

LAKE FOREST PARK WALK

6K AND 11K EVENT Y1144

King County, Washington

6K and 11K are rated 2A due to long and short hills and almost entirely on pavement

Sound Steppers Volkssport Club

We hope you enjoy this fun walk around Lake Forest Park and Kenmore. Beautiful views of Lake Washington, Mount Rainier, LFP and Kenmore neighborhoods. Directions will lead you to an African Safari in a neighboring yard, a history of Kenmore along the shores of Lake Washington, and an old Goat Trail.

This on-line packet contains the following 4 pages of information:

1. This information page
2. Walk and map directions on one page front and back for 6K and 11K.
3. A list of qualifying AVA and Washington State (ESVA) Challenges for this event.

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

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Sound Steppers Walking Club
Lake Forest Park Y1144
Albertsons Grocery Store
17171 Bothell Way NE
Lake Forest Park, WA 98155

6K/11K Rated 2A Lake Forest Park Y1144
Restrooms (RR) located at Log Boom Park for 11K

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 Albertson's parking lot.

1. With your back to Albertsons, **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. (note: Home at 3712 NE 178th with animal safari statues.)
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** at tile-roofed building with stained glass windows.
15. Follow circular road about 3/4 the way around.
16. **TURN RIGHT** at the black granite columbaria (storage for funeral urns).
17. Follow winding paths downhill past basalt column fountain and over footbridges to cemetery exit.
18. **TURN LEFT** on Lake City Way (not 35th Ave.)
19. When you reach NE 153rd St., **TURN RIGHT** at light, crossing at crosswalk.
20. Follow NE 153rd St. downhill to Burke Gilman Trail (B-GT)
21. **TURN LEFT** to join B-GT.
22. Continue on B-GT to NE 170th St.

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

23. 11K walkers continue by crossing NE170th St. and continue on Burke Gilman Trail (B-GT).
24. Cross Ballinger Way and continue on B-GT.
25. **Stay Right** at Y intersection on trail (lower trail).
Restrooms (RR) are on your left at Log Boom Park.
26. Continue on trail, passing parking lot on your left.
27. **TURN RIGHT** at entrance to Kenmore History Park.
28. **TURN RIGHT** at picnic tables.
29. Enter Log Boom Pier, walking to the end of the pier.
Enjoy the view.
30. TURN AROUND and walk to park exit.
31. **TURN RIGHT** at sidewalk.
32. **TURN LEFT** at 61st Ave. NE, and continue uphill on the right side of street.
33. Cross Bothell Way at cross walk, and continue on 61st Ave NE.
34. When you reach NE 181st ST., **TURN LEFT** at the crosswalk.
35. Continue on NE 181st St.
36. Cross 60th Ave. NE, and **TURN RIGHT** uphill.
37. **TURN LEFT** onto NE 182nd St.
38. Continue through white/red road barrier. This is the old "Goat Trail" (no signage) that is now a street.
39. Continue until you come to back side of another road barrier. Pass barrier and **TURN LEFT** for one block.
40. Cross 47th Ave. NE., **TURN LEFT**.
41. **TURN RIGHT** at NE 175th St.
42. Cross street and follow road into Lake Forest Park Town Center parking lot.
43. Albertsons parking lot is on the lower level.
44. Albertsons will be on your right.
45. Glad you came. Hope you enjoyed the walk.

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.). The \$2 "coupon" for the downloaded PDF expires in 60 days.

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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