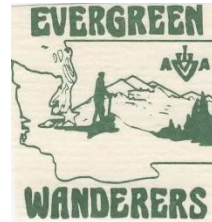
# 6 FW Ups/dns #2035



# UPS and DOWNS of FEDERAL WAY

## #2035 10k Rating 2A

Evergreen Wanderers



**Start/Finish:** Federal Way Community Center  
876 So. 333 St.  
Federal Way, WA

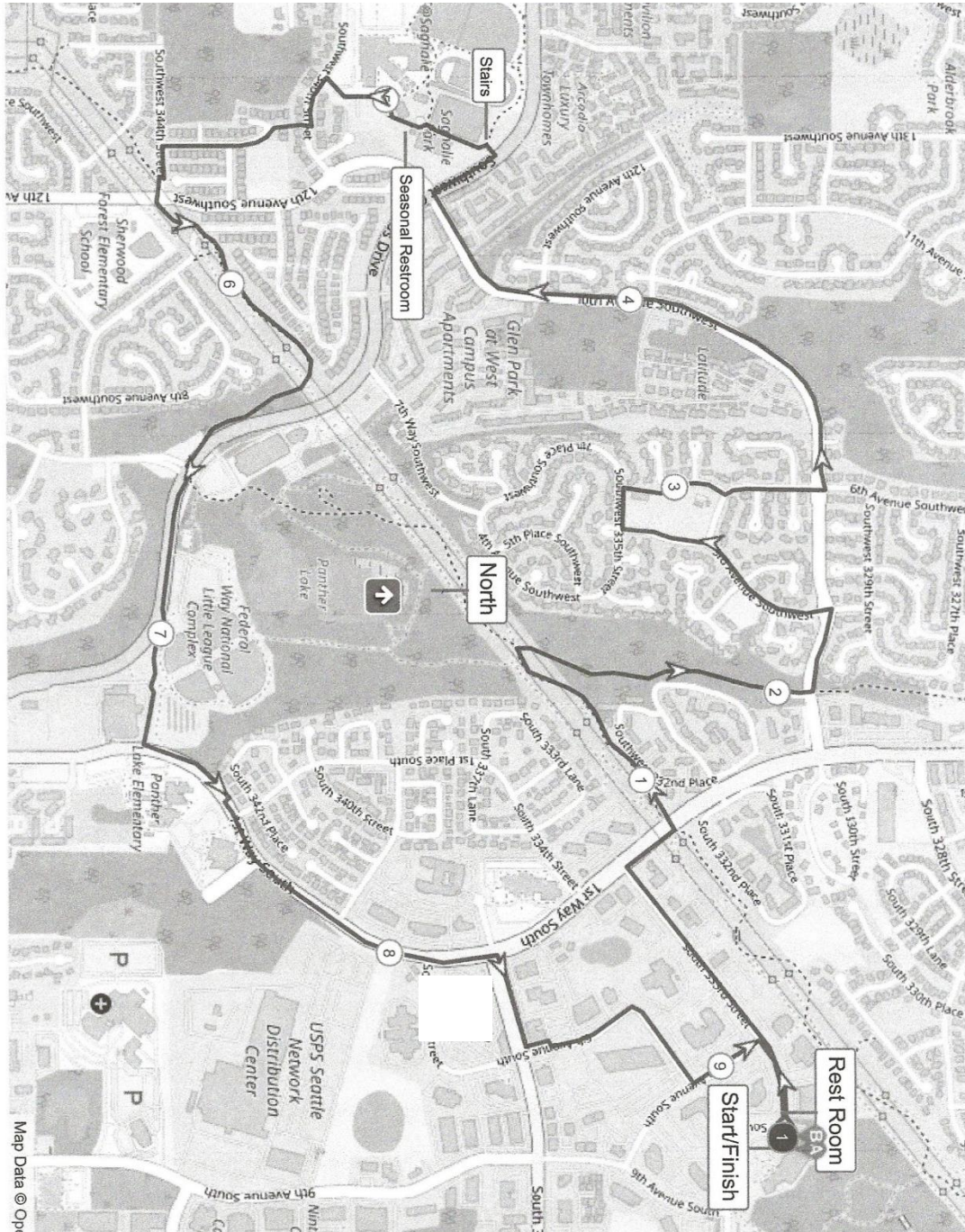
1. Exit Community enter and **TURN RIGHT** on to So. 333 St. to 1 Way S.
2. **CROSS** and **TURN RIGHT** on 1 Way South to the stop light at the BPA Trail,
3. **LEFT TURN** at the light entering the Trail to the first intersection.
4. **RIGHT TURN** at the intersection (at the wood bench and City of Federal Way Parks and Recreation sign), staying on the trail to the first street (unmarked So 330 St – do not cross)
5. **LEFT TURN** on SW 330 St. up the hill to (The Ridge development) 3 Ave. SW,
6. **CROSS** and **TURN LEFT** at 3 Ave SW (first street) 3 Ave SW becomes 5 Ave SW – a park on your right,
7. **RIGHT TURN** on SW 335 St. one block to gravel trail (past the tennis courts).
8. **TURN RIGHT** on the gravel trail, just past the tennis courts.
9. Trail curves left up to SW 335 Ct. sign.
10. **TURN RIGHT** on unmarked 5 Pl. SW. Cross SW 333 St. (street will become 6 Ave SW) to SW 330 St.
11. **CROSS** and **LEFT** on SW 330 St. walking down the hill (becomes 10 Ave SW) to SW 334 St (Latitude condo on left; Barkley Place on right)
12. **TURN RIGHT** on SW 334 St (becomes 11 Ave SW) to SW 331 St.
13. **TURN LEFT** at SW 331 St. to 13 Ave. SW. **CROSS** 13 Ave SW to the asphalt path (City of Federal Way Parks, Recreations and Cultural Service sign).
14. **CROSS** unmarked street, continue on the gravel path to unmarked SW 10 Ave.
15. **TURN RIGHT** on SW 10 Ave. to Campus Dr.
16. **CROSS** Campus Dr and **TURN RIGHT** about 1 block to the stairs (just before a diamond shaped sign on left).
17. **TURN LEFT** up the stairs.
18. **LEFT TURN** at the top of the stairs walking between the tennis courts and soccer fields. Seasonal rest rooms on left, kids play area on right.
19. **RIGHT TURN** at the basketball court on right; follow sidewalk past the school out to the unmarked street.
20. **LEFT TURN** at unmarked street to the second speed bump (just past the cluster mail boxes and 1326 residence)
21. **CROSS** the street and enter the asphalt path, exit into cul-de-sac.
22. **LEFT TURN** at SW 342 Place to 12 Ave SW.
23. **RIGHT TURN** at 12 Ave. SW to SW 344 St. **CROSS** SW 10 Ave SW **and** SW 344 St. at the crosswalk. **TURN LEFT** to enter Federal Way/BPA Trail on right. Walk down hill on the trail. (King County Aquatic Center will be on your left; rest rooms available when Center is open).
24. **CROSS** 6 Ave SW and **CROSS** SW Campus Drive.
25. **RIGHT TURN** on SW Campus Dr, walking on the left side of SW Campus Drive. Enter gravel trail (on left) just past the Federal Way National League baseball fields. Walk to the right in the area of the ball fields passing the fields on left.
26. **LEFT TURN** at black top trail down to unnamed street on right.
27. **LEFT** on street to 1 Way South and **LEFT** again to light and cross walk signal.
28. **RIGHT TURN** at the cross walk to the opposite side of 1 Way.
29. **LEFT** on the right side of street (King County Library on your right, rest rooms available when Library is open). **CROSS and TURN RIGHT** at So. 336 St.
30. **CROSS, LEFT TURN** at 6 Ave. So.
31. **CROSS, RIGHT TURN** at So. 335 St. (walk on left side of the street).
32. **LEFT TURN** on small concrete sidewalk/path (just before driveway and gray and red sign)
33. **RIGHT TURN** at the end of the trail toward the round flower bed, hear Home Street Bldg.
34. **LEFT** toward the stop sign at unmarked SW 334 St.
35. **RIGHT TURN** at SW 334 St to 8 Ave So.
36. **LEFT TURN** at 8 Ave. So.
37. **CROSS, RIGHT TURN** at So. 333 St. to the finish at the Federal Way Community Center.

Thank you for walking our Ups and Downs of Federal Way.

Contact person:  
Nancy Wittenberg  
253-208-1331 newittenberg@gmail.com

Copyright ©2025 by the Evergreen Wanderers. These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

**For Emergency Help: Call 911 State your location, speak clearly and slowly.**



10k FW Ups&dns #2035