

**Instructions for  
McMicken Heights Link Light Rail Walk  
Y-2652, 5/10km rated 2B**

**Walk Start Location:** Arco Service Station, 15252 Tukwila International Blvd, Tukwila, WA 98118. GPS Coords: 47.46558, -122.28826.

**Driving Directions:** From Tukwila International Boulevard Light Rail Station go to street level. Exit left to International Blvd. Start box is at Arco Service Station, 15252 International Blvd. Driving directions: I-5: NORTHBOUND: Exit #154A (SR518 West/Sea-Tac Airport.) Stay in left exit lane, following signs for Sea-Tac and crossing over I-5. Exit RIGHT lane for the "Airport" toward the top of the hill. This becomes a 3-lane exit. Stay in middle lane to VEER RIGHT to S. 154th St. RIGHT on to 154th, then move to the middle-left lane to make a wide-left turn onto International Blvd. Arco is on the corner on the right. I-5: SOUTHBOUND: Exit #154B (Southcenter). Stay in far RIGHT exit lane. RIGHT onto Southcenter Blvd, and drive uphill 1 mile. Arco is on the RIGHT.

**Park:** On street near gas station.

**Restrooms:** Arco station and at step 23 of the directions.

**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 participant's Event Bank until they have submitted event completion info including 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 user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's 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.)

"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."

**"These maps and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited."**

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**For emergencies contact 911. Walk owner is Dick Williamson at 253-854-1477.**

# McMicken Heights Link Light Rail Walk Directions

## Tukwila/International Boulevard Station to Sea-Tac Station

The start box is at the ARCO AM/PM Market, 15252 International Boulevard

### 5K DIRECTIONS

1. If you arrive at the Tukwila/International Boulevard Station by rail go down to the ground floor level, turn left, and find the Arco Station at 15252 International Boulevard.
2. If you arrive by car you can park in the Link Light Rail Parking Lot on weekends. (During the week the parking lot is often full and you may need to find on-street parking.)
3. Register in the Start Box at ARCO AM/PM Market.
4. Leave the Market and cross S. 154<sup>th</sup> Street.
5. Continue south on International Blvd. sidewalk.
6. Cross S. 160<sup>th</sup> Street.
7. Turn left on the trail just past Subway to corner of S. 161<sup>st</sup> Street and 32<sup>nd</sup> Avenue S.
8. Continue south on 32<sup>nd</sup> Avenue S.
9. Turn left on S. 166<sup>th</sup> Street.
10. Turn right on 40<sup>th</sup> Avenue S.
11. Turn right on S. 177<sup>th</sup> Street.
12. Turn left on 38<sup>th</sup> Avenue S.
13. Turn left on S. 179<sup>th</sup> Street.
14. Turn left on 42<sup>nd</sup> Avenue S.
15. Turn left on S. 176<sup>th</sup> Street.
16. At International Blvd take the elevator up, crossing over the Blvd and enter the Sea-Tac Airport Link Rail Station and take the train back to your originating station to end the 5K Walk.

### 10K DIRECTIONS

1. If you arrive at the Tukwila/International Boulevard Station by rail go down to the ground floor level, turn left, and find the Arco Station at 15252 International Boulevard.
2. If you arrive by car you can park in the Link Light Rail Parking Lot on weekends. (During the week the parking lot is often full and you may need to find on-street parking.)
3. Register in the Start Box at ARCO AM/PM Market.
4. Leave the Market and cross S. 154<sup>th</sup> Street.
5. Continue south on International Blvd. sidewalk.
6. Cross S. 160<sup>th</sup> Street.
7. Turn left on the trail just past Subway to corner of S. 161<sup>st</sup> Street and 32<sup>nd</sup> Avenue S.
8. Continue south on 32<sup>nd</sup> Avenue S.
9. Turn left on S. 164<sup>th</sup> Street (unmarked), which is immediately after house number 16249 on right.
10. Cross Military Road S.
11. Turn left on 42<sup>nd</sup> Avenue S.

12. Carefully cross 42<sup>nd</sup> Avenue S. and enter Crestview Off-leash Dog Park.
13. Turn left on path (marked with two posts), passing labyrinth on left.
14. Turn right at "T".
15. Turn right at second "T".
16. Turn right at next "T", prior to basketball court, keeping dog park on right
17. Follow fence keeping dog park on right, then turn left at the "Y".
18. Go downhill and exit the park at the corner of 45<sup>th</sup> Avenue S. and S. 163<sup>rd</sup> Place.
19. Turn right on S. 163<sup>rd</sup> Place
20. Turn left on 46<sup>th</sup> Avenue S.
21. Cross S. 160<sup>th</sup> Street and turn right on S. 160<sup>th</sup> Street and enter Crystal Springs Park at 51<sup>st</sup> Avenue S. by park bench.
22. Immediately go down stairs to exit on S. 159<sup>th</sup> Street.
23. Turn right continuing downhill on S. 159<sup>th</sup> Street. (Seasonal Restrooms)
24. Turn right at "T".
25. Exit park at 53<sup>rd</sup> Avenue S. and S 159<sup>th</sup> Street.
26. Turn right and cross 53<sup>rd</sup> at the crosswalk, continuing right.
27. Turn left at Slade Way.
28. Turn right on 54<sup>th</sup> Avenue S. which curves around the become S. 166<sup>th</sup> Street.
29. Turn left on 53<sup>rd</sup> Avenue S.
30. Turn right onto S 170<sup>th</sup> Street.
31. Cross Military Road S.
32. Turn left at four-way stop at 40<sup>th</sup> Avenue S.
33. Cross S. 176<sup>th</sup> Street and continue on 41<sup>st</sup> Avenue S.
34. Turn right on S. 177<sup>th</sup> Street.
35. Turn left on 38<sup>th</sup> Avenue S. which curves left to become S. 179<sup>th</sup> Street.
36. Turn left on 42<sup>nd</sup> Avenue S.
37. Turn left on S. 176<sup>th</sup> Street.
38. At International Blvd take the elevator up, crossing over the Blvd and enter the Sea-Tac Airport Link Rail Station and take the train back to your originating station to end the 10K Walk.

Contact: Richard Williamson, 253-854-1477.  
rxwmson@gmail.com

Thank you to Safe Store of Lakewood.



